

## Special Issue

# The Relationship of Regular Physical Activity and the Environment with Overall Physical and Mental Health

### Message from the Guest Editor

The World Health Organization has documented the positive impact of physical activity on chronic disease morbidity and mortality, quality of life, and mental as well as physical well-being across the lifespan. Despite the notable benefits, participation rates across the globe remain less than optimal, with many populations not engaging in enough physical activity to gain these benefits. Within a social ecological framework there are many noteworthy influences on participation; however, environmental influences have widespread implications for population-level health. Built and natural environments can provide support or represent barriers to regular physical activity participation for many populations. This Special Issue invites quality research about the relationship between physical activity, the environment, and health outcomes. We aim to highlight innovative studies of all kinds (e.g., quantitative, qualitative, observational, and interventions) that examine this relationship in different settings and populations. Papers addressing these topics are invited for this review, especially those considering the social determinants of health and notable inequities.

---

### Guest Editor

Prof. Dr. Melissa Bopp

Department of Kinesiology, The Pennsylvania State University,  
University Park, PA 16802, USA

---

### Deadline for manuscript submissions

closed (3 January 2025)



## International Journal of Environmental Research and Public Health

---

an Open Access Journal  
by MDPI

---

CiteScore 7.3  
Indexed in PubMed



[mdpi.com/si/198316](https://mdpi.com/si/198316)

*International Journal of  
Environmental Research and  
Public Health*

MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[ijerph@mdpi.com](mailto: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 7.3  
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. Discovery and advances in this research field play a critical role in providing a scientific basis for 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, open access journal.

---

### Editor-in-Chief

Prof. Dr. Paul B. Tchounwou

RCMI Center for Urban Health Disparities Research and Innovation,  
Richard N. Dixon Research Center, Morgan State University, Baltimore,  
MD 21251, USA

---

### 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)