

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.

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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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