



## Nutritional Status, Physical Activity and Quality of Life in the Elderly

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### Message from the Guest Editors

Dear Colleagues,

The aging process causes a progressive change in body mass and composition, which occurs even in the absences of disease. The main variations are the reduction of muscle mass, muscle strength, and physical performance. Such variations can lead to sarcopenia, which in turn leads to a general deterioration in the quality of life and to an increased risk of mortality.

Furthermore, physiological aging often exposes the elderly population to the risk of malnutrition. This risk is increased when physiological factors are combined with nonphysiological factors, such as psychological disorders, inactivity and common sedentary behavior, and poor dietary habits.

For these reasons, maintaining a good quality of life is important for the health and wellbeing of a fragile portion of the population, such as the elderly.

The aim of this Special Issue is to collect information concerning physiological ageing and its main correlates, which can be useful to defining strategies to slow down the process.





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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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