

Special Issue

Healthy Diet and Nutrition during Childhood and Adolescence

Message from the Guest Editor

Thus far, the first 1000 days of life (from pregnancy until the age of two) have been identified as the optimal window for implementing nutrition interventions to reduce the burden of chronic disease, as per the developmental origins of health and disease (DOHaD) hypothesis. While this remains true, emerging research is identifying other critical DOHaD periods, including childhood and adolescence. Adequate dietary intake in childhood and adolescence contributes to the growth of physiological systems; therefore, it is essential for optimal growth, development, and health. In addition, childhood and adolescence are sensitive periods when dietary patterns, food autonomy, and eating habits are established. While living in a period of a global pandemic and wars, reducing the burden of chronic disease by improving nutrition in children and adolescents can be more challenging, and it will require the collaboration of multiple societal and environmental layers. For this Special Issue, we are inviting papers (original articles, reviews, clinical trials, etc.) addressing the impact of a healthy diet and nutrition during childhood and adolescence on health outcomes.

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.

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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