

Special Issue

Healthy Lifestyle Interventions to Combat Noncommunicable Disease

Message from the Guest Editors

Aside from COVID-19, communicable diseases, which used to be the leading cause of mortality, especially in developed countries, have given way to non-communicable diseases as the main leading cause of mortality. Currently, non-communicable diseases are more prevalent, and most of them are related to changes in our daily habits and degenerative processes. As the global population ages, the onset of non-transmissible chronic conditions increases, and strategies to estimate both the burden as well as the prevention of such conditions are further warranted. Notably, the cost of sustaining ageing populations is increasing, and the prevention as well as treatment of chronic conditions is usually more affordable using interventions or exposures based on diet- and physical-activity-modification patterns. Therefore, the main aim of this Special Issue is to collect studies addressing chronic conditions mainly through diet and/or physical activity. Study designs may encompass either observational (cross-sectional, cohort, case-control, etc.) or clinical trials. Systematic reviews and meta-analyses on this topic are also welcome.

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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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