

Special Issue

Scaling Up Physical Activity Interventions in the Prevention of Chronic Diseases

Message from the Guest Editor

Scaling up physical activity interventions is critical in preventing chronic diseases. Regular physical activity reduces the risk of conditions such as cardiovascular diseases, diabetes, certain cancers, and mental health disorders. However, the challenge lies in extending these interventions to reach larger populations effectively and sustainably. Well-designed interventions at scale can promote long-term health benefits, lower healthcare costs, and improve the quality of life for communities. Strategies include integrating physical activity into everyday environments. Scaling up requires collaboration among governments, healthcare providers, and policymakers to ensure equitable access, especially in underserved regions. Prioritizing culturally relevant and evidence-based practices increases the likelihood of success. By addressing systemic barriers, scaling physical activity interventions can significantly reduce the global prevalence of chronic diseases and foster healthier societies. This Special Issue focuses on the experience of scaling up physical activity interventions and programs for the prevention and control of non-communicable diseases.

Guest Editor

Dr. Noël Christopher Barengo

Department of Translational Medicine, Herbert Wertheim College of Medicine, Florida International University, Miami, FL 33199, USA

Deadline for manuscript submissions

31 October 2026



International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 8.5
Indexed in PubMed



mdpi.com/si/224288

*International Journal of
Environmental Research and
Public Health*
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
ijerph@mdpi.com

mdpi.com/journal/

[ijerph](https://mdpi.com/journal/ijerph)





International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 8.5
Indexed in PubMed



[mdpi.com/journal/
ijerph](https://mdpi.com/journal/ijerph)



About the Journal

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.

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

Prof. Dr. Paul R. Ward

School of Society and Culture, Adelaide University, Adelaide 5001,
Australia

Author Benefits

Open Access:

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

High Visibility:

indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPlus / SciFinder, and other databases.

Journal Rank:

CiteScore - Q1 (Public Health, Environmental and Occupational Health)