

Special Issue

Dynamics of Physical and Mental Health Promotion Among Marginalised Communities: A Holistic Approach

Message from the Guest Editors

Physical and mental health are interconnected and vital to overall well-being. Marginalised communities—such as ethnic/religious minorities, indigenous peoples, women, people with disabilities, LGBTQ+ individuals, migrants, refugees, and those in poverty—face systemic exclusion, discrimination, and unequal healthcare access, leading to worse health outcomes.

This Special Issue, “Dynamics of Physical and Mental Health Promotion Among Marginalised Communities: A Holistic Approach,” invites research on integrated, culturally sensitive, and community-driven care. Topics include:

- Addressing health inequities through advocacy, policy, and holistic approaches.
- Innovative models/intersectional approaches to health promotion.
- Scoping/systematic reviews/meta-analyses on physical and mental health.
- Quantitative/qualitative studies on health promotion for marginalised groups.
- Participatory research co-designed with communities.

We welcome original research and reviews.

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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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