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

12 October 2026



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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

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

Editor-in-Chief

issues.

Prof. Dr. Lorraine S. Evangelista

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Author Benefits

High Visibility:

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

Journal Rank:

JCR - Q2 (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 2.6 days (median values for papers published in this journal in the first half of 2025).

