

Special Issue

Interventions to Enhance Physical Activity and Nutrition in Children

Message from the Guest Editors

Regular physical activity and good nutrition are fundamental to children's health and wellbeing; however, the modern environments in which many of us live can make it difficult for children and their families to maintain healthy lifestyles. Designing and testing new ways to enhance physical activity and nutrition in children is therefore essential if we are to provide the next generation with the best possible start in life. This Special Issue seeks papers describing interventions and initiatives designed to encourage physical activity (including active play), reduce sedentary behavior, and/or promote healthy eating in children. Priority will be given to new and innovative approaches to engage children and their caregivers in home, community, and/or educational environments. We also welcome high-quality systematic reviews and meta-analyses. We hope that this Special Issue provides an important forum to share the best ideas and research practices related to physical activity and nutrition in children.

Guest Editors

Prof. Scott Duncan

Dr. Thomas Stewart

Prof. Rachael Taylor

Deadline for manuscript submissions

closed (28 February 2021)



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*International Journal of
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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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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.

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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