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## EDITORIAL

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### Lifelong health

The life course approach considers health as a constantly evolving capacity, which develops from childhood to old age and between generations<sup>(1,2)</sup>. This vision is the foundation for achieving the goals of the Sustainable Development Goals (SDGs), with emphasis on SDG 3, which deals with the promotion of health and global well-being at all ages<sup>(3)</sup>. Lifelong health is the result of a complex set of social determinants, gender, equity and human rights<sup>(1,2)</sup>.

In childhood, the priority is the expansion of vaccination coverage and the prevention of harmful exposures from the intrauterine period to the first years of life. This includes protection against malnutrition, chemical and psychoactive substances, violence and neglect, air pollution, lack of drinking water and basic sanitation, as well as the exclusion of inclusive educational environments<sup>(1,4)</sup>.

During adolescence, it is essential to welcome in a sensitive and qualified way the emotional and social demands of adolescents, including aspects related to sexuality, mental health, facing different forms of violence and promotion of autonomy<sup>(1)</sup>.

In adulthood, the focus should be on the prevention of chronic non-communicable diseases (NCDs) and encouraging the adoption of healthy practices that favor physical, mental and spiritual well-being, contributing to healthy aging<sup>(5,6,7)</sup>.

Healthy aging is a continuous process of optimization of functional capacity and expansion of opportunities to maintain and improve physical and mental health, promoting independence, autonomy and quality of life over the years<sup>(8)</sup>. The Decade of Healthy Aging (2021-2030) was proclaimed by the United Nations (UN) and coordinated by the World Health Organization (WHO) with the aim of promoting coordinated, inter-sectoral and sustainable actions to improve the lives of the elderly, their families and the communities in which they live<sup>(8)</sup>.

Lifelong health promotion requires a person-centered approach that considers the multiple social determinants of health. Coordinated global efforts are needed to achieve the goals of the 2030 Agenda, ensuring universal access to health. Only in this way will it be

possible to build a healthier, fairer and more sustainable world, where all people can live with dignity, equity and hope.

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