

Re-imagining health & care through the lens of sustainability



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Welcome to ANH Intl's
Blueprint for Health
System Sustainability



alliance for
natural health
INTERNATIONAL

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“If you look at healthcare today, it's all about disease. It's not about understanding wellness at all.”

Leroy Hood MD PhD (1938 –)

How many of us today are flexible and resilient?



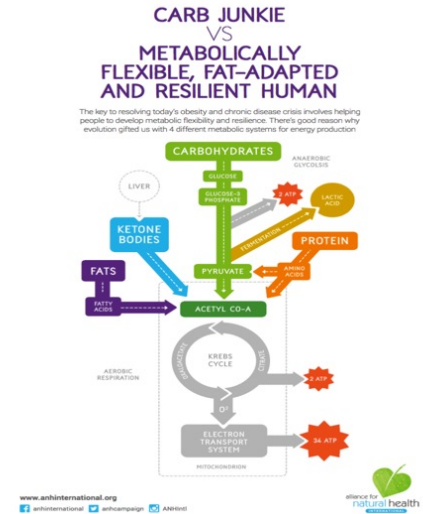
Physically



Intellectually



Emotionally & socially



Metabolically

And neurologically, immunologically...?

Why are so many of us becoming fat, sick and tired?

Multiple and often competing theories of causation:

WHAT, WHEN AND HOW WE EAT

- We eat too many calories of food each day
- We're eating the wrong combination of macronutrients
- We're not getting enough particular nutrients
- We're eating too often
- We're eating at the wrong times of day/night
- Our gut microbiome is disturbed

WHEN AND HOW WE MOVE

- We're too sedentary
- We're engaging in the wrong types of physical activity
- Our musculo-skeletal structure is insufficient to allow adequate movement
- We're over-training

INSUFFICIENT CAPACITY FOR TOLERANCE, ADAPTATION AND TRANSFORMATION OF STRESS

- We're exposed to too much stress
- We have insufficient tolerance or adaptability to stress
- We are unable to transform -ve stress to +ve stress
- We don't sleep well or long enough
- We are unable to relax or rest sufficiently
- We are socially disconnected
- We are disconnected from nature

OUR TOXIC BURDEN IS EXCESSIVE

- We're exposed to too many environmental toxins
- We're insufficiently adapted to the kinds of toxins we're exposed to today
- We can't adequately detoxify our bodies

THERE ARE PUBLISHED, VALID SCIENTIFIC DATA THAT SUPPORT EACH ONE OF THESE THEORIES!



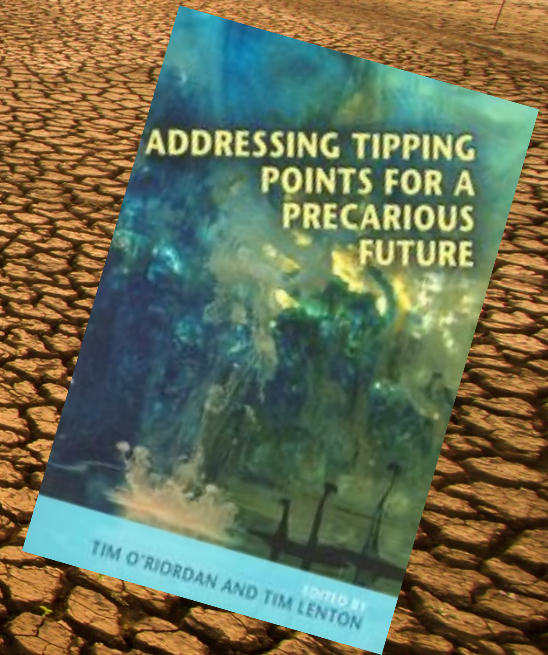
**We are poorly
adapted
to modern
lifestyles**



**The planet is
not well
adapted to an
aberrant
species**

Planetary, ecosystem, human integrity and resilience degrade when ecosystem services provided to humans exceed their natural capacity for sustainability

