Practical Applications of One Health

Ecosystem building through engaging local communities, citizens, and authorities.

Workshop 11: 17th of November

Coalition of Health Professionals for Regenerative Agriculture

#AEEUForum2023
WHO WE ARE

A multi-disciplinary international and female team, based across different EU geographies.

"As health professionals, we recognize our unique role in mitigating the climate, food, and health crisis by promoting One Health."
Promote education and awareness around the connection between soil - human health and co-create the regenerative healthcare transition in Europe.
OUR VISION

Establish **One health through:**

- **Food as Medicine**
  We want food to be first medicine to all disease.

- **Regeneration**
  We want to help scale regenerative agriculture through nutrition awareness.

- **Nutrient Density**
  We want food to be grown regeneratively with higher nutritional values.

- **Prevention**
  We believe that nutritious food and regenerated land can prevent and potentially reverse diseases.
How?

Working with a multistakeholder approach, we advocate and act upon:

- Forming a new generation of health professionals
- Creating an European community around nutrient density
- Promote education on the connection of soil and human health
- Empower farmers to grow nutrient dense food
TRUE OR FALSE
1 million people suffer from hidden hunger

TRUE OR FALSE
2 billion people suffer from hidden hunger

FALSE
90% of deaths are caused by Non-Communicable Diseases

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TRUE
In the European Union (EU), 60-70% of soils are degraded as a direct result of intensive agricultural practices.

TRUE OR FALSE
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50% EU healthcare bill is spent on chronic disease

TRUE OR FALSE
75% EU healthcare bill is spent on chronic disease

FALSE
Protein content in wheat decreased by 5% from 1955 to 2016.
Protein content in wheat decreased by 23 % from 1955 to 2016.

FALSE
What is One Health?

One Health highlights that the health and well-being of humans are inseparably linked to the health of other ecosystem components such as soil, plants, animals, and the environment.

Source: WHO
**WHAT IS REGENERATIVE HEALTHCARE?**

*Regenerative Healthcare* is one of the practical solutions of One Health, *where soil health connects to human health.*

Nutrient-dense food, grown *agroecologically & regeneratively,* is provided to hospitals and other public & private institutions as a tool to treat and prevent disease.
"As health professionals, we recognise our unique role in mitigating the climate, food, and health crisis by promoting One Health."
"This manifesto aims to give voice to a European Regenerative Healthcare movement and incentivize actions across the food, agriculture, and healthcare systems."

Our asks

**EDUCATION**

- Nutrition classes introduced at medical schools
- Multidisciplinary curricula and research on One Health
- Train health professionals on One Health
- Educate the population on the benefits of sustainable diets

**POLICY REFORMS**

- Adopt the Farm to Fork strategy to accelerate the transition to sustainable food systems and ensure food security
- Establish and apply laws to protect consumers from false information

**ACTIONS**

- on nutrient-dense food as a basic human right
  - Make fresh, local, seasonal, and organic products accessible to all
  - Increase the production of nutrient-dense foods by promoting regenerative and agroecological practices
  - Reduce/ban ultra-processed foods
  - Limit meat consumption

**SUPPORT**

- the agroecological transitions in the next CAP
  - Finance nature-based values (biodiversity, water quality, soil health and nutrient density)
  - Assist small-scale farmers to apply agroecological practices financially and technically
  - Create and empower local and short supply chains for resilient food systems
READ & SIGN

OUR MANIFESTO
In May 2021 the interdisciplinary One Health High-Level Expert Panel (OHHLEP) was established consisting of FAO, the World Organization for Animal Health (OIE), UNEP, and WHO.

To apply One Health:

• Communication, Coordination, Collaboration, and Capacity building is needed.
• It has to be based on several principles' equity, inclusivity, equal access, parity, socioecological equilibrium
• Monitoring and evaluation of these principles are key for its effectiveness.

Examples of practical applications of One health
MEDICALLY TAILORED MEALS & FOOD PACKAGES

Medically tailored meals and food packages use food as a treatment for patients during recovery at home, care center, or hospital. They are specially designed for the needs of patients to deliver them the most adequate nutrition for their health status.

Example in real life

Ceres Community Project
California
The farm-hospital model includes a physical organic regenerative farm in the location of the healthcare facility. Hospital staff and patients are able to interact with the farm directly by volunteering or indirectly by consuming meals based on the food grown in the farm.

Example in real life

St. Lukes’ Hospital & Rodale Institute Pennsylvania
TEACHING KITCHEN MODEL

The teaching Kitchen Model is a framework created and tested by Harvard Medical School. It is a 3 months program that includes a culinary medicine workshop, a health workshop, and individual support. Biomedical tests are taken before and after the intervention.

