



Health Behaviour and Lifestyle

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Message from the Guest Editors

To be able to make healthy choices, change our health behaviour, and modify our lifestyle requires not only personal motivation but also support from our community and the environment we live in. Whether it is to promote health independently from possible diseases, to stay healthy, avert progression of diseases, or as part of rehabilitation and reablement, health behaviour and lifestyle are crucial levers for success. Actions need to be taken on all levels of the system, from the individual to the policy level; the health workforce needs to partner with individuals and communities to implement changes; and the system needs to build and design an environment, which supports healthy lifestyles and behaviour. They are at the core of a holistic, life course approach to health and wellbeing. Enabling positive health behaviour and lifestyle choices necessitates a health in all policies approach, integrating health, care, education, and infrastructure, to name just the most obvious sectors.





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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

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