

## Special Issue

# Nutrition as Prevention Factor for Diabetes, Obesity and Other Chronic Diseases

### Message from the Guest Editors

In the past decades, lifestyle changes such as an increase in sedentary behavior and easier access to low-priced, highly energy-dense foods have produced critical variations in body composition, resulting in higher obesity rates and diabetes. Nutrition describes the processes by which cells, tissues, organs, and the whole body acquire energy and nutrients for their normal structure and function. Since the early stages of life, a correct nutrition has a fundamental role to avoid the onset of pathologies. Indeed, childhood obesity is an important risk factor for the development of several health conditions in adults, including type 2 diabetes mellitus (T2DM), metabolic syndrome, and other non-communicable diseases such as cardiovascular disease (CVD), hypertension (HTN), hyperlipidemia, stroke, various cancers, sleep apnea, liver and gall bladder diseases, osteoarthritis, and gynecological problems. In addition, recent studies have focused on the psychosocial consequences of obesity, which appeared to be responsible for depression and/or prejudice. Thus, food choice combined with physical activity represents an important factor to prevent several diseases.

### Guest Editors

Dr. Immacolata Cristina Nettore

Dr. Raffaele Teperino

Dr. Paolo Emidio Macchia

### Deadline for manuscript submissions

closed (31 January 2023)



## International Journal of Environmental Research and Public Health

an Open Access Journal  
by MDPI

CiteScore 8.5  
Indexed in PubMed



[mdpi.com/si/60862](https://mdpi.com/si/60862)

*International Journal of  
Environmental Research and  
Public Health*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[ijerph@mdpi.com](mailto:ijerph@mdpi.com)

[mdpi.com/journal/](https://mdpi.com/journal/)

[ijerph](https://ijerph)





# International Journal of Environmental Research and Public Health

---

an Open Access Journal  
by MDPI

---

CiteScore 8.5  
Indexed in PubMed



[mdpi.com/journal/  
ijerph](https://mdpi.com/journal/ijerph)



## 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

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPlus / SciFinder, and other databases.

#### Journal Rank:

CiteScore - Q1 (Public Health, Environmental and Occupational Health)