Message from the Guest Editor

Dear Colleagues,

People try to escape the crowds of cities, seeking to improve their moods by going out to the countryside and highlands/mountains. We are seeking research papers on health effects, such as physiological changes due to leisure–sports/physical activity. We are seeking, not only research on the effects of diseases but also recent research findings, such as the elimination of anxiety, mood changes, and improving quality of life.

Prof. Masao Kanamori
Guest Editor
Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

**Author Benefits**

**Open Access:** free for readers, with article processing charges (APC) paid by authors or their institutions.

**High visibility:** indexed by the Science Citation Index Expanded (Web of Science), Social Sciences Citation Index (Web of Science), MEDLINE (PubMed), Scopus (Elsevier) and other databases. Full-text available in PubMed Central.

**Rapid publication:** manuscripts are peer-reviewed and a first decision provided to authors approximately 19 days after submission; acceptance to publication is undertaken in 4.5 days (median values for papers published in this journal in 2018).

**Contact Us**

*International Journal of Environmental Research and Public Health*

MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

Tel: +41 61 683 77 34
Fax: +41 61 302 89 18
www.mdpi.com

mdpi.com/journal/ijerph
ijerph@mdpi.com
@IJERPH_MDPI