

Special Issue

Nutrition Care and Support in Geriatrics

Message from the Guest Editor

Malnutrition referring to undernutrition is one of the most harmful co-morbidities among older adults and substantially burdens health, social, and aged care systems. It is estimated that around a quarter of older adults are malnourished or at risk of malnutrition. This number is expected to rise alongside the rapid increase in the ageing population. The adverse effects of malnutrition are complex, such as frailty, delirium, decreased immunocompetence, muscle waste, hypothermia, osteoporosis, mood changes, cognitive impairment, lowered quality of life, and premature mortality regardless of the specific cause of death. This means evidence-based nutritional practice is important, including optimising nutritional pathways and incorporating dietary guidelines for older adults. This Special Issue focuses on the importance of healthy nutritional status among older adults in the community, hospitals, or residential care. For older adults with or without malnutrition, a healthy nutritional status is a fundamental contributor to healthy ageing, rehabilitation, and preventing functional loss in frailty, sarcopenia, and pathological ageing.

Guest Editor

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Deadline for manuscript submissions

closed (30 September 2024)



Geriatrics

an Open Access Journal
by MDPI

Impact Factor 2.1
CiteScore 3.4
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.

Editor-in-Chief

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