Example in real life

Regenerative Teaching Kitchen, HarvestCare Rotterdam
Food pharmacy programs primarily focus on removing barriers to healthy eating, such as financial constraints, through coupons and financial incentives to promote the consumption of healthy foods, particularly fruits and vegetables. A food pharmacy model can be a physical space, where patients can pick up the prescribed food by the doctor. Or it can be directly delivered to patients' houses.

Example in real life

Fresh RX
Oklahoma
COMMUNITY CANTEEN MODEL

Community or social canteens are rooted in local neighborhoods. Their goal is to provide access to healthy, out-of-home dining free of charge for a minimum price. Their menu should take into account the cultural aspects of the nationalities living in the district, as well as other socio-economical factors.

Example in real life

Conscious Kitchen
The Hague
Let’s co-create new examples for Europe!

Session 1: Define the challenge
Session 2: Create a solution
Session 3: Assess your solution
Session 4: Pitch your solution
SESSION 1

Define the challenge (10 min)

*Divided into 4 or 5 groups of 10-15 people max.
Participants identify the main challenges of implementing One Health based on the ones they have on the table.

Reflect first on your own, discuss with the group and then choose which one to focus on as a group and work on towards a solution
Challenges statements

1. Healthcare spending is expected to grow annually between 2014 and 2050, posing another economic challenge for future generations.

2. Per capita food consumption is projected to increase to 3,050 kcal/day, raising concerns about nutrition-related health issues.

3. One-third of EU children face the health risks of overweight or obesity, demanding urgent preventive measures and interventions.

4. Soil degradation reduces crop nutrition, affecting human health. Low protein/micronutrients in crops and declining nutrients in fruits and vegetables compromise food's preventive medicinal value.

5. Intensive land practices harm microbiome diversity, impacting human health by disrupting beneficial microorganisms in the environment.

6. Food companies produce ultra-processed food at very low prices with misleading health claims.

7. Access to fresh, high-quality food is not universal, and consumers lack knowledge about healthy eating and the quality of food.

8. European medical schools only offer an average of 23 hours of nutrition education.

9. Our food system incentivizes the production of empty calories and disrupts natural cycles.

TIPS FOR SMOOTH COOPERATION

- When you speak you can shortly present yourself (name, organisation, role), so you can get to know your people in the group
- Decide which person will fill the template as you work together
- Have someone keeping track of time
- Decide who will pitch the idea for 1 min at the end
- Let everyone speak and voice their opinion
- Let’s be positive and respectful :)


SESSION 2

Brainstorm and find the solution (30 min)

*In the same groups, participants choose to work on the challenge they identified and generate ideas for implementing One Health.

Take 5 min to write ideas individually and then share within the group.

Choose 1 or 2 ideas max to work on.
Title:
Provide a clear and concise title that reflects the project's main focus or objective. Clearly state the main objective of the project. What is it intended to achieve?

Problem Statement:
Describe the issue or problem the project aims to address.

Target Audience:
Identify the specific group or community the project is designed to benefit or serve. Hospitals, schools, farms, etc

Activities:
List the key activities or tasks that will be undertaken as part of the project.

Partnerships and Collaborations:
Identify any potential partners, stakeholders, or collaborators who will be involved in the project. Municipalities, policy makers, EU commission, FAO, WHO, NGOs etc

Goal:
Describe what you want to achieve & establish when this idea is at place. Raising awareness to, establish a new healthcare system, etc

Geography (if applicable):
Country, city, village, etc

Risks and Mitigation:
Identify potential risks or challenges the project may face and outline strategies to mitigate or address them. Legislation schemes are a burden, not enough incentives, difficult mindset to be changed, etc
SESSION 3 (10 min)

Assess your ideas based on the criteria and choose one to present

Tick the criteria that you consider that your idea addresses the best
ASSESSMENT CRITERIA

Resilience & Innovation (environmental impact)
Can the idea adapt to changing circumstances? Does it create a positive impact to the environment?

Empowerment & Inclusivity (social impact)
Is the idea inclusive and accessible to all community members? Does it empower individuals to participate?

Policy Alignment (socio economic impact)
Does it support or influence policy changes?

Health impact
Does the idea contribute to improving the nutritional & health status of the target population?

Multidisciplinary & systems approach
Is there collaboration with relevant stakeholders, including healthcare providers, nutritionists, local authorities, farmers, and NGOs?
SESSION 4 (15 min)

Pitch your idea with the broader group in 1 min.
Get 2 questions from the audience
Open floor & Reflection
Are you eager to collaborate with us?

Get in touch with us!

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READ & SIGN

OUR MANIFESTO
THANK YOU!