



Diet and Health in Older Women

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Message from the Guest Editors

Older women face many problems in meeting their nutritional and health needs; for example, they often have fewer financial resources and are more likely to live alone. This can contribute to stress, social exclusion, and addictions, which significantly worsen their quality of life. Improvements in health and nutritional status are closely related to diet and physical activity, also in this stage of life.

The aim of this Special Issue is to attract studies that address determinants of nutrition and nutritional status in older women. Although this call is primarily intended for manuscripts including research that concern only one sex or age category, research concerning the interaction between variables, e.g., age or sex, is also welcome provided it is contextualized within the influence or the role of diet, nutritional status, and health.

With this Special Issue of *IJERPH*, we would like to give readers an insight into the links between lifestyle, nutrition, and health.





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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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