

Special Issue

Nutrition, Physical Activity, Frailty, and Cognitive Decline in Older Adults: Addressing Age-Related Health

Message from the Guest Editors

In an aging of the world, various changes will occur in lifestyle behavior in daily life. In particular, nutritional problems cause weight loss due to reductions in energy intake against the backdrop of various factors.

Reductions in energy consumption due to a decrease in physical activity and an increase in sedentary behavior, and the associated decline in physical fitness and motor function that comes with this, induce the onset of frailty, which leads to cognitive decline and the onset of dementia. In this Special Issue, in addition to the involvement of nutrition and physical activity in the onset of frailty and cognitive decline. Specifically, the following contents are included:

- Frailty, cognitive function, and lifestyle factors such as nutrition, physical activity, and sedentary behavior in the elderly, and proposals for health issues that need to be addressed;
- The involvement and mechanisms of nutrition, physical activity, and sedentary behavior as factors in the development of frailty and cognitive decline;
- The prevention and improvement of frailty and cognitive decline through nutrition and physical activity interventions, and their mechanisms.

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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.

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