

## Special Issue

# Nutritional and Non-Pharmacological Lifestyle Interventions to Promote Metabolic Health

### Message from the Guest Editors

Metabolic health is a key determinant of morbidity and mortality worldwide, closely linked to the incidence of obesity and chronic diseases. While nutrition has long been recognized as a cornerstone, accumulating evidence highlights the critical role of other non-pharmacological lifestyle interventions, including physical activity and exercise, sleep patterns, and stress management strategies, in regulating metabolic processes and health. These factors influence inflammation, energy balance, insulin sensitivity, lipid metabolism, and circadian biology, often through interconnected and synergistic mechanisms. This Special Issue aims to compile high-quality research, including mechanistic studies, clinical trials, observational studies, systematic reviews, and meta-analyses, addressing the impact of non-pharmacological lifestyle interventions based on nutrition, physical activity and exercise, sleep, and/or stress management on health. Submissions exploring personalized approaches, underlying biological or physiological mechanisms, and multidisciplinary interventions are particularly welcome.

### Guest Editors

Dr. Juan M. A. Alcantara

1. Department of Education, Faculty of Education Sciences, SPORT Research Group (CTS-1024), Research Centre for Well-Being and Social Inclusion (CIBIS), University of Almería, Almería, Spain
2. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y Nutrición (CIBEROBN), Instituto de Salud Carlos III, Madrid, Spain

Dr. Rafael Prieto-Moreno

1. Department of Education, Faculty of Education Sciences, SPORT Research Group (CTS-1024), Research Centre for Well-Being and Social Inclusion (CIBIS), University of Almería, Almería, Spain
2. Biomedical Research Unit, Torrecárdenas University Hospital, 04009 Almería, Spain
3. Nursing Research, Innovation and Development Centre of Lisbon (CIDNUR), Nursing School of Lisbon (ESEL), Lisbon, Portugal

### Deadline for manuscript submissions

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*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

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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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### 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 (UIBS), 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

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