

Special Issue

Dietary Patterns, Adherence and Disease Management

Message from the Guest Editors

Diet plays a crucial role in the prevention and management of non-communicable disease. There is strong evidence that healthy plant-based dietary patterns are associated with a reduced risk of several comorbidities including certain cancer types, cardiovascular disease, and type 2 diabetes mellitus. Furthermore, healthy dietary patterns are associated with increased overall survival, reduced mortality, improved clinical outcomes, and quality of life in people living with chronic disease. Evidence is emerging on the role of dietary patterns in several health outcomes of older adults including cognitive function and musculoskeletal health. Despite the evidence base, adherence to healthy dietary patterns remains moderate to low. Further insight into improved adherence to healthy dietary patterns across a range of population groups is needed. In addition, a better understanding of the underlying mechanisms as well as environmental factors pertaining to recommended dietary patterns is needed to develop contextualized, comprehensive, and practical recommendations.

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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.

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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