

Special Issue

Community-Based Interventions for Prevention of Metabolic Syndrome

Message from the Guest Editor

The development of health evidence and guidance has changed from observational to intervention studies. Implementation research in real-world settings promotes and renovates the integration of research findings and evidence into healthcare policy and practice. Metabolic syndrome is a combination of risk markers that promote the development of chronic diseases, e.g., cardiovascular disease and diabetes mellitus. To control and prevent these diseases, adequate nutrition and healthy diets and habits are essential in modifying the risk of metabolic syndrome based on the best available scientific evidence. In this Special Issue, we focus on community-based interventions, including randomized controlled trials, which assess the role of healthy diets (including physical activity), nutrients, or nutritional supplements in treating, managing, or preventing metabolic syndrome, cardiovascular disease, or diabetes mellitus.

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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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