

Special Issue

24-Hour Movement Behaviors (Physical Activity, Sedentary Behaviour and Sleep) in the under 5s, Children and Adolescents

Message from the Guest Editors

Sleep, physical activity, and sedentary behaviour (including screen time) are associated with a wide range of important health and developmental outcomes in children and adolescents. To date, most research has examined these behaviours in isolation. However, recently, the focus has shifted to following a more integrated approach in which it is recognised that 24-hour movement behaviours are co-dependent. It is important to examine how different combinations of behaviours influence a young person's health. Therefore, in this Special Issue, interested authors are invited to contribute their research in the field of 24-hour movement behaviours in the under 5s, children, and adolescents. Research that addresses the measurement of 24-hour movement behaviours, levels of 24-hour movement behaviours, and the associations of the combination of 24-hour movement behaviours and health in those under 18 years of age is suitable for consideration in this Special Issue.

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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.

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 journal.

Editor-in-Chief

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