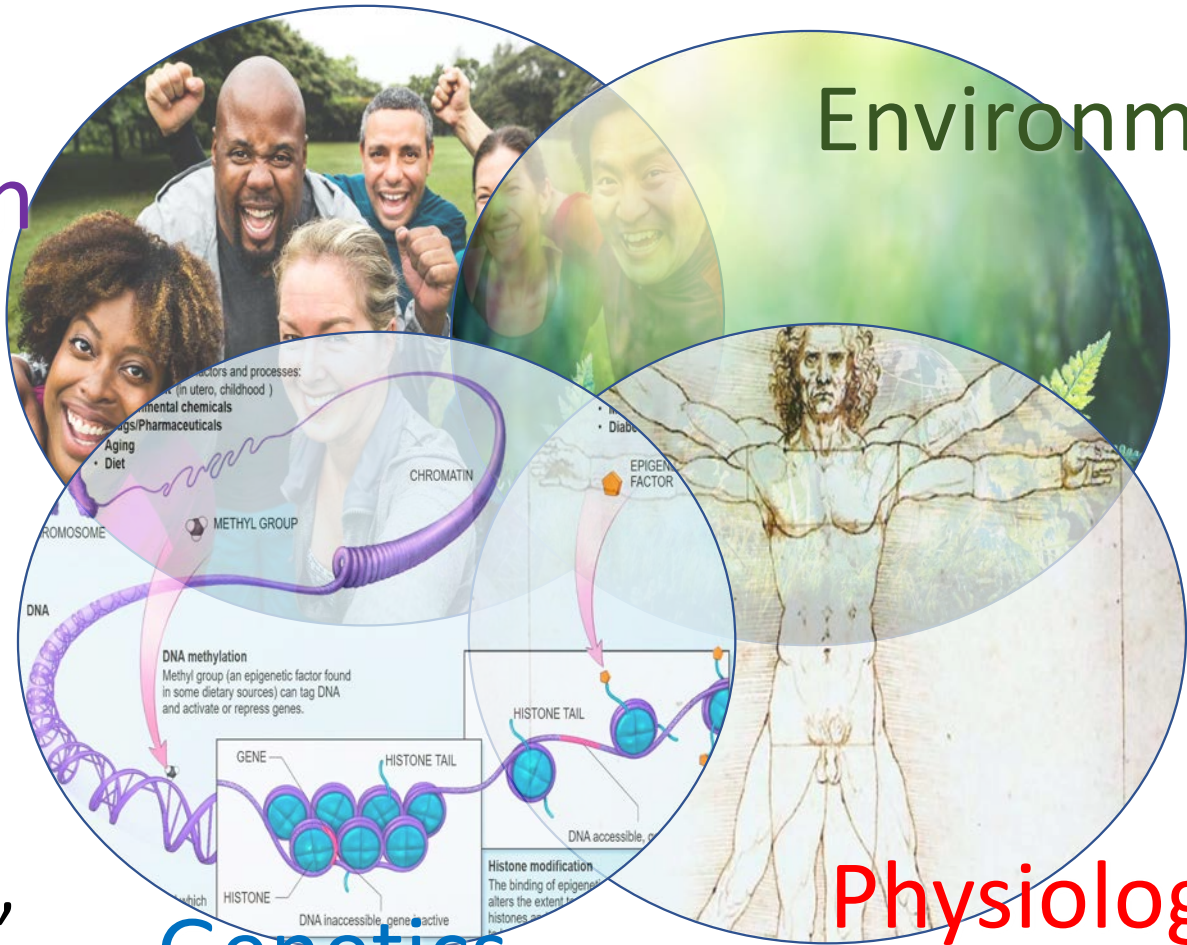
“ Resilience relates to our absorptive, adaptive and transformative capacity to cope with stressors ”



Patricia Howard (2014). *Human Resilience in the Face of Biodiversity Tipping Points at Local and Regional Scales.*

