



Healthy Lifestyle: The Relevance of Health Promotion for Society

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Message from the Guest Editors

Dear Colleagues,

Keeping in mind the difficulties that arose due to the current pandemic situation that we all face, scientific knowledge, specifically that related to our health, has gained even more relevance. It is also well-known that our health heavily depends on health determinants, such as genetics, environment, economic and social conditions, as well as each person's behavior and lifestyle. In fact, there are studies that reveal that lifestyle plays a huge impact on health, which justifies the need to seriously invest in the promotion of the health of our society, namely through education, the development of health policies, and the creation of favorable conditions for a healthier lifestyle.

This Special Issue of *Societies* invites research that makes new contributions to health promotion, seeking studies from different parts of the world that contemplate different aspects of it, namely how health promotion is carried out, which difficulties are faced, as well as good examples of successful implementations, among others.

Qualitative, quantitative, or mixed-methods approaches are welcome.





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Message from the Editor-in-Chief

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