

## Special Issue

# Healthy Ageing and Lifestyle Medicine: Current Knowledge and Future Direction

### Message from the Guest Editors

Population ageing is a major 21st century phenomenon that is also known as the third demographic transition and it is estimated that by 2050, there will be an increase in the number of people aged 65 and over. The World Health Organization defines healthy ageing as “the process of developing and maintaining the functional ability (i.e., people’s capabilities of being and doing what they have reason to value) that enables well-being in older age”. From a public health perspective, the emerging health needs for the global population have become fundamental in this field. In this scenario, lifestyle medicine, health promotion and prevention interventions have become imperative, reflecting a major shift in our society towards an emphasis on healthy and safety lifestyles. This Special Issue aims to publish high-quality articles that provide valuable insights and practical implications for improving active and healthy ageing among the global population. We are interested in studies that investigate new approaches or innovative strategies for promoting longevity and lifestyle medicine.

### Guest Editors

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### Deadline for manuscript submissions

closed (31 May 2025)



## Geriatrics

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Indexed in PubMed



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## About the Journal

### Message from the Editor-in-Chief

Our new journal is launched to serve geriatrics specialists and colleagues from other disciplines as an interface between theory and clinical practice. Pushing the boundaries of the discipline, I kindly invite you to consider publishing your current work in *Geriatrics*. We have chosen the format of an open access journal to provide all interested parties with a platform for their basic research and health care studies as well. For details on the submission process or any other matter, please visit the journal website. I hope to handle your contribution to *Geriatrics* soon to publish innovative, relevant, thought provoking ideas.

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### Editor-in-Chief

Prof. Dr. Ralf Lobmann

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