

Special Issue

Nutrition and Lifestyle Interventions for Frailty and Sarcopenia

Message from the Guest Editor

Although considered distinct clinical syndromes, frailty and sarcopenia share common manifestations, such as slowness and weakness, frequently co-occur, and predispose the patient to a loss of functional independence, premature mortality and decline in quality of life. Malnutrition features among the common contributors to both key conditions. Despite their complex and multi-factorial underpinnings, there is consistent evidence that both frailty and sarcopenia are potentially preventable and reversible. However, the mechanisms by which multi-domain interventions impact on sarcopenia and/or frailty remain incompletely understood. Taking into account the World Health Organization (WHO)-proposed model of healthy ageing, it is also timely to explore how addressing sarcopenia and frailty may support the functional ability necessary to enable well-being in older age. This Special Issue aims to compile research into the impact of lifestyle interventions on frailty and sarcopenia, work which is increasingly pertinent as we strive to support a globally ageing population.

Guest Editor

Dr. Laura Bg Tay

Department of Geriatric Medicine, Sengkang General Hospital, 110 Sengkang East Way, Singapore 544886, Singapore

Deadline for manuscript submissions

closed (5 January 2025)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/165484

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)





Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)



About the Journal

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.

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

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)