

## 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

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### Deadline for manuscript submissions

closed (29 June 2023)



## International Journal of Environmental Research and Public Health

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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

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