

# Nature based One Health Benefits

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# Biodiversity and human health

**Health** "is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity".

**Biological diversity** (biodiversity) is "the variability among living organisms from all sources including, inter alia, terrestrial, marine and other aquatic ecosystems and the ecological complexes of which they are part; this includes diversity within species, between species and of ecosystems."

**Biodiversity underpins ecosystem** functioning and the provision of goods and services that are essential to human health and well being.

The links between **biodiversity and health** are manifested at various spatial and temporal scales. Biodiversity and human health, and the respective policies and activities, are interlinked in various ways.



**Direct drivers** of biodiversity loss include land-use change, habitat loss, over-exploitation, pollution, invasive species and climate change. Many of these drivers affect human health directly and through their impacts on biodiversity.

**Women and men** have different roles in the conservation and use of biodiversity and varying health impacts.

**Human population** health is determined, to a large extent, by social, economic and environmental factors.

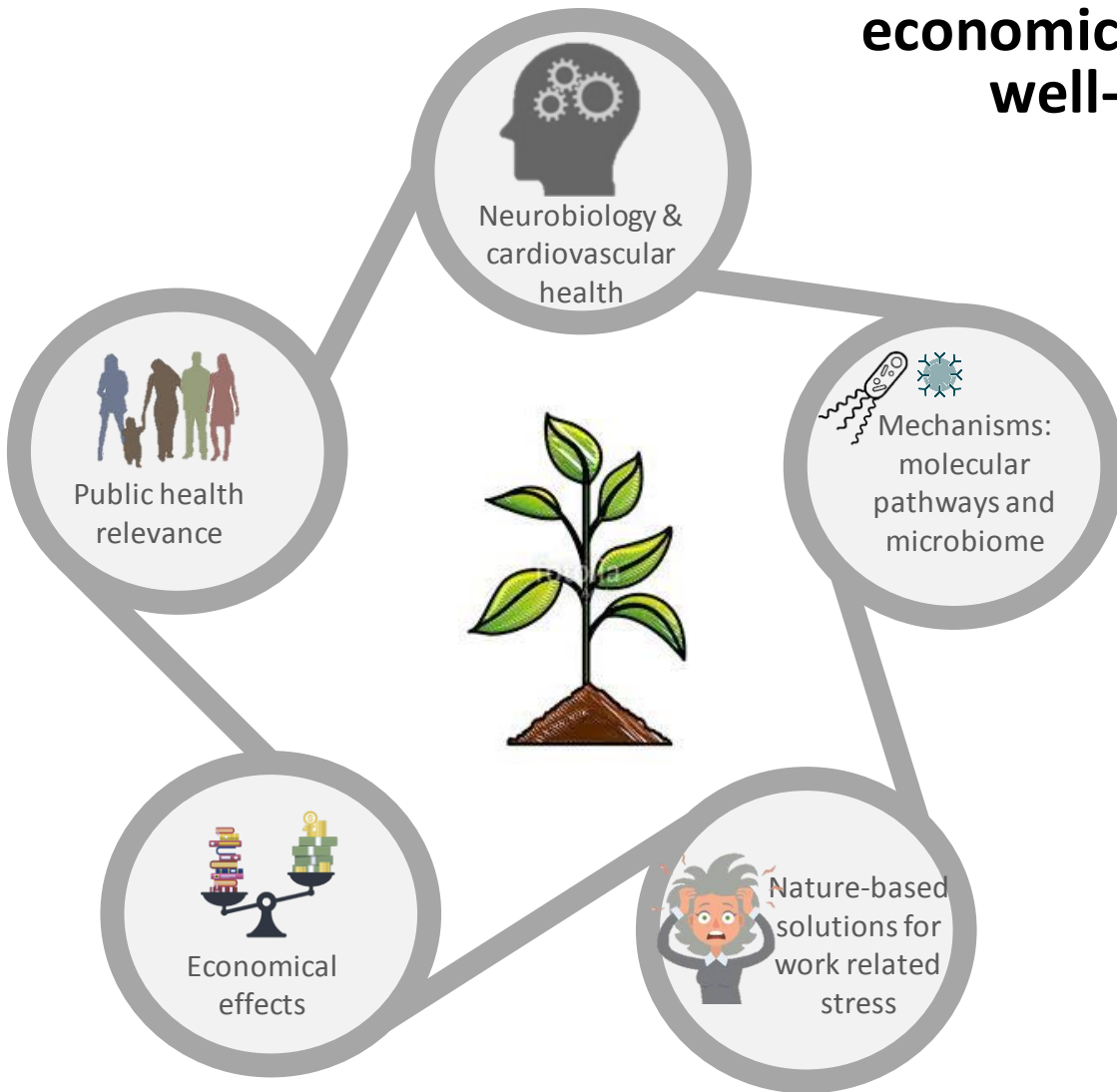
**The social and natural** sciences are important contributors to biodiversity and health research and policy. Integrative approaches such as the Ecosystem Approach, Eco-health and One Health unite different fields and require the development of mutual understanding and cooperation across disciplines.

