

HOW TO ADDRESS THE CHALLENGES OF HEALTH?

One Health: A Single Approach to Human, Environmental & Animal Health.

In an ever-changing world, inequalities in access to healthcare, exposure to pollution or endocrine disruptors pose significant challenges to our health. With the emergence of a collective environmental consciousness, the concept of “One Health” has gained ground: human health is highly dependent on the health of the animals and plants that surround us, as well as the ecosystems in which we live.

IMPROVING ACCESS TO HEALTHCARE FOR ALL

Global health disparities persist, notably in low-income countries with:

- Insufficient infrastructure.
- A scarcity of skilled healthcare professionals.
- High maternal mortality rates.
- Limited access to vaccinations and basic healthcare, which intensifies the burden of preventable diseases.

Global financial constraints further delay medical attention, potentially pushing individuals into extreme poverty. Inequalities also extend to education and awareness.

Addressing these disparities necessitates collaborative efforts from the international community, governments, and non-governmental organizations.

Did you know?
Ending health inequalities in low-income countries could save the lives of 1.8 million children under the age of 5.

ADVOCATING FOR AND IMPLEMENTING HEALTHIER LIFESTYLES

Our daily habits significantly contribute to the rise of diseases:

- Unhealthy diets with processed foods and high sugar, coupled with sedentary lifestyles, contribute to increasing rates of diabetes and obesity.
- Exposure to microplastics and endocrine disruptors and fine particulate matter is linked to hormonal imbalances, certain cancers, reproductive health issues and many more diseases.
- Modern lifestyles also contribute to mental health challenges like stress and anxiety.

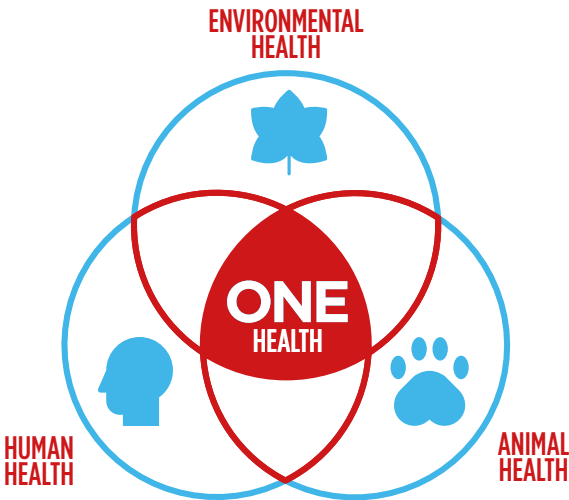
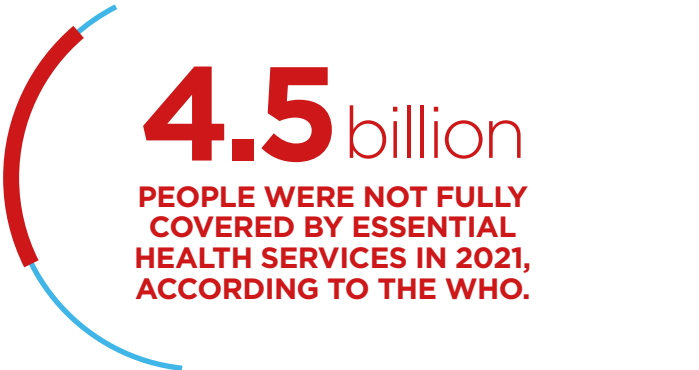
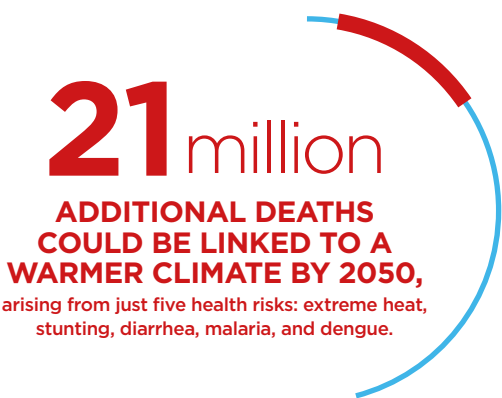
Promoting awareness, healthier choices, and sustainable policies is crucial to counteract the negative impact of daily routines on overall well-being.

Did you know?
At least 200,000 people die prematurely in the EU each year due to exposure to fine particulate pollution.

ADOPTING A ONE HEALTH APPROACH

It starts with acknowledging the interdependence of human, animal, and environmental health:

- The close coexistence of human and animal populations fosters zoonotic diseases, necessitating collaborative efforts for prevention.
 - Antimicrobial resistance exacerbates these challenges.
 - Environmental degradation, climate change, urbanization and plastic heighten health risks and food security. A study published in the New England Journal of Medicine shows that microplastics have a significant impact on human health, doubling the risk of heart attack and stroke, while also heavily impacting biodiversity.
- Adopting a One Health approach involves interdisciplinary collaboration, improved surveillance, and integrated policies to address current challenges and build resilience for future health crises in our complex, interconnected world.



Main sources of information: Europa.eu, NIH, United Nations, WHO, World Bank

This board has been created with the insights of **Deloitte.**

FOR FURTHER INFORMATION
AND TRANSLATION

