

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

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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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