

## 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.

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### Guest Editors

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*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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