

Special Issue

The Relationship Between Diet Quality, Physical Activity, and Mental and Physical Health Status

Message from the Guest Editors

In the context of health and quality of life research, the key factors that affect a person's overall well-being are diet quality, physical activity, and mental and physical health. These three aspects are closely interrelated and affect our health and quality of life. The purpose of this Special Issue is to collect the latest research on the impact of diet quality, physical activity, and mental health on overall health. In this Special Issue, original research articles and reviews are welcome. Research areas may include (but are not limited to) the following:

- Systematic reviews and meta-analyses on the impact of diet quality, physical activity, and mental and physical health.
- Studies evaluating the effects of different diets on physical and mental health, including chronic disease, obesity, and cardiovascular health.
- Studies examining the effects of various forms of physical activity on mental and physical health.
- Research on dietary interventions and physical activity programs to improve mental health.
- Case studies and cross-sectional studies that illustrate the relationship between diet, physical activity, and mental and physical health.

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Deadline for manuscript submissions

closed (31 July 2025)



Healthcare

an Open Access Journal
by MDPI

Impact Factor 2.7
CiteScore 4.7
Indexed in PubMed



mdpi.com/si/216394

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About the Journal

Message from the Editor-in-Chief

Healthcare is an international, scientific, peer-reviewed, open access journal on health care systems, industry, technology, policy, and regulation, and is published semimonthly online by MDPI. Ocular Wellness & Nutrition Society (OWNS) is affiliated with Healthcare and its members receive discounts on article processing charges.

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