

Special Issue

Nutrition and Care Strategies to Promote Healthy Aging and Prevent Chronic Diseases in Older Adults

Message from the Guest Editors

The global increase in life expectancy presents both opportunities and challenges for health systems, particularly in addressing the complex needs of the aging population. Nutrition and caregiving play pivotal roles in promoting healthy aging, preventing disease, and enhancing quality of life among older adults. Emerging research highlights the impact of dietary patterns, nutrient intake, and personalized care strategies on physical function, cognitive health, and resilience in later life. At the same time, population-level strategies, including community-based interventions and integrated models of care, are essential to reduce disparities and support sustainable aging in diverse settings. Understanding the interplay between nutritional status, social determinants, and access to care is becoming increasingly relevant as societies adapt to aging demographics. This Special Issue aims to bring together current evidence and innovative approaches at the intersection of nutrition science, caregiving, and public health.

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Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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