## Connecting Global Priorities: Biodiversity and Human Health

*A State of Knowledge Review*



# Enhance knowledge on the physiological and economic effects of green space on health and well-being over the entire life course



## Birth cohort ENVIRONAGE:

-> longitudinal study that aims to investigate the influence of the environment during pregnancy and early life on the health of children



## Study of the effects of nature-based activities for the prevention of work-related stress symptoms:

-> pilot study showed beneficial effects on working population  
-> development of business model



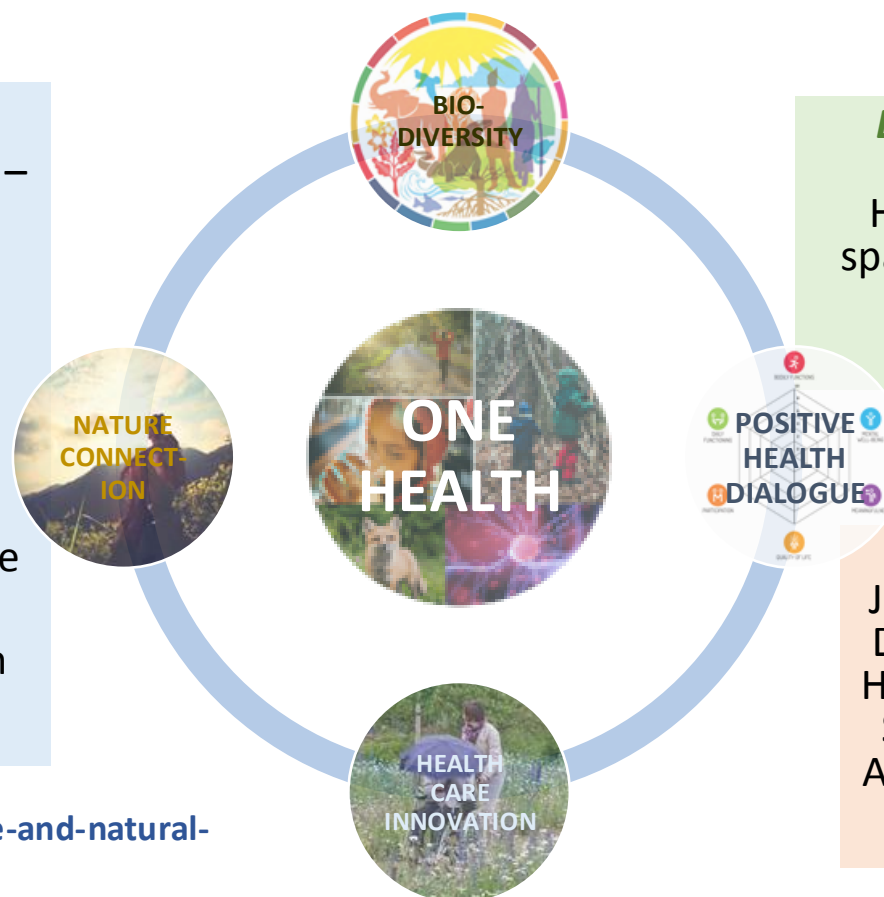
Researchers @CMK: Tim Nawrot, Robert Malina, Silvie Daniels and Michelle Plusquin





### Projects:

- NAMED: living environment – mental health in Brussels
- Burnout coaching in care farm environment
- Healthy core: integrating nature & health in spatial planning
- Outdoor care: greening environments of elderly care centers
- Nature connection – health care – self care



**Disciplines:** primary & public health, health promotion, psychology, One Health, biology, biodiversity, ecology, spatial planning, environmental science, political science, environmental governance

**Collaborators:** Hans Keune, Lieve Janssens, Dirk Vandenbussche, Hans Van Dyck, Annelies De Decker, Roy Remmen, Hilde Bastiaens, Kris Van den Broeck, Ann Sterckx, Laura Lauwers, Jasmien Smets, Aline Lenaerts, Dirk Avonts, Kathleen Van Royen, Geert De Blust

<https://www.uantwerpen.be/en/chairs/care-and-natural-living-environment/>

