

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.

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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.

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