

Special Issue

Exercise and Nutrition for the Promotion of Healthy Ageing

Message from the Guest Editor

In 2020, the number of people aged 60 years and older outnumbered the number of children younger than 5 years. With the fast pace of population ageing across the world, how to achieve healthy and successful ageing is a major issue. Although some of the variations in older people's health are genetic, most are due to people's physical and social environments—including their homes, neighborhoods, and communities, as well as their personal characteristics, such as their sex, ethnicity, or socioeconomic status. Nevertheless, exercise and nutrition are also of great significance for elders' health, and their role in promoting healthy ageing has been reported on in several studies—not only epidemiology studies but also intervention research. This future Special Issue will collect a series of articles involving relevant topics around dietary intake, dietary pattern, physical activity and their potential associations with frailty, sarcopenia, malnutrition and some related NCD. The findings from the aforementioned studies will provide important implications for policy making, strategy development and public health practice.

Guest Editor

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Deadline for manuscript submissions

closed (31 May 2023)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/146074

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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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