

# Special Issue

## Behavioral Eco-Wellness

### Message from the Guest Editor

This Special Issue will include papers on the health and environmental co-benefits of behaviors such as active transportation (walking and biking rather than driving) and healthy dietary intake (shifting dietary intake towards vegetables, fruits, whole grains and nuts, and away from animal-based foodstuffs). Studies investigating the potential co-benefits of changes in purchasing and other economic activities may also be included.

Descriptions of and potential solutions to the emerging mental health crisis of “eco-anxiety” will be included. I welcome the submission of review papers that describe the state of the science, empirical studies based on observational and experimental studies, and papers exploring methodological issues and theoretical aspects of behavioral eco-wellness. One major question is whether the desire to help the environment can help people improve their health behavior habits. A corollary is whether the health benefits of making sustainable transportation, dietary, and purchasing choices can act as leverage towards better society-level sustainability behaviors.

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### Guest Editor

Prof. Dr. Bruce Barrett

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### Deadline for manuscript submissions

closed (31 December 2023)



## Sustainability

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### Message from the Editor-in-Chief

I encourage you to contribute a research or comprehensive review article for consideration for publication in *Sustainability*, an international Open Access journal which provides an advanced forum for research findings in areas related to sustainability and sustainable development. *Sustainability* publishes original research articles, review articles and communications. I am confident you will find the journal contributes to enhancing understanding of sustainability and fostering initiatives and applications of sustainability-based measures and activities.

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### Editor-in-Chief

Prof. Dr. Marc A. Rosen

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