

Special Issue

Healthy Lifestyle: The Relevance of Health Promotion for Society

Message from the Guest Editors

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.

Guest Editors

Prof. Dr. Joana Torres

Higher School of Education of Fafe, Institute of Higher Studies of Fafe,
4824-909 Fafe, Portugal

Prof. Dr. Isilda Rodrigues

Education and Psychology Department, University of Trás-os-Montes
and Alto Douro, 5000-801 Vila Real, Portugal

Deadline for manuscript submissions

closed (30 September 2024)



Societies

an Open Access Journal
by MDPI

Impact Factor 1.6
CiteScore 3.0



mdpi.com/si/108513

Societies
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
societies@mdpi.com

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





Societies

an Open Access Journal
by MDPI

Impact Factor 1.6
CiteScore 3.0



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



About the Journal

Message from the Editor-in-Chief

Societies (ISSN 2075-4698) is an interdisciplinary journal that brings together different scientific approaches to engage with societal questions to enhance our understanding of the social realm throughout history. The journal publishes original empirical research papers, literature reviews, and conceptual papers. Our aim is to publish papers that have a significant impact on addressing present and emerging societal questions. Therefore, we encourage researchers to publish their results in as much detail as possible. For empirical research papers and literature reviews, all experimental details must be provided, so that the results are reproducible. We also encourage the publication of timely theoretical pieces on topics of interest to existing and emerging societal questions. Papers are either published in the open journal or in Special Issues devoted to specific topics of interest to the field.

Editor-in-Chief

Prof. Dr. Gregor Wolbring

Community Rehabilitation and Disability Studies, Cumming School of
Medicine, University of Calgary, Calgary, AB T2N 4N1, Canada

Author Benefits

Open Access:

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

High Visibility:

indexed within Scopus, ESCI (Web of Science), RePEc, EconBiz, and other databases.

Journal Rank:

JCR - Q2 (Sociology) / CiteScore - Q2 (General Social Sciences)