

Special Issue

Health Promotion in Older Adults—Physical Activity/Exercise/Wearable Device

Message from the Guest Editor

Health promotion is one of the keys to successful aging, both in healthy and disabled individuals. In order to provide safe and effective health promotion interventions for older adults, it is important for practitioners who are involved in the long-term care of patients, especially experts in rehabilitation, nursing, and exercise sciences, to develop adequate assessment tools or expand the application of the available assessments, and to establish evidence-based exercise protocols. This Special Issue will mainly focus on research related to exploring physical assessment methods and establishing effective exercise programs for older adults with or without chronic diseases. This Special Issue is seeking original articles, systematic reviews and meta-analyses. The suggested topic areas include, among others, the following:

- health promotion
- exercise
- physical activity
- older adults
- physical assessment
- cognitive assessment
- wearable device

Guest Editor

Dr. Miao-Ju Hsu

Department of Physical Therapy, Kaohsiung Medical University,
Kaohsiung 80708, Taiwan

Deadline for manuscript submissions

closed (31 March 2024)



Healthcare

an Open Access Journal
by MDPI

Impact Factor 2.7
CiteScore 4.7
Indexed in PubMed



mdpi.com/si/115020

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

[mdpi.com/journal/
healthcare](https://mdpi.com/journal/healthcare)





Healthcare

an Open Access Journal
by MDPI

Impact Factor 2.7
CiteScore 4.7
Indexed in PubMed



[mdpi.com/journal/
healthcare](https://mdpi.com/journal/healthcare)



About the Journal

Message from the Editor-in-Chief

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.

Editor-in-Chief

Prof. Dr. Lorraine S. Evangelista

Sue & Bill Gross School of Nursing, University of California, Irvine, CA
92697, 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).