

Special Issue

Sport and Nutrition: Interventions to Improve the Health of Children and Adolescents

Message from the Guest Editors

There are many non-communicable diseases, which account for a high cause of mortality worldwide and are caused in some respects by modifiable factors, such as diet and sport, which can be intervened upon. Childhood and adolescence are periods characterised by physical, cognitive, and emotional growth where it is necessary to intervene through primary prevention in order to adopt changes in diet and physical activity that can persist and have a positive impact on adulthood, as well as on health systems. This Special Issue aims to highlight all those initiatives, programmes, interventions and public policies that directly and indirectly contribute to improving the lifestyles of the future population.

Guest Editors

Dr. Francisco Rivas García
Prof. Dr. Rafael Francisco Caracuel-Cáliz
Dr. Maria del Mar Cepero-Gonzalez

Deadline for manuscript submissions

15 June 2027



Healthcare

an Open Access Journal
by MDPI

Impact Factor 3.4
CiteScore 5.5
Indexed in PubMed



mdpi.com/si/250643

Healthcare
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
healthcare@mdpi.com

[mdpi.com/journal/
healthcare](https://mdpi.com/journal/healthcare)





Healthcare

an Open Access Journal
by MDPI

Impact Factor 3.4
CiteScore 5.5
Indexed in PubMed



[mdpi.com/journal/
healthcare](https://mdpi.com/journal/healthcare)



About the Journal

Message from the Editor-in-Chief

Healthcare is an international, peerreviewed, open access, multidisciplinary journal. Original research articles, short communications, review articles, and symposium highlights are welcomed.

Healthcare hopes to influence global health and disease aspects, and hopes to gain high visibility and acceptance by the scientific and healthcare community and will dedicate itself to covering special and specific topics in special issues.

We would be pleased to welcome you as one of our authors.

Editor-in-Chief

Prof. Dr. Lorraine S. Evangelista

Sue & Bill Gross School of Nursing, University of California, Irvine, CA
92697, USA

Author Benefits

High Visibility:

indexed within Scopus, SCIE and SSCI (Web of Science), PubMed, PMC, and other databases.

Journal Rank:

JCR - Q1 (Health Policy and Services) / CiteScore - Q1
(Leadership and Management)

Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 21.5 days after submission; acceptance to publication is undertaken in 2.9 days (median values for papers published in this journal in the first half of 2026).