

Special Issue

Recent Research on Lifestyle Changes and Health

Message from the Guest Editor

Research on lifestyle changes and health advances rapidly, generating new knowledge and technologies. A large randomized controlled trial from the Diabetes Prevention Program in the US demonstrated strong evidence for the effectiveness of lifestyle change intervention. In the study, lifestyle modification was more effective than either placebo or metformin in preventing the progression to type 2 diabetes. The physical activity level was six-fold greater in the Lifestyle group than in the Placebo and Metformin groups. The Lifestyle intervention also included diet changes with a reduced calorie and fat intake to acquire a 7% weight loss. This suggests that physical activity and dietary intervention were the principal determinants of therapeutic effectiveness for diabetic patients.

Guest Editor

Dr. Young-Min Park

Division of Health and Kinesiology, Incheon National University, Incheon 22012, Republic of Korea

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Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
ijerph@mdpi.com

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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.

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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

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