# **Special Issue**

# Nutrition and Exercise Health Services for Older Adults: A Focus on Frailty

### Message from the Guest Editor

Frailty is not a disease or disability; rather, it is a clinical syndrome. By contrast, pre-frailty is defined as having only one or two of these criteria. Currently, many expert working groups, such as the Australian and New Zealand Society for Sarcopenia and Frailty Research (ANZSSFR), recommend multifaceted interventions that combine exercise and nutrition as part of management strategies for pre-frail and frail hospitalized older adults. Over the last few decades, research in nutrition and exercise around frail older adults has seen significant progress. In this Special Issue, we would like to offer the opportunity to uncover and expand the body of evidence that centers on nutrition and/or exercise services catered to pre-frail and frail older adults within health systems. Consequently, all original research articles and reviews are welcome. Articles focusing on frail and prefrail older adults will be prioritized; however, articles covering nutrition and exercise services for older adults in other chronic disease populations, such as cancer survivors or those experiencing multimorbidity with a high risk of frailty, will also be considered.

### **Guest Editor**

Dr. Chad Yixian Han

Caring Futures Institute, College of Nursing and Health Sciences, Flinders University, Bedford Park, SA 5042, Australia

### Deadline for manuscript submissions

closed (15 November 2025)



## **Healthcare**

an Open Access Journal by MDPI

Impact Factor 2.7
CiteScore 4.7
Indexed in PubMed



mdpi.com/si/192481

Healthcare
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
healthcare@mdpi.com

mdpi.com/journal/ healthcare





## **Healthcare**

an Open Access Journal by MDPI

Impact Factor 2.7 CiteScore 4.7 Indexed in PubMed



### **About the Journal**

### Message from the Editor-in-Chief

Healthcare is an international, peerreviewed, open access, multidisciplinary journal. Original research articles, short communications, review articles, and symposium highlights are welcomed.

Healthcare hopes to influence global health and disease aspects, and hopes to gain high visibility and acceptance by the scientific and healthcare community and will dedicate itself to covering special and specific topics in special

We would be pleased to welcome you as one of our authors.

### Editor-in-Chief

issues.

Prof. Dr. Lorraine S. Evangelista

Louise Herrington School of Nursing, Baylor University, Dallas, TX 75246-1754, USA

### **Author Benefits**

### **High Visibility:**

indexed within Scopus, SCIE and SSCI (Web of Science), PubMed, PMC, and other databases.

### **Journal Rank:**

JCR - Q2 (Health Policy and Services) / CiteScore - Q1 (Leadership and Management)

### Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 21.5 days after submission; acceptance to publication is undertaken in 2.6 days (median values for papers published in this journal in the first half of 2025).

