

## Special Issue

# Health Behavior and Health Promotion in Children and Adolescents

### Message from the Guest Editors

Eating habits, an appropriate level of physical activity, and the avoidance of stimulants and risky behavior are values determined by parents and educators.

Nevertheless, it is noted that children, adolescents, and young adults often have unhealthy lifestyles. There are various reasons for such behavior: the influence of peers, problems at home or school, or a change in the environment. It is worth identifying factors that can promote a healthy lifestyle in children, adolescents, and young adults, as this has positive consequences in later years. Health behaviours in youths continue into adult life. Establishing healthy behaviors to prevent disease is easier and more effective during childhood and adolescence than trying to change unhealthy behaviors during adulthood.

---

### Guest Editors

Dr. Beata Borowska

Department of Anthropology, Faculty of Biology and Environmental Protection, University of Lodz, 90-137 Lodz, Poland

Dr. Joanna Nieczuja-Dwojacka

Institute of Biological Sciences, Faculty of Biology and Environmental Sciences, Cardinal Stefan Wyszyński University, 01-815 Warsaw, Poland

---

### Deadline for manuscript submissions

closed (30 November 2024)



## International Journal of Environmental Research and Public Health

---

an Open Access Journal  
by MDPI

---

CiteScore 8.5  
Indexed in PubMed



[mdpi.com/si/125944](https://mdpi.com/si/125944)

*International Journal of  
Environmental Research and  
Public Health*

Editorial Office  
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 8.5  
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. 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

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)