

Special Issue

Lifestyle Hygiene and Environmental Hygiene to Promote Sustainable Health and Well-Being

Message from the Guest Editor

This Special Issue focuses on lifestyle and environmental hygiene, their intersection, and how they impact health. Hence several sustainable development goals related to health, the environment, and sustainability are addressed, and research papers that support the promotion of a healthy lifestyle and creation of environments that promote and sustain health are welcome. Creating a healthy lifestyle includes adopting a healthy diet and an active way of life, following appropriate sleep patterns and managing stress, avoiding consumption of risky substances and maintaining hand, oral, and personal hygiene. Lifestyle hygiene focuses on research, training, education, and technical and legislative measures, as well as complex approaches that promote a healthy lifestyle among individuals, families, and communities. It impacts health and wellbeing. Environmental hygiene assesses the impact of environmental factors on human health and contributes to the creation of environments that promote health and well-being, while also facilitating ecological behaviours the support environmental protection, underlining planetary health.

Guest Editor

Dr. Lucia Maria Lotrean

Department of Community Medicine, Research Center in Preventive Medicine, Health Promotion and Sustainable Development, Iuliu Hatieganu University of Medicine and Pharmacy, 400337 Cluj-Napoca, Romania

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

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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.

Editor-in-Chief

Prof. Dr. Marc A. Rosen

Faculty of Engineering and Applied Science, University of Ontario
Institute of Technology, Oshawa, ON L1G 0C5, Canada

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