Psycho-social-emotional function

Environment



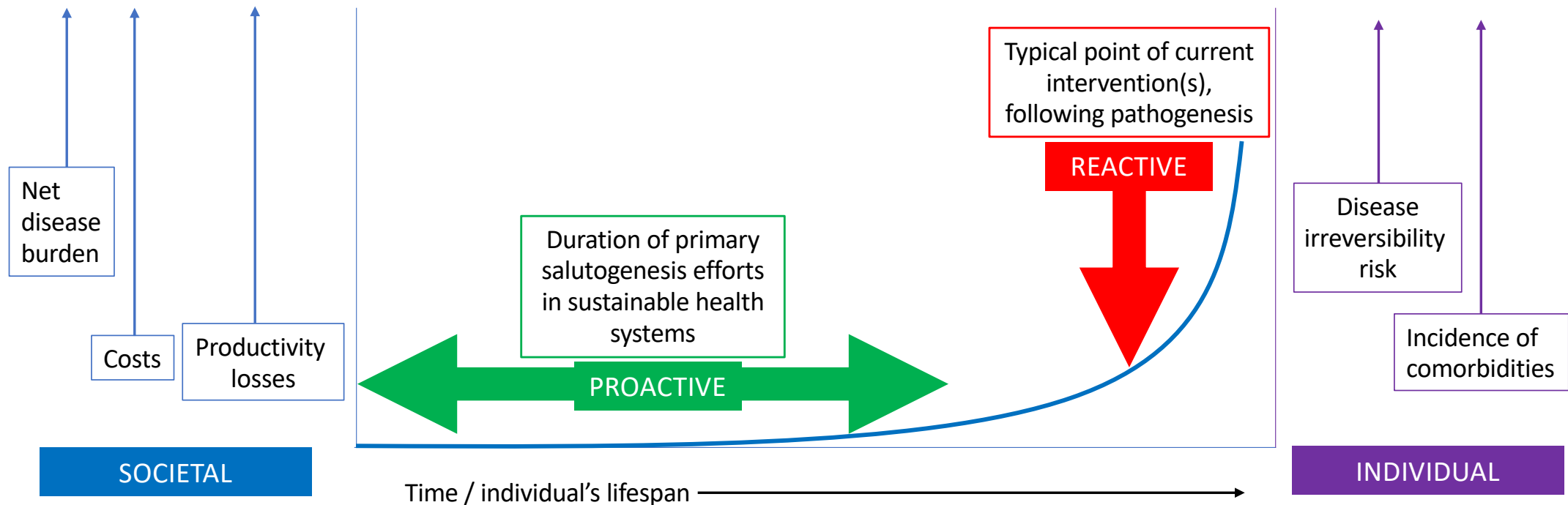
KEY
'DETERMINANTS'
OF HEALTH

Genetics
& epigenetics

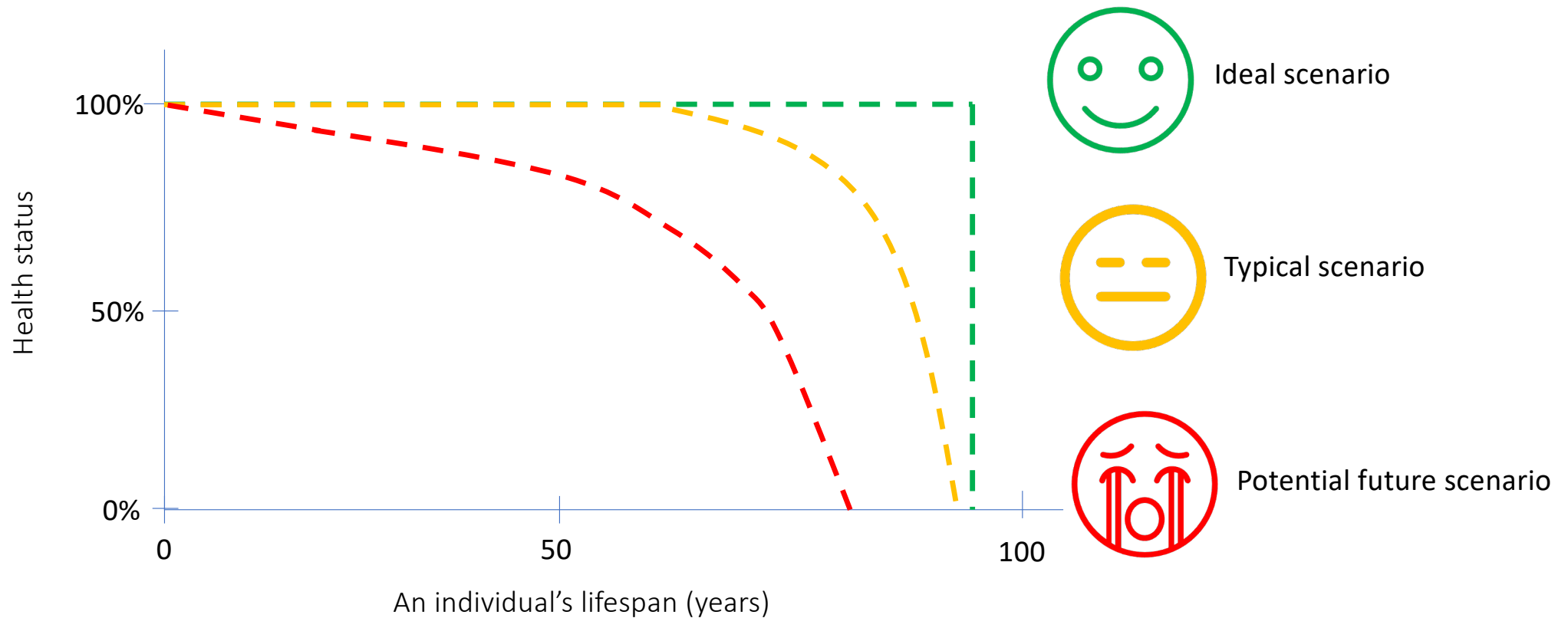
