

Special Issue

Lifestyle and Environmental Interventions to Promote a Healthy Ageing

Message from the Guest Editor

Population aging is a major social and economic challenge in modern times. The increasing average life expectancy and declining birth rate are drivers of a demographic transformation process that creates a new set of challenges regarding the integration of the elderly in society, the quality and life expectancy of the elderly, the sustainability of health systems, health and social security, and the labour market. On the other hand, demographic pressure on specialized care institutions for these populations will also pose operational problems, which could compromise the quality of the provided services and the adequacy of supply to all those in need of such support. The challenges arising from this demographic trend, therefore, cut across various sectors of society. In this Special Issue, papers on interventions towards a healthy and active ageing, as well as contributions to the understanding of the physiology of ageing, will be considered. Empirical papers are preferred, but reviews and theoretical papers are also welcomed.

Guest Editor

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About the Journal

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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