

Special Issue

Study on Diet, Nutrition and Health Promotion Strategies to Prevent Chronic Diseases in All Life Stages

Message from the Guest Editor

Forty million deaths around the globe are annually attributed to non-communicable chronic diseases (NCDs). There is longstanding recognition that diet plays a major role in the etiology of many chronic diseases. For instance, estimates show that 80% of the most frequent chronic disease, i.e., cardiovascular disease (CVD), is preventable earlier in life if a healthier lifestyle is adopted. In view of the magnitude of the disease burden attributable to diet and the limitations of the existing interventions, the development of novel food system interventions is urgently needed. The scope of this Special Issue is to select original research articles or systematic reviews that connect nutrition with major chronic diseases, with a focus oriented towards health promotion strategies in the field of primary care.

Guest Editor

Dr. Matina Kouvari

1. Institute of Preventive Medicine, Environmental and Occupational Health PROLEPSIS, 15121 Athens, Greece
2. Department of Nutrition and Dietetics, School of Health Science and Education, Harokopio University, 17676 Athens, Greece
3. Discipline of Nutrition and Dietetics, Faculty of Health, University of Canberra, Canberra, ACT 2601, Australia
4. Functional Foods and Nutrition Research (FFNR) Laboratory, University of Canberra, Bruce, Ngunnawal Country, ACT 2617, Australia

Deadline for manuscript submissions

closed (31 May 2024)



International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 7.3
Indexed in PubMed



mdpi.com/si/150669

*International Journal of
Environmental Research and
Public Health*

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

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





International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 7.3
Indexed in PubMed



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



About the Journal

Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

Editor-in-Chief

Prof. Dr. Paul B. Tchounwou

RCMI Center for Urban Health Disparities Research and Innovation,
Richard N. Dixon Research Center, Morgan State University, Baltimore,
MD 21251, USA

Author Benefits

Open Access:

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

High Visibility:

indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPlus / SciFinder, and other databases.

Journal Rank:

CiteScore - Q1 (Public Health, Environmental and Occupational Health)