



Health and Wellbeing in Midlife and Healthy Aging

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Message from the Guest Editors

Dear Colleagues,

The World Health Organization estimates that between 2015 and 2050, the worldwide population of people 60 years and older will nearly double from 12% to 22%. Supporting the health and wellbeing of this aging population will play a large role in the flourishing of our communities and our world. Midlife is a crucial time to identify and address health and wellbeing needs of our older populations. Midlife can also be a critical period for enhancing the transition into healthy later life. Exercise and fitness in midlife are associated with better cognitive function in later life, and healthy behaviors in midlife are predictive of healthy aging. There is a critical need to identify factors that maximize wellness for diverse midlife and older adults during this important window of opportunity, when preventive care, health services, and lifestyle changes may still contribute to healthy aging. This Special Issue welcomes papers that focus on factors that enhance health and wellbeing in midlife and that can lead to improved health, wellbeing, and quality of life in older adults. This call is open to original research and scholarly reviews.





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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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