

Special Issue

Nutrition, Diet, Physical Activity and Cognitive Impairment in the Elderly

Message from the Guest Editors

The prevalence of dementia, specifically Alzheimer's disease (AD), among individuals aged 65 and above is one in ten, and it is expected to rise due to the aging population. Studies have shown that lifestyle modifications to factors such as diet, physical activity, and cognitive training have the potential to reduce AD risk and delay the onset of dementia. By making lifestyle changes, up to 40% of dementia cases could be prevented, as stated by the World Health Organization (WHO). Multidomain interventions in lifestyle factors are typically used to reduce the risk of cognitive decline; However, there is still limited evidence on the effectiveness of multidomain interventions on the prevention of cognitive decline. This Special Issue of *Nutrients*, entitled "Nutrition, Diet, Physical Activity and Cognitive Impairment in the Elderly", welcomes original research papers and reviews of the literature concerning this important topic.

Guest Editors

Prof. Dr. Rafael De La Torre
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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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