

Special Issue

Lifestyle and Health Changes during and after the COVID-19 Pandemic

Message from the Guest Editor

The COVID-19 pandemic has caused significant changes in everyday life. It has caused many economic, social and health problems. Social isolation disrupted individuals' daily routines. Increased sedentary behaviour and screen time and limited food availability and choice could lead to changes in nutrition habits, weight gain and health problems. The purpose of this Special Issue is to examine the impact of COVID-19 on lifestyle (eating habits, online food delivery services, physical activity, stress, weight, etc.), paying particular attention to whether those changes (favorable and unfavorable to health) persisted after the restrictions ended. Articles highlighting lifestyle changes after the pandemic are especially welcome. Original research and review articles will be accepted.

Guest Editor

Dr. Vilma Kriaucioniene

1. Health Research Institute, Faculty of Public Health, Lithuanian University of Health Sciences, LT47181 Kaunas, Lithuania
2. Department of Preventive Medicine, Faculty of Public Health, Lithuanian University of Health Sciences, LT47181 Kaunas, Lithuania

Deadline for manuscript submissions

closed (15 April 2024)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/159754

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)