Special Issue

Exercise, Diet and Bone Health in Youth

Message from the Guest Editors

In 2006, it was estimated that worldwide osteoporosis caused more than 8.9 million fractures annually. Concerningly, data from Western Australia demonstrated that increased fracture rates starting from childhood and adolescence. This information raises concerns that the increased risk for adult osteoporosis might start early in life.

Negatively impacting factors are suboptimal diet, vitamin D deficiency and decreased physical activity levels, increasing an individual's risk of developing osteoporosis later in life. Hence, optimising adolescent bone mass accrual by addressing levels of physical activity, diet, and vitamin D status may be important modifiable factors to preventing fractures and osteoporosis. Robust measures and methods are needed to monitor those parameters.

This Special Issue welcome authors to submit work to address this gap in information in the field of diet, exercise, and bone health in children and adolescents. Specific areas of interest include bone loading exercise modalities, impact of dietary factors on bone health, and methods to characterize bone health in this age group.

Guest Editors

Dr. Aris Siafarikas

1. Paediatrics, School of Medicine, The University of Western Australia, Perth, WA, Australia
2. Exercise Medicine Research Institute, School of Medical and Health Sciences, Edith Cowan University, Joondalup, WA, Australia
3. Institute for Health Research, The University of Notre Dame Australia, Fremantle, WA, Australia
4. Western Australian Bone Research Collaboration, Perth, WA, Australia
5. Department of Endocrinology and Diabetes, Perth Children's Hospital, Perth, WA, Australia

Dr. Paola Chivers

1. Institute for Health Research, The University of Notre Dame Australia, Fremantle, WA, Australia
2. School of Medical and Health Sciences, Edith Cowan University, Joondalup, WA, Australia
3. Western Australian Bone Research Collaboration, Perth, WA, Australia

Nutrients

an Open Access Journal by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed

mdpi.com/si/141973

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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

MDPI

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. Lluis 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)