

Special Issue

Second Edition: Nutritional Status, Physical Activity and Quality of Life in Older Adults

Message from the Guest Editors

The aging process causes progressive changes in body mass and composition, which occur even in the absence of disease. The main variations are the reductions in muscle mass, muscle strength, and physical performance. Such variations can lead to sarcopenia, which in turn leads to a general deterioration in the quality of life and to an increased risk of mortality. Furthermore, physiological aging often exposes the elderly population to the risk of malnutrition. This risk is increased when physiological factors are combined with nonphysiological factors, such as psychological disorders, inactivity and sedentary behavior, and poor dietary habits. For these reasons, maintaining a good quality of life is important for the health and wellbeing of this fragile proportion of the population. The aim of this Special Issue is to collect information concerning physiological ageing and its main correlates, which can be useful in defining strategies to slow the process.

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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.

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