

## Special Issue

# Food Insecurity and Nutritional Health Among Older Adults

### Message from the Guest Editors

Food insecurity among older adults is a growing concern worldwide. Older adults are particularly vulnerable to the adverse health effects of poor nutrition, as age-related changes in physical health, income, and social support often limit their access to adequate food. Food insecurity in this population is linked to higher rates of chronic diseases, malnutrition, weakened immune systems, and mental health issues such as depression. Addressing this issue can improve health outcomes, reduce healthcare costs, and enhance quality of life, making it a crucial area of research for promoting healthy aging and ensuring equitable access to food and healthcare resources.

This Special Issue invites submissions of novel research findings, methodological advancements, and evidence-based studies that enhance our understanding of the relationship between food insecurity, nutrition, and health outcomes in older adults. Longitudinal studies examining mediating and moderating factors are particularly encouraged.

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### Deadline for manuscript submissions

15 January 2026



## Nutrients

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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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