

## Special Issue

# Strength, Function, and Independence: Public Health Innovative Approaches to Muscle Health in Aging

### Message from the Guest Editor

This Special Issue aims to advance our understanding of muscle strength parameters in older adults, with particular emphasis on asymmetry, functional implications, and innovative assessment methodologies. We seek contributions examining the relationships between muscle strength characteristics (including asymmetry, rate of force development, and power) and important health outcomes such as physical function, activities of daily living performance, fall risk, frailty progression, and mortality. Studies addressing population-level interventions, health economic analyses, and public health policy implications related to muscle health in aging are also encouraged. Of special interest are studies utilizing novel technological approaches for assessments (e.g., wearable sensors, smartphone applications, artificial intelligence-based analysis) and intervention (e.g., personalized exercise prescriptions, telerehabilitation).

### Guest Editor

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### Deadline for manuscript submissions

31 July 2026



## International Journal of Environmental Research and Public Health

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CiteScore 8.5  
Indexed in PubMed



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*International Journal of  
Environmental Research and  
Public Health*

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### Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

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