

# DECLARATION FOR HEALTH

Health is one of the fundamental pillars for the sustainable development of any society. In a global context marked by growing challenges—such as an ageing population, increasing complexity of diseases, inequalities in access to healthcare, and technological evolution—it is essential to foster a collaborative spirit among entities, centred on the shared goals of the country's social progress.

The **Declaration for Health** calls for the mobilisation of 50 entities from the private and social sectors in building a future where health is a universal right, easily accessible, and capable of ensuring that increased life expectancy is accompanied by a corresponding quality of life for our entire population.

It aims to promote the transformation of the health system, with a vision that prioritises healthy longevity, quality of life, and the humanisation of care. By adopting a holistic approach, it seeks to value all factors that influence health, including social, environmental, economic, and cultural determinants, which are crucial to the health and well-being of the Portuguese population.

The proximity and reach of healthcare services are decisive factors for the effectiveness of a fair and equitable health system, capable of promoting health literacy among all citizens. By integrating territorial specificities and respecting local realities, the goal is to strengthen a system that is accessible, inclusive, and oriented towards the concrete needs of the population.

Interinstitutional and intersectoral collaboration is key to building a truly sustainable, innovative, and resilient health system—one that can face the challenges of an uncertain future and transform society by placing people at the heart of decisions regarding its organisation.

Building a more sustainable, fair, and inclusive health system requires the adoption of solid principles, materialised in concrete actions aimed at tangible results. The signatory entities of this Declaration establish a broad consensus on the following principles:

- 1. Transformation of the individual's health journey:** the person must be the focus of care, which should not be limited to illness but should be preventive, proactive, and personalised. This principle implies an individualised and participatory approach, where the health journey is tailored to the person's needs and preferences, involving an active role in managing their own health;
- 2. Health outcomes:** the success of a health system should be measured by its outcomes, which must be concrete and measurable. Emphasis should be placed not only on reducing mortality and curing diseases but also on promoting health, improving quality of life, increasing healthy longevity, and implementing effective preventive policies;
- 3. Health in all policies:** public policies must recognise the multiple factors that influence ecosystem well-being. Living conditions, dietary habits, education level, work environment, physical activity, and mental health are elements that must be addressed in an integrated and interdependent manner;
- 4. Knowledge sharing:** the exchange of knowledge among different entities is essential for continuous progress and innovation in the health system. This principle involves not only the sharing of best practices and successful experiences but also the development of a culture of continuous learning, where the training of health professionals and education for healthy lifestyles are priorities. The dissemination of scientific knowledge, clinical best practices, and the use of advanced technologies should be promoted in an accessible, systematic, and inclusive way

**5. Accessibility and reach of healthcare services:** geographic accessibility and the reach of healthcare institutions are fundamental conditions to ensure equity in access to care. This principle implies that health services must be present comprehensively and effectively throughout the national territory, serving both urban and rural areas. The health system must be adapted to the reality of each territory, with solutions that ensure proximity of care and the elimination of access barriers—whether geographic, economic, or social;

**6. Promotion of well-being and quality of life:** public policies should foster safe and accessible public spaces, promoting the adoption of healthy habits and disease prevention. They should also prioritise measures that consider mental health, such as creating conditions that ensure active ageing. At all stages of life, people should be able to live fully, with quality of life and access to the necessary conditions for their well-being;

**7. Innovation and sustainability:** innovation in the health sector is crucial to ensure an efficient system adapted to the needs of a constantly changing population. This includes promoting innovative technologies and management models that improve system efficiency and increase access to care. Sustainability must be ensured through funding models capable of responding to increased demand while guaranteeing equity in access;

**8. Local partnerships and territorial and sociodemographic cohesion:** local communities must be actively involved in defining health solutions that meet their specific needs. Health promotion should be seen as a collective responsibility, involving not only health professionals but also local authorities, social organisations, schools, cultural associations, and other civil society entities. Creating support networks and strengthening collaboration among these local entities should be a priority.

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Associação Nacional das Farmácias	Associação Portuguesa de Estudantes de Farmácia	Faculdade de Ciências da Saúde da Universidade da Beira Interior	Ordem dos Biólogos
Agência de Investigação Clínica e Inovação Biomédica	Associação Portuguesa de Hospitalização Privada	Faculdade de Ciências da Saúde da Universidade Fernando Pessoa	Ordem dos Enfermeiros
Associação de Distribuidores Farmacêuticos	Associação Portuguesa de Jovens Farmacêuticos	Faculdade de Ciências e Tecnologia da Universidade do Algarve	Ordem dos Farmacêuticos
Associação de Farmácias de Portugal	Associação Portuguesa de Medicamentos pela Equidade em Saúde	Faculdade de Farmácia da Universidade de Coimbra	Ordem dos Médicos Dentistas
Associação de Grossistas de Produtos Químicos e Farmacêuticos	Associação Portuguesa de Seguradores	Faculdade de Farmácia da Universidade de Lisboa	Ordem dos Nutricionistas
Associação Dignidade	Associação Portuguesa dos Importadores e Exportadores de Medicamentos	Faculdade de Farmácia da Universidade do Porto	Ordem dos Psicólogos
Associação Nacional de Cuidadores Informais	Confederação do Comércio e Serviços de Portugal	Federação Nacional das Associações de Doenças Crónicas	Pharmaceutical Group of the European Union
Associação Nacional de Freguesias	Confederação Empresarial de Portugal	Fórum Nacional de Estudantes de Saúde	Plataforma Saúde em Diálogo
Associação Nacional dos Médicos de Saúde Pública	Conselho Português para a Saúde e Ambiente	Fórum Saúde XXI	Sociedade Portuguesa de Literacia em Saúde
Associação Portuguesa da Indústria Farmacêutica	Egas Moniz School of Health & Science	Health Cluster Portugal	União das Associações de Doenças Raras de Portugal
Associação Portuguesa das Empresas de Dispositivos Médicos	Escola de Ciências e Tecnologias da Saúde da Universidade Lusófona	Instituto de Saúde Pública da Universidade do Porto	Universidade de Évora
Associação Portuguesa de Administradores Hospitalares	Escola Nacional de Saúde Pública da Universidade Nova de Lisboa	Instituto Universitário de Ciências da Saúde – CESPU	VALORMED – Sociedade Gestora de Resíduos de Embalagens e Medicamentos
		International Pharmaceutical Federation	World Pharmacy Council