Physiology

Transitioning

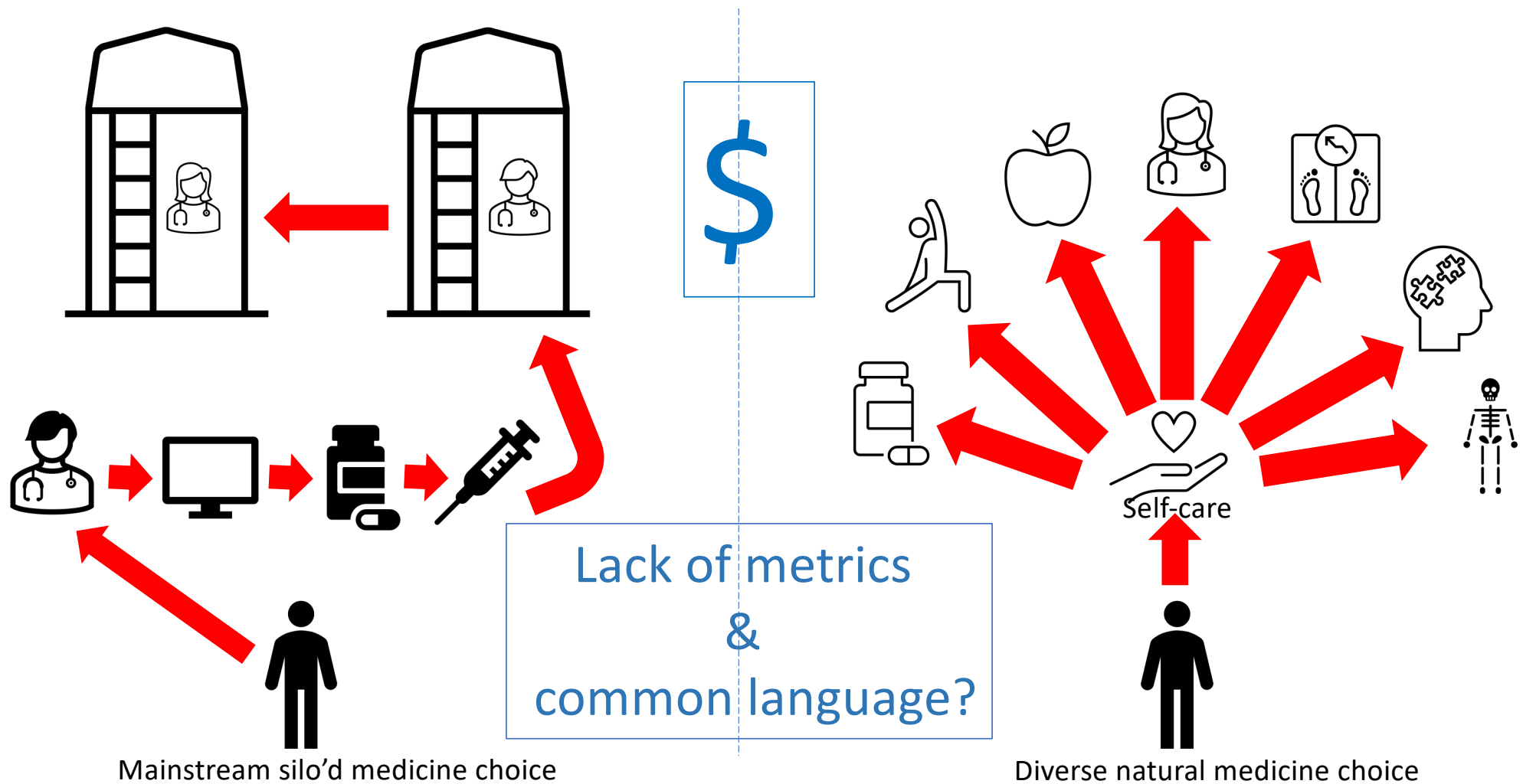
FROM REACTIVE, DISEASE-CENTRIC SYSTEMS
TO PROACTIVE, ECO-CENTRIC SYSTEMS



The deteriorating human survival curve



The current predicament of many



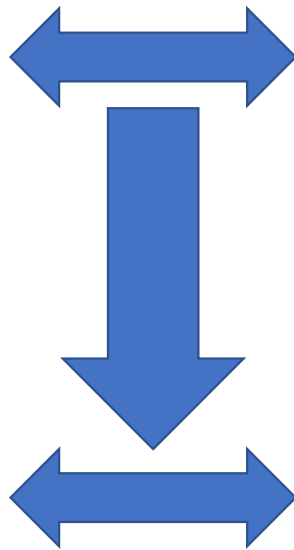
A change of tack to resolve human and planetary health problems

