

# 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

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### Deadline for manuscript submissions

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# Nutrients

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*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.

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