

Special Issue

mHealth Interventions for Nutrition, Lifestyle, and Metabolic Management

Message from the Guest Editors

The rapid advancement of mobile health (mHealth) technologies presents promising opportunities for addressing complex health challenges, including obesity, diabetes, and related metabolic disorders. mHealth technologies facilitate personalized interventions, enabling tailored prevention strategies and treatment plans adapted to each individual's needs. Effective interventions incorporate nutrition and other health behaviors.

This Special Issue aims to bring together original high-quality research, reviews, and meta-analyses on the development, implementation, and evaluation of mHealth interventions targeting nutrition, lifestyle, and metabolic management across various stages of life. We welcome studies that explore innovative mHealth tools, including mobile health apps, wearable devices, telehealth platforms, and other mobile-based communication technologies to prevent and manage metabolic disorders through nutrition and lifestyle interventions aiming to enhance overall health and well-being. Submissions focusing on interdisciplinary approaches and the integration of mHealth interventions into clinical and community settings are particularly encouraged.

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Deadline for manuscript submissions

15 December 2025



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/238405

Nutrients
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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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