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## **Nutrition and Exercise Health Services for Older Adults: A Focus on Frailty**

Guest Editor:

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Deadline for manuscript submissions:

**closed (15 November 2025)**

### **Message from the Guest Editor**

Frailty is not a disease or disability; rather, it is a clinical syndrome. By contrast, pre-frailty is defined as having only one or two of these criteria. Currently, many expert working groups, such as the Australian and New Zealand Society for Sarcopenia and Frailty Research (ANZSSFR), recommend multifaceted interventions that combine exercise and nutrition as part of management strategies for pre-frail and frail hospitalized older adults. Over the last few decades, research in nutrition and exercise around frail older adults has seen significant progress.

In this Special Issue, we would like to offer the opportunity to uncover and expand the body of evidence that centers on nutrition and/or exercise services catered to pre-frail and frail older adults within health systems. Consequently, all original research articles and reviews are welcome. Articles focusing on frail and pre-frail older adults will be prioritized; however, articles covering nutrition and exercise services for older adults in other chronic disease populations, such as cancer survivors or those experiencing multimorbidity with a high risk of frailty, will also be considered.



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# Special Issue



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## Message from the Editor-in-Chief

*Healthcare* is an international, peerreviewed, open access, multidisciplinary journal. Original research articles, short communications, review articles, and symposium highlights are welcomed.

*Healthcare* hopes to influence global health and disease aspects, and hopes to gain high visibility and acceptance by the scientific and healthcare community and will dedicate itself to covering special and specific topics in special issues.

We would be pleased to welcome you as one of our authors.

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