

## Special Issue

# Eating Habits and Health among College and University Students

### Message from the Guest Editors

The dietary intake and eating behaviours of university students are commonly poor and associated with poorer mental health, lower academic achievement, and increased risk of weight gain. Internationally, many universities and colleges are committed to being a “health-promoting university”, and implementing initiatives to promote the health and wellbeing of students. However, we currently lack strong evidence to guide the implementation of effective interventions, particularly those aimed at improving dietary intake/eating behaviours of students. Therefore, this Special Issue invites submissions on:

- Dietary intake and eating behaviours of university/college students;
- Determinants of dietary intake or eating behaviours of university/college students, including socioeconomic, cultural, environmental, social, and behavioural determinants;
- Associations between dietary intake or eating behaviours of university/college students and their health status;
- Interventions to improve the dietary intake or eating behaviours of university/college students, including those targeting individual behaviour, the food environment, and/or university policy.

---

### Guest Editors

Dr. Melinda J. Hutchesson

Dr. Amanda Patterson

Prof. Dr. Margaret Allman-Farinelli

---

### Deadline for manuscript submissions

closed (30 June 2020)



## Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/si/33804](https://mdpi.com/si/33804)

*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)





# Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)



## 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. Lluís Serra-Majem

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

Prof. Dr. Maria Luz Fernandez

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

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

#### Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)