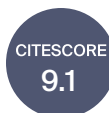




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Nutrition, Diet, Physical Activity and Cognitive Impairment in the Elderly

Guest Editors:

Prof. Dr. Rafael De La Torre

Integrative Pharmacology and
Systems Neuroscience Group,
Neuroscience Programme, IMIM-
Hospital del Mar Research
Institute, 08003 Barcelona, Spain

Dr. Laura Forcano Gamazo

Integrative Pharmacology and
Systems Neuroscience Group,
Neuroscience Programme, IMIM-
Hospital del Mar Research
Institute, 08003 Barcelona, Spain

**Dr. Natalia Soldevila-
Domenech**

Integrative Pharmacology and
Systems Neuroscience Group,
Neuroscience Programme, IMIM-
Hospital del Mar Research
Institute, 08003 Barcelona, Spain

Deadline for manuscript
submissions:

closed (25 November 2024)

Message from the Guest Editors

Dear Colleagues,

The prevalence of dementia, specifically Alzheimer's disease (AD), among individuals aged 65 and above is one in ten, and it is expected to rise due to the aging population. Studies have shown that lifestyle modifications to factors such as diet, physical activity, and cognitive training have the potential to reduce AD risk and delay the onset of dementia. By making lifestyle changes, up to 40% of dementia cases could be prevented, as stated by the World Health Organization (WHO). Multidomain interventions in lifestyle factors are typically used to reduce the risk of cognitive decline; However, there is still limited evidence on the effectiveness of multidomain interventions on the prevention of cognitive decline. This Special Issue of *Nutrients*, entitled "Nutrition, Diet, Physical Activity and Cognitive Impairment in the Elderly", welcomes original research papers and reviews of the literature concerning this important topic.

Prof. Dr. Rafael De La Torre
Dr. Laura Forcano Gamazo
Dr. Natalia Soldevila-Domenech
Guest Editors



mdpi.com/si/201917

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Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación
Biomédica en Red Fisiopatología
de la Obesidad y la Nutrición
(CIBEROBN), Institute of Health
Carlos III, 28029 Madrid, Spain
2. Research Institute of
Biomedical and Health Sciences
(IUIBS), University of Las Palmas
de Gran Canaria, 35001 Las
Palmas, Spain
3. Preventive Medicine Service,
Centro Hospitalario Universitario
Insular Materno Infantil (CHUIMI),
Canarian Health Service, 35016
Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional
Sciences, University of
Connecticut, Storrs, CT 06269,
USA

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Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

Contact Us

Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
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