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EDITORIAL

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Reflections and challenges in face of growing old in Brazil

Today, living longer and with good quality of life means an important achievement for humanity, particularly in relation to advances in modern medicine, added to more favorable health conditions as factors which are responsible for determining the decrease in mortality rates among the elderly.

The World Health Organization (WHO) points out that the world population over the age of 60 will rise from 841 million today to 2 billion by 2050. In this sense, population ageing is an undeniable fact in Brazil and worldwide; in Brazil, it is estimated that the elderly population will reach 30% by 2050[1].

To reach those figures, in Brazil, the increase in the ageing rate is the result of the implementation of Public Policies for the Elderly in the health sector and the marked technological development, which mean important relevant incentives in the face of different technologies for the elderly population.

Thus, preventing or delaying the loss of functional capacity through preventive measures and rehabilitative interventions of an interdisciplinary nature has favored growth, driven by accelerated demographic transition in the country, while, at the same time, has brought challenges to the health system, which are present in the control of chronic diseases and their risk factors[1].

It is therefore clear that the reach for quality of life for the elderly, while it is a challenge to be faced on a daily basis, continues to be an important ally to be considered in the gains in life expectancy, as well as a valuable human and social achievement. In this sense, society demands professionals with training in different areas of knowledge, based on interdisciplinary care, carrying it out with responsibility, in order to develop, maintain and optimize it, centered on quality, to be provided to citizens, in an integral way, according to the health system as a whole.

Stopa *et al*[2], points out that in Brazil, Chronic Non-Communicable Diseases (CNCDs) have accounted for a high number of deaths before the age of 70 and a significant loss of quality of life as people age, and they also generate disabilities and a high degree of limitation in work and leisure activities involving the working elderly.

These aspects are highlighted in a Brazilian study, which found that chronic diseases account for 66% of the years of life lost due to disability, where social determinants have a strong impact on the prevalence of chronic diseases.

In this sense, on the one hand, social inequalities, differences in access to goods and services, low schooling, and inequalities in access to information are highlighted as conditioning aspects; on the other hand, it is observed that, at the same time, they generally determine a higher prevalence of chronic diseases and the problems resulting from this evolution. According to Simões *et al*[3], ageing is one of the causes of the rise CNCDs, associated with changes in lifestyle habits resulting from the country's urbanization and industrialization processes.

Chronic Non-Communicable Diseases (CNCDs) are among the main causes of preventable morbidity and premature death in the region of the Americas. As such, they are one of the biggest health problems in Brazil, killing around 41 million people every year, which is equivalent to 71% of all deaths in the world. 77% of these deaths occur in low- and middle-income countries[4].

To this end, the Strategic Action Plan for Tackling Chronic Diseases and Non-Communicable Diseases in Brazil: 2021-2030, highlights self-care as an important action to be considered among the strategic actions in the areas of health promotion, prevention, and care for the CNCD group[1].

Therefore, according to the World Health Organization[5], self-care interventions are among the most promising and exciting new approaches to improving health and well-being, both from the point of view of health systems and for the users of these interventions.

In this sense, such self-care interventions promise to be good for everyone and bring us closer to achieving universal health outcomes. It is therefore important to emphasize health care from the perspective of universal health coverage, as it is one of the objectives capable of strengthening Sustainable Development, which is also capable of guaranteeing a healthy life and promoting well-being for all, at all ages[5].

The constant change in the health context, with rising economic and social costs, in parallel with financial cuts in the health sector in every country in the world, requires new solutions to be proposed to respond effectively and efficiently to these demands from society.

Such reflections are present in the thematic content of this issue of RAISE, which addresses the most effective concerns of health and ageing in the following articles:

- Nursing care for adult/elderly patients with impaired swallowing: an integrative and literature review;
- Digital technologies used to prevent falls in the hospital environment: integrative review;

- Nursing contributions to assisted reproduction and infertility: an integrative review;
- Violence against health professionals in the context of a community care unit: a qualitative study;
- Effectiveness of a nurse-led community intervention for people at risk of type 2 diabetes: a systematic review;
- Elderly people's social representations of alcoholism;
- Evaluation of spatial accessibility in a hospital unit in southern Brazil and implications for the health of the elderly;
- The nurse's intervention for people with vascular access for hemodialysis in the emergency department.

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