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

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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

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

Editor-in-Chief

issues.

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