

Special Issue

Lifestyle, Dietary Surveys, Nutrition Policy and Human Health

Message from the Guest Editors

Lifestyle factors such as dietary habits, physical activity, sleep and stress management play a fundamental role in shaping individual and population health. In recent years, increasing attention has been paid to how lifestyle interacts with nutrition-related public health interventions and policies. Nutrition surveys are essential tools for collecting real-world data on food consumption patterns and nutritional status, and enable the development and evaluation of effective nutrition interventions. This Special Issue, entitled “Lifestyle, Dietary Surveys, Nutrition Policy and Human Health”, aims to highlight methodological advances in dietary assessment and the integration of lifestyle indicators into nutrition surveillance systems. We welcome original papers and reviews that address innovative nutrition and lifestyle assessment tools, the impact of nutrition policy, and the role of comprehensive data in promoting health. We are particularly interested in interdisciplinary approaches that link dietary behavior, social determinants of health, and policy development in diverse populations.

Guest Editors

Dr. Marija Ljubičić

Department of Health Studies, University of Zadar, 23000 Zadar, Croatia

Prof. Dr. Ivana Kolčić

1. School of Medicine, University of Split, 21000 Split, Croatia
2. Andrija Stampar Teaching Institute of Public Health, 10000 Zagreb, Croatia
3. Psychiatric Clinic Sveti Ivan, 10000 Zagreb, Croatia
4. Croatian Lifestyle Medicine Association, 10000 Zagreb, Croatia

Deadline for manuscript submissions

5 September 2026



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/249225

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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





Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



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



About the Journal

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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

Author Benefits

Open Access:

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

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)