

## Special Issue

# Food Environments, Dietary Behaviors, and Population Health

### Message from the Guest Editor

The food environment strongly shapes both dietary patterns and long-term health outcomes. When communities are surrounded by nutritious, affordable food options, such as fresh produce, whole grains, and lean proteins, individuals are more likely to adopt healthier dietary patterns. In contrast, environments dominated by fast food, processed snacks, and sugary beverages increase the risk of poor diet quality and chronic diseases. However, effect sizes and causal certainty vary because studies use various measurement approaches and designs. Key health outcomes that may be associated with poor food environment include Obesity, type 2 diabetes, cardiovascular diseases, micronutrient deficiencies, and mental health outcomes such as stress, depression, and anxiety. Additionally, food-insecure environments lead to inconsistent access to nutritious food, resulting in poor brain development in children. The goal of this Special Issue is to demonstrate how the food environment can influence the quality of dietary choices in populations and, in turn, how poor diet leads to chronic non-communicable disease.

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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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