Special Issue

Food and Nutrition Policy for Exercise and Other Health Behaviors

Message from the Guest Editor

The human toll inflicted by noncommunicable diseases (NCDs) is unacceptable. These NCDs constitute the leading causes of mortality worldwide, imposing an extensive burden that transcends health outcomes by entrapping individuals in poverty, eroding workforce productivity, and threatening economic prosperity. This is because NCDs are often considered to be 'lifestyle illnesses'. To achieve the aim of reducing NCDs in the population, policy and practice efforts are needed for prevention and control programs. However, given the intricate nature and interconnectedness of these healthy behaviors, their effects on health outcomes should be deeply examined. The present Special Issue will discuss the potential impact of food choice, nutrient intake, physical activity, sedentary behaviour, sleep, and some other health-related behaviours individually, as well as their combined effects on health outcomes across the population. Submissions in the form of original research articles and reviews, including systematic reviews, are welcome.

Guest Editor

Dr. Yanjie Zhang

Physical Education Unit, School of Humanities and Social Science, Chinese University of Hong Kong, Shenzhen 518172, China

Deadline for manuscript submissions

closed (15 August 2025)



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

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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.

Editors-in-Chief

Prof. Dr. Lluis Serra-Majem

- Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
- Research Institute of Biomedical and Health Sciences (IUIBS),
 University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
 Preventive Medicine Service, Centro Hospitalario Universitario
 Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

Author Benefits

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