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Nutrition, Diet Quality, Aging and Frailty

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Message from the Guest Editors

Dear Colleagues,

In the last century, the average life expectancy at birth increased from roughly 45 years in the early 1900s to more than 80 years today. However, living longer is often related to different levels of frailty. There is no curative treatment for frailty—the interventions that have been described as effective to slow or delay the onset of frailty are physical activity and nutritional interventions. Maintaining adequate nutrition status is important to reduce the risk of chronic diseases, many of which are age-related. On the other hand, frailty itself may have a negative effect on eating and, thus, on the nutritional status.

We invite you and your collaborators to consider the submission of your original research, protocol development, and methodological studies, narrative or systematic reviews, and meta-analyses. To better understand these complex relationships, we welcome all types of study designs in various populations, including large observational epidemiological studies, systematic reviews and meta-analyses, clinical and field trials, and qualitative investigations.

Dr. Cristiano Capurso

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Guest Editors



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Special Issue



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