



## Effect of Lifestyle and Diet for Older Persons' Health

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### Message from the Guest Editors

Despite the outbreak of the COVID-19, non-communicable diseases continue to be the leading causes of illness and death worldwide. Their prevalence increases both with age and with successive generations. The progressive westernization of lifestyles—sedentariness, tobacco and alcohol consumption, and the abandonment of traditional eating patterns—form a causal net in which the various risk factors are interrelated and reinforce each other.

The secondary prevention strategies for the diagnosis and treatment of arterial hypertension, hyperlipidaemia, or diabetes represent a partial, costly, and inappropriate intervention. There is an urgent need for a comprehensive approach, acting on the fundamental causes that sustain lifestyles that are harmful to health. Aged people are a particularly appropriate target population for intervention strategies.

This Special Issue is dedicated to bringing the current state of knowledge on nutritional epidemiology through original articles or reviews on a wide range of public health issues related to the effect of lifestyle and diet on the health of older people.

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