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## Nutrition and Lifestyle Interventions in Older Adults

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### 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.



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**Special** Issue



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