HEALTH

The state of being free from illness or injury

FUNCTION

of multiple, interacting systems in unique and changing environments



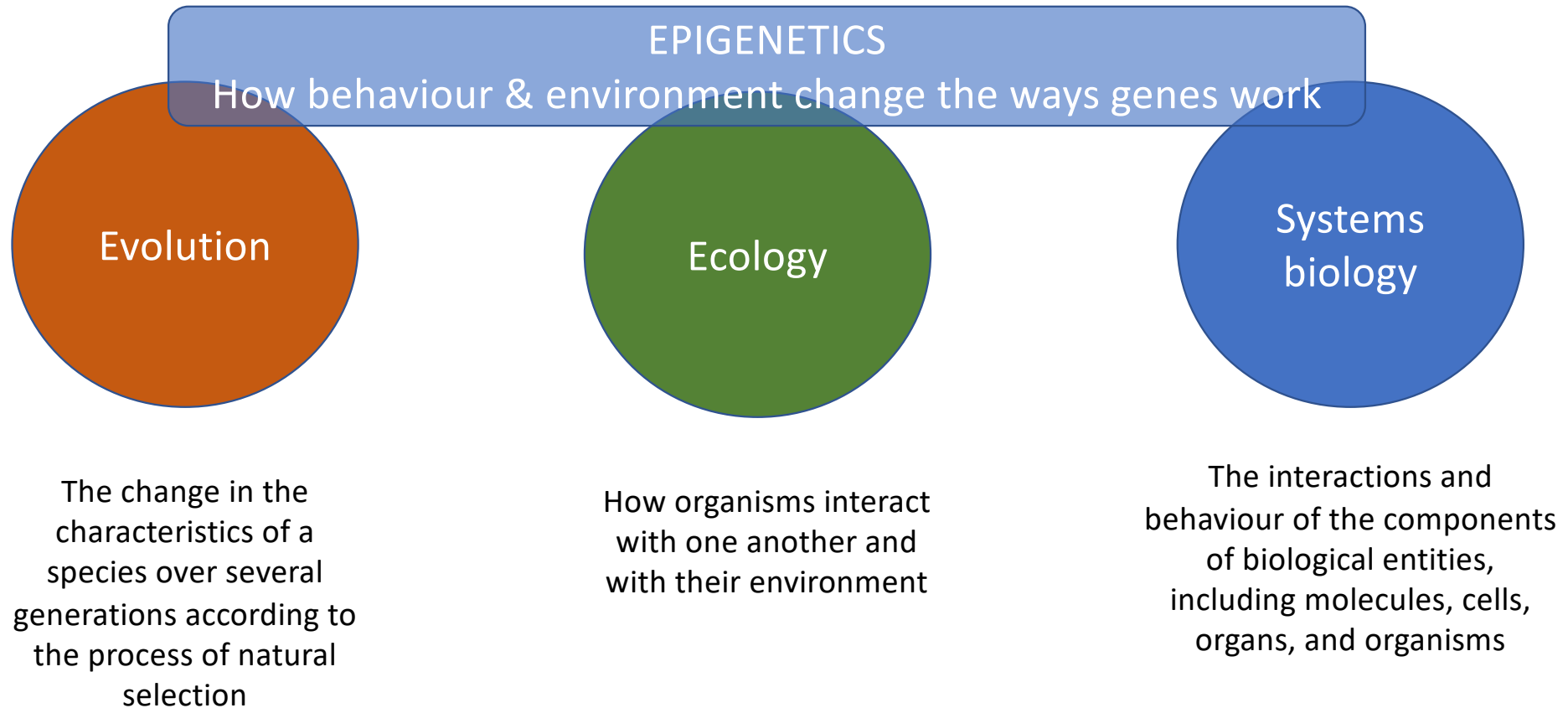
RESILIENCE

The capacity to adapt successfully to stress of any kind

INTERACTIONS & RESPONSES

to stressors in a dynamic ecological system

Why 3 lenses are better than one



An individual's Ecological Terrain: the basis for a common language for health creation



Source: ANH-Intl - anhinternational.org



The sustainable health system 'code of conduct'

