

Special Issue

Risk Factors for Frailty in Older Adults

Message from the Guest Editor

The Special Issue entitled “Risk Factors for Frailty in Older Adults” explores the various factors that contribute to the onset and progression of frailty among older populations. Frailty is a multidimensional syndrome characterized by decreased strength, endurance, and physiological function, which increases vulnerability to adverse health outcomes. This depends on both intrinsic and extrinsic risk factors such as genetic predispositions, chronic diseases, nutritional deficiencies, physical inactivity, and social determinants such as isolation and socioeconomic status. Therefore, this Special Issue aims to improve understanding and provide insights to develop preventive measures and interventions to mitigate frailty, thereby improving the quality of life and health outcomes of older adults.

Guest Editor

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