

Special Issue

Child Physical Activity and Health

Message from the Guest Editor

In most cases, health problems have their origins in childhood, when lifestyle behaviors are formed. Unfortunately, for many years, unhealthy behaviors have been observed among school children, such as a decrease in the level of physical activity and an unhealthy diet. This results in an increase in the prevalence of overweight and obesity among school-age children. This is accompanied by an increase in blood pressure, impaired carbohydrate metabolism, a decline in fitness and physical condition, and many other health problems. These, if not corrected in time, have a negative impact on health in adulthood. The major challenge is to enhance health and immunity also by diagnosing health problems dependent on lifestyle in the school child population and implement effective actions to correct these errors and shape pro-health behavior. This is important for every individual, as well as for public health. Papers addressing these topics are invited for this Special Issue, especially those combining a high academic standard coupled with a practical focus on providing pro-healthy lifestyle recommendations and solutions.

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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