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Epidemiological Study of Fatty Acids for Healthy Ageing

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Message from the Guest Editor

With the aging of the population in recent decades, promoting healthy aging is a great concern worldwide. As modifiable nutritional factors on healthy aging, fatty acids are examined. For example, n-3 and n-6 polyunsaturated fatty acids (PUFAs) are expected to serve as preventive factors that support healthy aging due to their multiple roles, such as reducing chronic inflammatory or oxidative stress, presenting neuroprotection or cardiovascular protection.

This Special Issue will feature articles regarding epidemiological studies (prospective studies, systematic reviews of prospective studies, or Mendelian randomization) on the impact of fatty acids on healthy aging. As these are the outcome about healthy aging, this Special Issue is also interested in functional disability, physical function, frailty, dementia, cognitive impairment, or survival without major chronic diseases.



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