



Nutrients

---

an Open Access Journal by MDPI

---

CiteScore: 9.1

Indexed in PubMed

Impact Factor: 5.0

Special Issue Reprint

## Public Health, Nutritional Behavior and Nutritional Status

**Edited by: Sabina Lachowicz-Wiśniewska, Wioletta Zukiewicz-Sobczak and Agata Kotowska**

This volume, drawn from the *Nutrients* Special Issue “Public Health, Nutritional Behavior and Nutritional Status,” presents cutting-edge research at the nexus of public health, dietary behavior, and nutritional status. Building on WHO-recommended dietary patterns and increasing consumer awareness of bioactive-rich, high-quality foods, this collection asks a pressing question: why does population health continue to deteriorate despite this awareness? This Special Issue demonstrates the centrality of dietary behavior and nutritional status in public health and highlights the scientific challenge of monitoring their changes over time to provide clinicians and dietitians with clear, up-to-date evidence and practical guidance.

Gathering rigorously peer-reviewed articles, this volume tracks shifts in eating behaviors, assesses nutritional status, and probes the mechanisms behind adverse trends. The contributions synthesize new indicators, methodologies, and interventions, offering tools for monitoring and improving diet-related health at both the individual and population levels and providing actionable strategies for healthcare professionals, dietitians, and policy makers. By mapping current trends and outlining responses to counter unfavorable changes, this Special Issue advances the field and has attracted strong interest from readers across disciplines and research areas.

<https://www.mdpi.com/books/reprint/12335>

