

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

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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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