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Eating Habits and Health among College and University Students

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Message from the Guest Editors

The dietary intake and eating behaviours of university students are commonly poor and associated with poorer mental health, lower academic achievement, and increased risk of weight gain. Internationally, many universities and colleges are committed to being a “health-promoting university”, and implementing initiatives to promote the health and wellbeing of students. However, we currently lack strong evidence to guide the implementation of effective interventions, particularly those aimed at improving dietary intake/eating behaviours of students. Therefore, this Special Issue invites submissions on:

- Dietary intake and eating behaviours of university/college students;
- Determinants of dietary intake or eating behaviours of university/college students, including socioeconomic, cultural, environmental, social, and behavioural determinants;
- Associations between dietary intake or eating behaviours of university/college students and their health status;
- Interventions to improve the dietary intake or eating behaviours of university/college students, including those targeting individual behaviour, the food environment, and/or university policy.



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