10 hallmarks are required for achievement of sustainability at scale

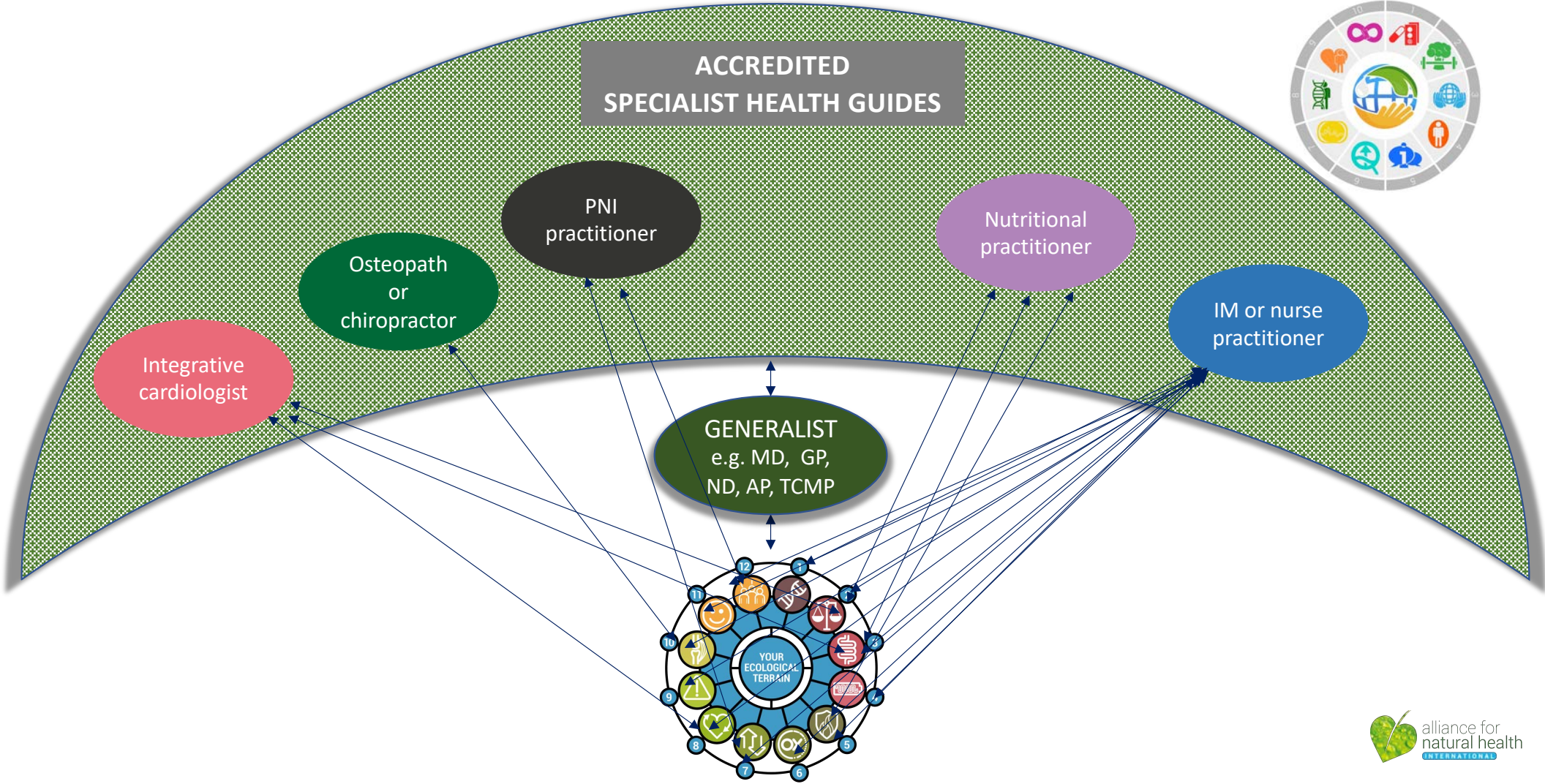


Each individual needs to interact with wider 'health systems' that meets specific sustainability criteria

10 hallmarks of health system sustainability :

1. Reduced pharmaceutical dependency
2. Non-pharmaceutical health care approaches
3. Economic and environmental sustainability
4. Person-centred health care
5. Fully informed consent for medical interventions
6. Upstream focus and health optimisation
7. Routine evaluation or screening
8. Biological and genetic potential
9. Empowered self-care
10. Participatory and collaborative health systems

Community-based health system





SHARED
VALUES

INDEPENDENT
&
TRANSPARENT
RESEARCH

SHARED
GOALS

SCIENTIFIC
CONSENSUS

SHARED
PRIORITIES

GOVERNMENT
POLICY

CORPORATIONS
WITH PURPOSE

PUBLIC-PRIVATE
COLLABORATION

PUBLIC
COOPERATION
& SUPPORT

THINK TERRAIN
THINK INTERACTIONS
THINK BIG



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Thank you.



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