



HEALTH: LOOKING BACKWARDS AND FORWARDS

Saúde em retrospectiva e prospectivas

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Global Health has faced many challenges over the past year. There have been earthquakes, hurricanes, erupting volcanoes, terrorist attacks, wars, and, as a consequence, refugees at risk in several countries⁽¹⁾. Diseases that could be controlled have (re)emerged^(2,3) – for instance, tuberculosis, syphilis, AIDS, hypertension, diabetes, hepatitis, Ebola virus, cholera, severe malnutrition, dengue, Zika virus, among others. In addition, there have been syndromes and diseases that have been difficult to diagnose⁽³⁾ while several public hospitals have been overwhelmed in several parts of Brazil⁽⁴⁾.

On the other hand, there have been reports of successive success in the control and treatment and in the development of vaccines, surgeries and devices for the eradication of diseases, such as poliomyelitis in the Americas, which have led people all over the world to rejoice at Health and be motivated⁽⁵⁾. There has never been so much humanitarian aid and solidarity in television news and social networks. Noble health workers have been committed to more than saving lives; they have rescued refugees and brought hope and encouragement to those who suffered great material and family losses⁽⁶⁾. If social networks and globalization expose the fragile, they are also able to lead campaigns and save a baby who needs a drug (Spiraza®) that is not available in Brazil and that costs one million *reais* for the treatment of Spinal Muscular Atrophy (SMA)⁽⁷⁾ or even thousands of refugees who leave their countries on suicidal boats rescued in the Mediterranean Sea⁽⁸⁾. The Brazilian Journal in Health Promotion (*Revista Brasileira em Promoção da Saúde – RBPS*) believes in the development of Health Promotion around the world and is thrilled with every little or big good news on help or support to those in need.

According to data from last March, more than 500 million people are estimated to be living in areas at risk of Zika, Dengue and Chikungunya in the Americas⁽⁹⁾. In Northeastern Brazil, babies with microcephaly, who have been infected with the terrible Zika virus, fight bravely for rehabilitation and treatment while Health Services run after diagnosis, prevention, monitoring and treatment. In the meantime, the mosquito that transmits the virus continues to cause problems and remains in latency awaiting the rainy season. Importantly, pregnant women and the general population should be informed about how they can protect themselves from mosquito bites and avoid the exacerbated growth and reproduction of the mosquito⁽¹⁰⁾.

A quick look on news from the Pan American Health Organization (PAHO) and the World Health Organization (WHO) reveals one of the biggest challenges of the year: coping with depression⁽¹¹⁾. Unfortunately, there has been an increase in the rate of suicide among young people and adolescents; however, depression prevention is addressed everywhere and in the social networks. Not only in Brazil, but also in the Americas and other countries, campaigns have advocated for the patient's well-being and family support. Help has first and last names. A simple question posted on the PAHO social networks – “How can you help someone with depression?” – is followed by powerful phrases instructing how to proceed. Help and support can be found everywhere⁽¹²⁾. Sport, music, meditation practice and groups of young people who, through religiosity and spirituality, help each other can assist the depressed patient in the search for joy and will to live, slowly and gradually leading the patient back to normal. Health, then, benefits from the good news, the support network and alternatives to medicalization and invasive treatments, bringing to the fore methods that could help many people.

Through the scientific knowledge disseminated in its articles, the RBPS helped in the Promotion of Health through the basic, such as nutrition. This year, the journal published studies on food consumption and its relationship with infectious diseases⁽¹³⁾, food consumption as a risk factor for bowel cancer⁽¹⁴⁾, and differences between men and women⁽¹⁵⁾, warning of the danger related to excessive consumption of sweets, processed foods, fatty foods and unhealthy snacks for the population's health.

Health promotion is based on activities to change human habits and customs, and health education is a key ally in this process, with the RBPS showing its importance for dwellers of foster homes in the city of Santiago, Rio Grande do Sul⁽¹⁶⁾, or its provision through oral health⁽¹⁷⁾.

RBPS has also disseminated health care for pregnant women, newborns, children, adolescents, young adults and older people in its pages this year through literature reviews, epidemiological data and experience reports. The year was profitable



and rich in health promotion information for all age groups. The well-being of deaf people, post-infarction men, hypertensive patients, diabetic patients, patients hospitalized in ICUs, people living in shelters, caregivers or people from all regions of Brazil and other countries, Quilombo communities or Cape Verde did not go unnoticed. The RBPS presents results of relevant and efficient studies, contributing to the role of putting health promotion into effect in its pages, bringing intoxicating discussions on this issue to readers of all health fields and the like.

Finally, the RBPS will continue to focus on contributing positively to the promotion of collective and individual health by publishing the product from representatives of the most diverse fields of health, where some learn and apprehend from others, affecting the growth of both their own field and the general health.

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