

## Special Issue

# Impact of Diet, Physical Activity and Sedentary Behavior on Non-Communicable Disease Development

### Message from the Guest Editor

Non-communicable diseases (NCDs), including cardiovascular disease, type 2 diabetes, cancer, and chronic respiratory conditions, are the leading causes of morbidity and mortality worldwide. Modifiable lifestyle factors—particularly diet, physical activity, and sedentary behavior—play a central role in their development and progression. Nutritional quality, energy balance, and dietary patterns influence metabolic risk, inflammation, and gut microbiota, while physical activity levels and sedentary behavior impact insulin sensitivity, cardiovascular function, and overall metabolic health. This Special Issue seeks original research, systematic reviews, and meta-analyses that explore the mechanisms, epidemiology, interventions, and outcomes related to diet and movement behaviors in the context of NCD prevention and management. Our goal is to deepen understanding of how lifestyle behaviors interact to influence chronic disease risk and to inform evidence-based strategies for promoting long-term health.

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### Deadline for manuscript submissions

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## Nutrients

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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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