

Special Issue

Nutrition and Lifestyle Interventions in Older Adults

Message from the Guest Editor

The lifestyle of modern societies has changed a lot, just like the ratio of different age groups in it. Inactive, abandoned subjects are numerous in many countries. While the ratio of an aging, inactive population with several chronic diseases is constantly increasing, the ratio of a healthy, active, and productive population is decreasing, paralleled with fewer people contributing to the GDP of a society—hence the need to stay active and work for a much longer time, which has now become crucial. It is very important to socialize elderly/aging subjects and encourage them to lead a healthy lifestyle. In this respect, physical activity and a well-balanced diet are very important strategies. The need to educate individuals is long-term, although many of the scientific data in this respect are either sporadic, or not well communicated. Works, data concerning the nutritional/health status of older adults, and programs increasing the motivation to lead an active, healthy lifestyle are most welcome.

Guest Editor

Prof. Dr. Márta Wilhelm

Institute of Sport Sciences and Physical Education, University of Pecs,
H-7624 Pecs, Hungary

Deadline for manuscript submissions

closed (5 August 2024)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/169198

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
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)