

Special Issue

Physical Activity, Sleep, and Nutrition for Health in Children and Adolescents

Message from the Guest Editor

We welcome original research articles, reviews, and case studies that provide a better understanding of how physical activity, sleep, and nutrition influence health and development. Research areas may include (but are not limited to) the following:

- Physical activity for growth and development;
- The role of sleep in cognitive and physical health;
- The impact of nutrition on health outcomes;
- Interventions addressing the combined influence of these factors;
- Socioeconomic and cultural influences on health behaviors.

Guest Editor

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Deadline for manuscript submissions

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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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manuscripts are peer-reviewed and a first decision is provided to authors approximately 21.5 days after submission; acceptance to publication is undertaken in 2.6 days (median values for papers published in this journal in the first half of 2025).