



Eco-health and sustainable development


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▶ **Introduction:**

- ▶ Eco-Health: Ecohealth is a field of research, education, and practice that adopts systems approaches to promote the health of people, animals, and ecosystems in the context of social and ecological interactions. Sustainable development: sustainable development, approach to social, economic, and environmental planning that attempts to balance the social and economic needs of present and future human generations with the imperative of preserving, or preventing undue damage to, the natural environment. Eco health, sustainable development involves adopting practices that maintain ecological balance, enhance biodiversity, and safeguard the health of ecosystems. This approach recognizes that the health of the environment is inherently linked to human health, and both must be considered to achieve long-term well-being.

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- ▶ Eco-health: State of complete physical, chemical and social well being.
 - ▶ Sustainable development: Sustainable development describe policies, projects and investments that provide benefits today without sacrificing environmental , social and personal health in the future.
 - ▶ Policies are often described as green because they focused on limiting the impact of development on the environment.

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- ▶ **Importance of sustainable development:** It allows us to
 - ▶ preserve the environment,
 - ▶ protect biodiversity,
 - ▶ mitigate climate change,
 - ▶ eradicate poverty,
 - ▶ promote social inclusivity,
 - ▶ and foster long-term economic growth. The earth has enough resources to meet our present and future needs for development if we use them economically.



- ▶ **Global Environmental threats :**

- ▶ **Air Pollution:**

- ▶ **Sources: Industrial** emissions, vehicle exhaust, and burning of fossil fuels release pollutants like particulate matter, nitrogen oxides, and sulfur dioxide.

- ▶ **Health Impact:** Respiratory diseases such as asthma, chronic obstructive pulmonary disease (COPD), and cardiovascular issues.

- ▶ **Water Contamination:**

- ▶ **Sources:** Industrial discharge, agricultural runoff, and improper waste disposal introduce pollutants into water sources, including heavy metals, pesticides, and pathogens.

- ▶ **Health Impact:** Waterborne diseases like cholera, dysentery, and exposure to toxic substances leading to long-term health issues.



▶ **Deforestation:**

▶ **Causes:** Clearing of forests for agriculture, logging, and urbanization.

▶ **Health Impact:** Loss of biodiversity affects ecosystems, disrupting natural disease control mechanisms, and impacting mental health due to reduced access to green spaces.

▶ **Climate Change:**

▶ **Causes:** Greenhouse gas emissions from human activities, leading to rising global temperatures.

▶ **Health Impact:** Increased frequency of extreme weather events (heatwaves, hurricanes) and spread of infectious diseases due to altered ecosystems and migration patterns.

▶ **Loss of Biodiversity:**

▶ **Causes:** Habitat destruction, pollution, and climate change.

▶ **Health Impact:** Reduced availability of medicinal resources, potential for emergence of zoonotic diseases, and disruption of ecosystems affecting food security.



- ▶ **Chemical Exposure:**

- ▶ **Sources:** Pesticides, industrial chemicals, and pharmaceutical residues.

- ▶ **Health Impact:** Adverse effects on reproductive health, developmental disorders, and increased risk of cancers.

- ▶ **Noise Pollution:**

- ▶ **Sources:** Transportation, industrial activities, and urbanization.

- ▶ **Health Impact:** Sleep disturbances, stress-related issues, and increased risk of cardiovascular diseases.

- ▶ **Ozone Depletion:**

- ▶ **Skin Cancer:** Depletion of the ozone layer increases exposure to harmful UV rays, leading to higher rates of skin cancers.



▶ **Pillars:**

▶ Sustainable Development: Balancing Three pillars.

▶ 1- Economic Sustainability

▶ 2- Social Sustainability

▶ 3- Environmental Sustainability


▶ **Economically sustainability** involves fostering economic growth without depleting

▶ resources or causing long-term harm.

▶ **Social sustainability** focuses on ensuring equitable access to resources, social justice,

▶ and community well-being. **Environmental sustainability** centers on preserving

▶ natural resources, mitigating pollution, and addressing climate change.



- ▶ **Interconnections between Eco-Health and sustainable Development:**

- ▶ **1. Ecosystem Health and Human Well-being:**

- ▶ Ecohealth and sustainable development share the foundational premise that healthy. Ecosystems are essential for human well-being. Sustainable development strives to ensure the long-term health of ecosystems, recognizing their direct and indirect contributions to human health.

- ▶ **2. Community Engagement and Empowerment:**

- ▶ Both paradigms emphasize the importance of community participation. Ecohealth involves communities in understanding local ecosystems and health risks, while sustainable development empowers communities to actively contribute to decision-making processes for long-term benefits.

- ▶ **3. Climate Change Nexus.**

- ▶ Climate change is a critical intersection between ecohealth and sustainable development. Sustainable development strategies aim to mitigate climate change and adapt to its impacts, while ecohealth explores how changing climate patterns influence disease patterns and ecosystem dynamics.

- ▶ **4. Biodiversity Conservation:** Biodiversity conservation is a shared goal. Ecohealth recognizes the role of biodiversity in maintaining ecosystem resilience and regulating diseases, while sustainable development aims to safeguard biodiversity as a crucial component of environmental sustainability.

- ▶ **5. Poverty Alleviation and Social Equity:**

- ▶ Sustainable development places a strong emphasis on poverty alleviation and social equity. Ecohealth explores the intricate links between poverty, ecosystem health, and human well being, recognizing the need to address socio-economic determinants for sustainable outcomes.



▶ **6. Policy Integration:**

- ▶ Integrated policy approaches are essential for both ecohealth and sustainable development. Ecohealth advocates for health-in-all-policies, ensuring that health considerations are integrated into various sectors. Sustainable development similarly encourages holistic policy formulation that addresses the interconnected nature of environmental, social, and economic issues.
- ▶ **Role of education and awareness:** Education for Sustainable Development (ESD) provides opportunities for learners to acquire the knowledge, skills, attitudes and values necessary to shape a sustainable future. Education is critical to sustainable development, simply increasing basic literacy will not support a sustainable society. Sustainable mindset: The Sustainability Mindset is defined as “a way of thinking and being that results. From a broad understanding of the ecosystem’s manifestations, from social sensitivity, as well as an introspective focus on one’s personal values and higher self, and finds its expression in actions for the greater good of the whole.



- ▶ **Practical Applications:**

- ▶ **1. Ecohealth Initiatives:**

- ▶ Explore successful ecohealth initiatives worldwide, such as projects that integrate community-based conservation, sustainable agriculture, and disease monitoring to achieve positive outcomes for both ecosystems and human health.

- ▶ **2. Sustainable Development Projects:**

- ▶ Examine sustainable development projects that effectively balance economic growth, social equity, and environmental conservation. Highlight initiatives that showcase the integration of these three dimensions for long-term sustainable.

- ▶ **Conclusion:**

- ▶ In conclusion, ecohealth and sustainable development represent interconnected frameworks that are essential for addressing the multifaceted challenges facing our world. The concept of eco health and sustainable development emphasizes the need for an integrated and responsible approach to environmental management. By recognizing the intricate links between ecosystems and human health, and by adopting practices that prioritize long-term well-being over short-term gains, we can strive towards a future where both the environment and human societies thrive in harmony.