*Presidenza del Consiglio dei Ministri*




**Abstract**

# LIFESTYLES AND HEALTH PROTECTION

20th of March 2014

Many factors affect health: biological factors, socio-cultural factors (education, working conditions, living conditions, environmental health) and individual behaviour.

While being aware of the close interweaving of all these factors and their mutual influence, in this document, the NBC aims to focus on the last factor, highlighting personal responsibility for one's health, both as an individual and as a collective responsibility.

Under limited resource conditions, ensuring an efficient health service for as many citizens as possible is in everyone's interest.

Starting with a brief description of the current situation, the document emphasizes the importance and the connection between the citizens' right to health and the duty of social solidarity.

Alongside recalling the different social and health policy paths, the Committee stresses the importance of a broad cultural action that sets in motion society through different levels of intervention: education (school and family), social (information and training) and state levels.

The closing recommendations elicit some suggestions aimed at creating an effective synergy between the individuals' responsibility for their own health and the State responsibility for protecting health, recognized as a fundamental right of every person.