



The Challenges and Opportunities for Promoting Active Healthy Ageing

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Message from the Guest Editors

On behalf of *IJERPH*, we are organizing a Special Issue about the challenges and opportunities for promoting healthy active ageing.

Population ageing is a global phenomenon. By 2050, it is expected that 17% of the world's population will be over 65 years old with greater numbers of older adults worldwide than children under 16. With countries in Asia and sub-Saharan Africa set to see some of the biggest rises. To address the associated declines in physical and mental health, many health organisations have called for evidence on how best to promote physical activity and reduce sedentary behaviour in older adults. We are therefore interested in papers that advance our knowledge of the determinants of physical activity and sedentary behaviour in older adults as well as approaches to address them. These determinants would include individual, social, and environmental influences on behaviour. We anticipate that these questions may be addressed using a variety of methods including qualitative, spatial, longitudinal approaches, alongside natural experiments, controlled trials and systematic reviews.





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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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