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Public Health Nutrition and Healthy Aging

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Deadline for manuscript submissions:
closed (1 April 2023)

Message from the Guest Editor

Dear Colleagues,

According to the United Nations, by 2050 one in six people worldwide will be aged 65 years or older. Diet and physical activity can have a substantial impact on maintaining health, independence, and quality of life as people age. Programming delivered in communities through health centers, senior centers, or social service agencies can help older adults to develop and maintain healthy eating habits and engage in physical activity.

This Special Issue of *Nutrients* will feature works that describe innovative programming for older adults that can be implemented in various community settings. We seek studies that examine unique ways to improve public health and promote healthy aging. Topics of particular interest include novel intervention approaches, reducing health inequities, and implementation and dissemination.

Sara C. Folta
Guest Editor

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Journal Rank: JCR - Q1 (*Nutrition & Dietetics*) / CiteScore - Q1 (*Nutrition and Dietetics*)

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