

## Special Issue

# Lifestyle, Nutrition and Environmental Factors Influencing Health Benefits

### Message from the Guest Editors

The World Health Organization (WHO) defines health as “a state of complete physical, mental and social well-being and not simply the absence of disease or infirmity” and recognizes nutrition as a fundamental part of health and development. In addition to nutrition, human health is affected by genetics, environmental factors and lifestyle, which are all variables that are included in the “exposome” term. Lifestyle involves the daily behaviors and functions of individuals in work, activities, entertainment and diet, but an important aspect of one’s lifestyle is one’s personal eating habits. Following a healthy lifestyle improves one’s overall health and well-being. This Special Issue is dedicated to the role of and perspectives of lifestyle, nutrition and environmental factors on beneficial effects on health conditions, examined from different angles, including outdoor exercise. We welcome original research and reviews. For this Special Issue, papers dealing with these topics are invited, especially those combining a high academic standard with a practical focus on providing practical information and solutions.

### Guest Editors

Dr. Giuseppe Valacchi

Prof. Dr. Antonella De Donno

Dr. Francesca Serio

### Deadline for manuscript submissions

closed (30 September 2022)



## International Journal of Environmental Research and Public Health

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

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## 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.

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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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