

Special Issue

Stress, Obesity, Dietary, Physical Activity

Message from the Guest Editor

Overweight and obesity have reached pandemic proportions in all age groups worldwide. High-fat Western diets, overeating, frequent snacking, and physical inactivity are the main reasons for gaining weight. Unwelcome eating behaviors are inextricably linked to a high pace of life and constant rush. Today, chronic, unreacted stress affects the professional and private lives of whole populations and is reflected in people's behaviors. At the same time, lifestyle, diet, and physical activity are crucial points for potential interventions that can inhibit weight gain and influence well-being and work-life balance. We invite the publication of randomized trials, systematic reviews, and meta-analyses that can potentially significantly impact changes to our medical reality

Guest Editor

Dr. Edyta Mađry

Department of Physiology, Poznan University of Medical Sciences,
Fredry 10, 61-701 Poznan, Poland

Deadline for manuscript submissions

closed (31 December 2023)



Healthcare

an Open Access Journal
by MDPI

Impact Factor 2.4
CiteScore 3.5
Indexed in PubMed



mdpi.com/si/163664

Healthcare

MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
healthcare@mdpi.com

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





Healthcare

an Open Access Journal
by MDPI

Impact Factor 2.4
CiteScore 3.5
Indexed in PubMed



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



About the Journal

Message from the Editor-in-Chief

Healthcare is an international, scientific, peer-reviewed, open access journal on health care systems, industry, technology, policy, and regulation, and is published semimonthly online by MDPI. Ocular Wellness & Nutrition Society (OWNS) is affiliated with *Healthcare* and its members receive discounts on article processing charges.

Author Benefits

High Visibility:

indexed within Scopus, SCIE and SSCI (Web of Science), PubMed, PMC, and other databases.

Journal Rank:

JCR - Q2 (Health Care Sciences and Services) / CiteScore - Q2 (Leadership and Management)

Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 20.5 days after submission; acceptance to publication is undertaken in 2.7 days (median values for papers published in this journal in the first half of 2024).