



*healthcare*



an Open Access Journal by MDPI

## Health Promotion in Older Adults—Physical Activity/Exercise/Wearable Device

Guest Editor:

**Dr. Miao-Ju Hsu**

Department of Physical Therapy,  
Kaohsiung Medical University,  
Kaohsiung 80708, Taiwan

Deadline for manuscript  
submissions:

**closed (31 March 2024)**

### Message from the Guest Editor

Health promotion is one of the keys to successful aging, both in healthy and disabled individuals. In order to provide safe and effective health promotion interventions for older adults, it is important for practitioners who are involved in the long-term care of patients, especially experts in rehabilitation, nursing, and exercise sciences, to develop adequate assessment tools or expand the application of the available assessments, and to establish evidence-based exercise protocols.

This Special Issue will mainly focus on research related to exploring physical assessment methods and establishing effective exercise programs for older adults with or without chronic diseases. This Special Issue is seeking original articles, systematic reviews and meta-analyses. The suggested topic areas include, among others, the following:

- health promotion
- exercise
- physical activity
- older adults
- physical assessment
- cognitive assessment
- wearable device



[mdpi.com/si/115020](https://mdpi.com/si/115020)

# Special Issue



# healthcare



an Open Access Journal by MDPI

## Editor-in-Chief

**Prof. Dr. Lorraine S.  
Evangelista**

Sue & Bill Gross School of  
Nursing, University of California,  
Irvine, CA 92697, USA

## Message from the Editor-in-Chief

*Healthcare* is an international, scientific, peer-reviewed, open access journal on health care systems, industry, technology, policy, and regulation, and is published semimonthly online by MDPI. Ocular Wellness & Nutrition Society (OWNS) is affiliated with Healthcare and its members receive discounts on article processing charges.

## Author Benefits

**Open Access:** free for readers, with [article processing charges \(APC\)](#) paid by authors or their institutions.

**High Visibility:** indexed within [Scopus](#), [SCIE](#) and [SSCI \(Web of Science\)](#), [PubMed](#), [PMC](#), and [other databases](#).

**Journal Rank:** JCR - Q2 (Health Policy and Services) / CiteScore - Q1 (Leadership and Management)

## Contact Us

Healthcare Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
[www.mdpi.com](http://www.mdpi.com)

[mdpi.com/journal/healthcare](http://mdpi.com/journal/healthcare)  
[healthcare@mdpi.com](mailto:healthcare@mdpi.com)  
[X@HealthcareMDPI\\_](#)