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## EDITORIAL

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*Prevention of disease and health promotion as a response to current health challenges*

Disease prevention and the promotion of healthy lifestyles are essential components for improving the health and well-being of the population. Understanding the different levels of prevention and the importance of healthy lifestyles is crucial for addressing the current health challenges.

The process of modernization, urbanization, and economic transition that has occurred in most countries over the past decades has brought significant improvements in the standard of living. However, it has also brought cultural and social changes that lead to a range of negative consequences in terms of behaviors and lifestyle. Despite international guidelines for the implementation of health-promoting policies, unhealthy lifestyles persist, and when combined with aging, they lead to an increased prevalence of chronic diseases, which often result in disabilities in later stages of life. This reality necessitates a greater investment in curative care at the expense of health promotion and primary disease prevention.

Given this reality, it is important to highlight that a preventive approach to chronic diseases and their risk factors should occur throughout people's lives, starting before pregnancy and continuing during childhood and adulthood with activities focused on primary prevention. This includes promoting and adopting healthy behaviors that make individuals more resilient and act as protective factors for their health, while avoiding behavioral risk factors. However, the importance of specific protection for safeguarding people's health should not be neglected. Additionally, in this preventive approach, it is equally important to work on secondary and tertiary prevention through early diagnosis and treatment, aiming to make disease control more effective and reduce associated sequelae and mortality. Throughout the health-disease process, it is also crucial to emphasize the need to avoid unnecessary harm caused by excessive or inappropriate medical interventions, promoting a person-centered and evidence-based approach, reinforcing the importance of clear communication and active involvement of individuals in decisions related to their health. In this regard, the importance of quaternary prevention cannot be overlooked.

Furthermore, a level of prevention known as quinquenary prevention is currently being envisioned. This level emphasizes the adoption of proactive strategies and measures that promote the well-being of healthcare professionals, preventing their overload and burnout, ensuring they can continue to provide quality and person-centered care.

While this preventive approach and the aforementioned levels of prevention are of paramount importance, it is essential to not overlook the significance of Health in All Policies, promoting a global health perspective with an understanding that the focus of health promotion is health itself, resources rather than the problem, social determinants rather than

symptoms, and people rather than professionals. It is important to act on potentially modifiable determinants, such as behaviors and lifestyles (individual determinants), as well as factors like income, education, employment and working conditions, access to healthcare services, and suitable physical environments (structural determinants).

In summary, disease prevention levels, from primordial prevention to quinquenary prevention, are crucial strategies to address current health challenges, particularly when combined with health promotion strategies at both individual and structural levels. They are fundamental for improving health and well-being, preventing diseases, reducing complications, and promoting a healthy life for all, which can only be achieved if healthy choices are made easier and more accessible and if environments are conducive to health.

It is important to continue researching and producing evidence that addresses aspects related to the different levels of prevention. Additionally, investigating individual and structural determinants and making them more favorable to population health is also crucial. In light of the above, it is commendable to highlight the publication of the evidence presented in this edition, with the majority of it being directed towards the perspective of healthcare professionals, particularly nurses, in terms of improving care provided in different contexts and levels of prevention, and achieving health gains. In this edition, we have the opportunity to access primary research results, as well as investigations that aggregate evidence produced by various authors on specific topics, in the form of systematic, integrative, or scoping reviews. These can be crucial for improving the care provided and can also serve as a starting point for future research.

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