



## Healthy Lifestyle: Health Promotion and Prevention

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### Message from the Guest Editors

Dear Colleagues,

The World Health Organization (WHO) defines health promotion as “the process that allows people to increase control over their health”. This includes not only actions aimed at increasing people's abilities and capacities but also those aimed at modifying social, environmental, and economic aspects that have an impact on health determinants.

Likewise, the WHO defines disease prevention as those “measures designed not only to prevent the onset of the disease, such as reducing risk factors, but also to stop its advance and mitigate its consequences once established”. Therefore, all those actions and procedures aimed at helping the population to improve their living conditions and enjoy a healthy life would be included here.

Therefore, it is not surprising that health professionals are the ones who guide and carry out actions aimed at promoting health and preventing health issues. The most recent research shows how strategic planning allows these professionals to be more efficient and have a relevant impact on the quality of life in the general population.





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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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