Editorial

Health and Metabolism: Celebrating a Year of Breakthroughs, Collaboration, and Vision

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Honoring the Vision: A Year of Purposeful Progress

Edward O. Wilson, renowned as the "father of sociobiology", profoundly deepened our understanding of the interplay between biology and human behavior. He once remarked, *"The most interesting things in science often happen at the boundaries between disciplines."* Inspired by this insight, *Health and Metabolism (HM)* was founded with the goal of exploring the dynamic intersection of metabolic science and human health. On 4 July 2024, *HM* officially launched its website, marking the birth of an international, open-access platform dedicated to publishing high-quality, peer-reviewed research and fostering global scientific collaboration.

Published quarterly by Scilight Press, an academic publisher based in Australia, *HM* is led by Professor Donghai Lin of Xiamen University as its Editor-in-Chief. Guided by the principles of "cross-disciplinary integration and forward-looking leadership", *HM* seeks to bridge molecular and cellular metabolism with clinical outcomes and public health impact. The journal actively promotes interdisciplinary collaboration and drives innovation at the intersection of basic science and translational medicine.

Defining Our Path: From Foundational Editorial to Scientific vision

The inaugural editorial, "*New Horizons in Health and Metabolism Research"*, was co-authored by the Editor-in-Chief Dr. Donghai Lin, along with editorial board members Dr. Shen Hu (University of California, Los Angeles, USA), Dr. Peng Huang (Sun Yat-sen University, China), Dr. Jianbo Wan (University of Macau, China), and Dr. Yulan Wang (Nanyang Technological University, Singapore).This editorial laid the foundation for the journal's scientific vision, highlighting the convergence of health outcomes and metabolic mechanisms as *HM*'s core focus. It emphasizes the integration of basic research, disease pathophysiology, and clinical applications through a cross-disciplinary scientific framework.

Publishing Milestones: Four Issues, Thirty Contributions

In its inaugural year, *HM* achieved several foundational milestones. Most notably, the journal was formally registered with the National Library of Australia and assigned the ISSN 2982-2343, establishing its status as a recognized academic journal.

Although the adage, "All beginnings are difficult.", *HM* successfully published 30 peer-reviewed articles across its four quarterly issues. Each article was carefully selected for scientific rigor, interdisciplinary scope, and relevance to current challenges in health and metabolism. In addition, each issue featured a cover article that spotlighted a central theme within the discipline. Featured topics included:

- RNA devices for therapeutic applications
  —Prof. Yunxing Wang (National Cancer Institute, NIH, USA)
- Static magnetic field modulation of metabolic pathways
  —Prof. Xin Zhang (High Magnetic Field Laboratory, Chinese Academy of Sciences, China)
- Neurovascular and metabolic responses to PDGF-BB
  —Assoc. Prof. Zhiliang Wei (Johns Hopkins University School of Medicine, USA)
- Metabolomic and lipidomic profiling in adipose tissue
  —Prof. Zongwei Cai (Hong Kong Baptist University, China)

These featured publications exemplify *HM*'s editorial mission to spotlight transformative, cross-disciplinary research that bridges fundamental mechanisms with real-world health challenges. They also reflect the journal's

growing success in engaging a global community of authors and fostering international dialogue on the topic of health and metabolism.

Cultivating a Global Scholarly Ecosystem

HM has built a diverse and globally representative editorial board comprising leading experts across a wide range of disciplines, including molecular biology, metabolomics, metabolic engineering, clinical medicine, exercise science, immunometabolism, nutrition, public health, and biotechnology. With members based in North America, Europe, Asia, and Oceania, the board reflects the journal's commitment to international collaboration and inclusive perspective.

The journal also adopts a two-tier editorial structure, which unites senior authorities with emerging scholars to foster intergenerational mentorship, scientific rigor, and a robust peer-review process. This collective expertise allows *HM* to effectively evaluate manuscripts spanning molecular regulation, systems-level interventions, and population health strategies.

Reflecting on the past year, we are proud of the collective accomplishments made by our authors, reviewers, editors, and readers—who have helped define the journal's identity and extend its international impact. From submission to publication, from content to community, *HM* remains steadfast in its mission to drive integrative metabolic research and contribute to the future of global health.

Looking Ahead: Evolving From Platform to Leadership

As *HM* enters its second year, it will continue to:

- Prioritize emerging frontiers in metabolic regulation, disease mechanisms, and health interventions
- Enhance editorial quality and streamline peer review and publication processes
- Strengthen international and cross-sector partnerships to expand scholarly impact
- Support translational research and health equity by linking molecular insights with population health benefits

Through these strategic initiatives, *HM* continues to attract a growing number of high-caliber submissions from researchers around the world. HM is rapidly evolving into a globally recognized academic force that connects foundational science with clinical impact and shapes the future of health and metabolism.

Conflicts of Interest: The author declares no conflict of interest.