



El papel del **Autocuidado** en la **Salud**
Mesa Redonda: Diferentes Visiones - Una Misión

CONCLUSIONS AND RECOMMENDATIONS OF THE ROUNDTABLE ON
“THE ROLE OF SELF-CARE IN HEALTHCARE: DIFFERENT VISIONS-ONE MISSION”

“Declaration of Mexico City”

The participants of the Roundtable on
“The Role of Self-Care in Healthcare: Different Visions, One Mission”

AGREE THAT:

1. Health, as a determinant of the quality of life, is a state of complete physical, mental and social well-being, which takes into account the experiences, expectations and perspectives of the individuals, and not merely the absence of disease or infirmity. The healthcare system or healthcare professionals cannot bring about this state of health on their own. To achieve this requires a total commitment of individuals, through self-care.
2. The determinants of good health and the causes of disease are now better known as well as the contribution that self-care can make, once put into practice. This implies avoiding or controlling risk factors to limit health injures, adequate physical exercise, proper nutrition, maintenance of mental well-being, as well as taking medicines and complying to medical treatment. Self-care also includes prevention and the appropriate access to the different levels of care offered by healthcare systems. All of these elements can contribute in a major way to individual wellness and collective public health, underpinned by the support of healthcare professionals.
3. People have the right and duty to participate individually and collectively in the planning and implementation of their health care and healthcare professionals have the duty to work with them in order to support and encourage the adoption of healthy lifestyles.
4. With the epidemiological transition have appeared chronic disorders in which self-care is particularly important. This evolution in the epidemiologic profile requires healthcare services to reorient away from a focus on “sickness” towards prevention services. Self-care –including responsible self-medication– is a fundamental component of healthcare.
5. Responsible self-medication consists in treating common health problems, with medicines that are especially designed and labelled for use by the consumer without a prescription as long as they have proved efficacious and demonstrated a high safety profile. Government authorities, health professionals and the pharmaceutical industry have as challenge and opportunity to develop and put in practice self-care policies.
6. A country which fully encourages self-care can expect to have a healthier population and be able to redeploy more efficiently their healthcare resources. The objective is to make self-care a fundamental health strategy.
7. Given the benefits that are brought about by self care and responsible self-medication, these must be promoted within the population in general and make them part of the national health policies.
8. The relationship between the health of a country’s population and the country’s economic performance is better known. Because the resources allocated to health should be seen as an investment, the participants to the roundtable conclude that investing in self-care is a valuable strategy to be applied.

Mexico, D.F., 27 October, 2006