

## Special Issue

# Nutritional Status and Frailty during and after COVID-19

### Message from the Guest Editor

COVID-19 might affect the nutritional status and physical performance of both patients and survivors. Several factors including reduced appetite, alterations to smell and taste, prolonged bed rest may result in malnutrition. Initial weight loss followed by a worsening of body composition after recovery has been reported in COVID-19 patients. At the same time, altered muscle quality may lead to poor short- and long-term outcomes following COVID-19, predicting persistent mobility problems even months after recovery. Therefore, an aberrant nutritional status, which likely has a causative link to the risk of frailty and reduced physical performance, might be a major contributor to post-COVID-19 sequelae, hampering the patient's ability to completely recover from the disease. Evidence on the nutritional status of COVID-19 patients and survivors, together with the characteristics, prevalence, and effects of its alterations, is still poor. Additionally, the clinical and etiological phenotypes of frailty in these patients are still unclear. This Special Issue aims to fill these gaps with the belief that a thorough understanding of a problem is half the solution.

### Guest Editor

Dr. Rebecca De Lorenzo

1. School of Medicine, Vita-Salute San Raffaele University, Via Olgettina 58, 00132 Milan, Italy
2. Division of Immunology, Transplantation and Infectious Diseases, IRCCS San Raffaele Hospital, Via Olgettina 60, 00132 Milan, Italy

### Deadline for manuscript submissions

closed (15 January 2024)



## Nutrients

an Open Access Journal  
by MDPI

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/si/175738](https://mdpi.com/si/175738)

*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto: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 (UIBS), 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)