

Special Issue

Physical Activity and Non-communicable Diseases

Message from the Guest Editors

Physical inactivity has been recognized as an important risk factor for many non-communicable diseases (NCDs), including hypertension, obesity, type 2 diabetes mellitus, cardiovascular disease, cancer, and depression. To improve public health and combat NCDs, regular physical activity has been demonstrated to be beneficial and should be sustained across the lifespan. However, more research should be conducted on the quantity and quality aspects of physical activity that are needed to prevent and manage specific NCDs. Moreover, the assumption of a one-size-fits-all model is too restrictive, and need-sensitive evidence-based physical activity interventions are needed. The purpose of this Special Issue is to generate new knowledge, insights, and debates on this topic. All related studies, such as the development of interventions and guidelines, clinical trials, economic evaluations, epidemiological studies, qualitative studies, and systematic reviews and meta-analyses, are highly welcomed for submission.

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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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