

## Special Issue

# Shaping Healthy Nutrition and Lifestyles in Youth: Evidence from Schools, Camps and Community Programs

### Message from the Guest Editor

The adoption of correct lifestyles, including a healthy diet, adequate rest, and proper physical activity levels, is crucial for maintaining a normal weight status and reducing the risk for the development of non-communicable diet-related diseases in the future. School-age children and adolescents represent key target populations to root good health practices that persist into adulthood. In this framework, schools, camps, and community programs are relevant for multiple aims, ranging from monitoring food consumption, providing nutrition education, implementing interventions to improve dietary habits and maintaining a good health status, as well as promoting correct lifestyle self-perception during development. The aim of this Special Issue, 'The Vital Role of Schools, Camps, and Community Programs for Children's Nutrition', is to collect evidence about lifestyle from cross-sectional or interventions studies focusing on school-age children and/or adolescents recruited in schools, camps, and community programs. This Special Issue welcomes contributions related to this topic; reviews, brief reports, and communications are also welcome. We look forward to receiving your contributions.

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### Deadline for manuscript submissions

25 September 2026



## Nutrients

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### Message from the Editorial Board

*Nutrients* is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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