

Special Issue

A Life Course Perspective on Achieving Healthy Aging

Message from the Guest Editors

Achieving healthy aging is a multifaceted challenge that demands an understanding of how biological, behavioral, social, and environmental factors accumulate and interact across the life course. The life course perspective offers a powerful lens to examine how early-life exposures, mid-life transitions, and later-life contexts shape health trajectories in old age. It recognizes that disparities in health among older adults often reflect cumulative advantages or disadvantages stemming from socioeconomic position, migration history, gender, education, occupation, and access to health services throughout life. This Special Issue invites contributions that adopt a life course approach to explore determinants and interventions related to healthy aging. We welcome empirical studies, methodological innovations, and policy analyses across disciplines, including public health, epidemiology, sociology, demography, and health services research. Topics may include the impact of early-life conditions on later-life health, intergenerational influences, transitions in care needs, and preventive strategies to promote wellbeing across aging populations.

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Healthcare is an international, scientific, peer-reviewed, open access journal on health care systems, industry, technology, policy, and regulation, and is published semimonthly online by MDPI. Ocular Wellness & Nutrition Society (OWNS) is affiliated with Healthcare and its members receive discounts on article processing charges.

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