

## Special Issue

# The Impact of Eating Behaviors on Long-Term Health Outcomes

### Message from the Guest Editor

Eating behaviors are critical drivers of long-term physical and mental health, influencing weight trajectories, nutritional status, and chronic-disease risk worldwide. In low- and middle-income countries (LMICs), rapid nutrition transitions, widening health inequalities, food-system changes, and increased exposure to ultra-processed foods pose growing global health challenges. Appetitive traits such as emotional eating, food responsiveness, satiety sensitivity, and eating speed interact with social determinants, including mental health vulnerability, caregiving practices, cultural norms, and economic barriers, shaping lifelong disease risk, particularly in obesity, diabetes, and cardiometabolic conditions that disproportionately impact LMICs. Yet the mechanisms linking eating behavior profiles with environmental and psychosocial drivers remain underexplored in these settings.

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### 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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