

Special Issue

Health Promotion in School-Aged Children: Lifestyle Factors, Interventions, and Health Outcomes

Message from the Guest Editor

Health promotion among school-aged children is a vital component of public health, addressing a range of factors that influence their physical, mental, and emotional well-being. Schools serve as an effective setting for implementing initiatives aimed at fostering healthy behaviors, including nutrition, physical activity, mental health awareness, and sleep hygiene. These interventions are critical for preventing chronic diseases, enhancing academic performance, and supporting holistic development. Lifestyle factors, such as dietary patterns, physical activity levels, and sleep quality, play a central role in shaping children's health. For instance, research examining the impact of food consumption on children's health provides actionable insights for both policy and practice. This Special Issue aims to explore diverse aspects of health promotion in school settings, focusing not only on the outcomes of specific interventions but also on their broader implications for equity, community engagement, and the overall well-being of children and adolescents.

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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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