

Special Issue

Addressing Malnutrition in the Aging Population

Message from the Guest Editor

Malnutrition profoundly impacts healthy aging and is an often underestimated, critical healthcare concern. Aging often brings physiological changes like reduced appetite, dental issues, and chronic diseases, which can limit nutritional intake. Psychological factors such as depression and social isolation also contribute to the risk of malnutrition. Malnutrition is closely linked to frailty, muscle loss (sarcopenia), weakened immunity, and delayed recovery from illness. It increases the likelihood of falls, hospitalizations, and higher mortality rates. Early identification and management are essential to prevent these outcomes and improve quality of life. A multidisciplinary approach is vital, involving regular nutritional screening, personalized diet plans, and social support from caregivers and healthcare providers. Promoting better nutrition in older adults helps reduce healthcare costs and enhances their physical and emotional health. Addressing malnutrition is key to ensuring healthy aging and maintaining independence.

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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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