

Special Issue

Age-Related Functional Decline: Biological Mechanisms and Impacts of Lifestyle Behaviors

Message from the Guest Editors

During the aging process, a gradual decline in physical and cognitive function leads to higher risk of illness and increased likelihood of need for support to remain independent. The expected doubling of the world's population aged over 60 years by the year 2050 calls for research efforts to understand the biological mechanisms underpinning age-related chronic diseases and strategic actions in order to promote health and quality of life for older people. In this respect, particular attention should be given to sex-specific trajectories of age-related deteriorations in health outcomes. Therefore, increased understanding of how healthier lifestyle behaviors, including physical activity and healthy dietary patterns, can increase health span during aging is warranted.

This Special Issue calls for original contributions, including observational and experimental designs, exploring (1) mechanisms underlying age-related changes in body composition and declines in physiological systems contributing to syndromes characterized by loss of bone as well as muscle mass, strength, and endurance; and (2) impacts of physical activity and/or dietary patterns on age-related health outcomes.

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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.

IJERPH provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality peer-reviewed journal.

Editor-in-Chief

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