

MANIFESTO FOR ONE HEALTH

I N E U R O P E

CREATED BY: RHEA REGENERATIVE HEALTHCARE
EUROPEAN ASSOCIATION

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THE MANIFESTO

The **Regenerative Healthcare European Association** is a growing movement of health professionals and a multidisciplinary set of people and organisations connecting the dots between soil health and human health. This manifesto aims to give voice to an **European Regenerative Healthcare** movement and incentivise actions across the food, agriculture, and healthcare systems, align the voices of different stakeholders to achieve **One Health** in Europe.

1. The problem: On the verge of climate, health, and food collapse

HEALTHCARE CRISIS

1. In Europe, up to 90% of all deaths are caused by NCDs. (18)
2. 70% to 80% of all healthcare costs in the EU - estimated €700.000 billion - are spent on chronic diseases. (5)
3. The associated costs for premature deaths due to chronic diseases of the working-age population amount to more than 115 billion euros. (5)
4. Absenteeism from work due to chronic diseases results in a loss of 2.5% of annual GDP. (5)
5. The healthcare system under-prioritizes preventative measures as well as holistic diagnostics and treatments.
6. Dietitians and physicians are not sufficiently equipped and trained in One Health.

SOIL CRISIS

1. In the European Union (EU), 60-70% of soils are degraded due to intensive agricultural practices and have lost significant capacity to provide ecological functions to various forms of life. (11)
2. Erosion rates of 24% in the EU exceed the rate of soil renewal through weathering and pedogenesis*. (11)
3. Extreme weather events in Europe caused significant reductions in key crop yields. (6)
4. The European Mediterranean region has been identified as one of the most climate-vulnerable regions and a climate change "hotspot". (11)

NUTRIENT DENSITY CRISIS

FOOD SYSTEMS CRISIS

1. Worldwide, about 800 million people are chronically hungry, meaning they are undernourished in calories. Meanwhile, 2 billion people are affected by hidden hunger, meaning that they suffer from micronutrient deficiencies despite adequate calorie consumption. (8,12)
2. Acute food insecurity increased from affecting 135 million people in 2019 to 345 million in 2022 in 82 countries because of increased food prices due to: war in Ukraine, supply chain disruptions and the COVID-19 pandemic. (17)
3. Out of 20,000 edible plants, 6,000 have historically been used as food, fewer than 200 now contribute to food production, and just 9 accounts for two-thirds of food production. (9)

1. Crops have greatly reduced their micronutrient, antioxidants, and polyphenols throughout time due to modern genetics, agricultural practices, and soil health. (14,16)
2. The chronic lack of protein and micronutrients (e.g., Zn, Fe, Se, B, I) derived from nutrient-deficient soils and crops underlines health issues, including overweight, obesity, cardiovascular diseases, certain cancers and diabetes. It can also aggravate malnutrition and hidden hunger. (13,14)
3. More carbon dioxide in the atmosphere makes food less nutritious by increasing the synthesis of carbohydrates and decreasing the concentration of proteins and micronutrients. (15)
4. In Europe, studies suggest substantial variability in micronutrient intakes such as vitamins D and E, Fe, I, Mg, K, Se and Zn according to sex and among different population groups and countries. (10)

*Pedogenesis: soil formation

2. One Health and Regenerative Healthcare

The **One Health** concept highlights that the health and well-being of humans are inseparably linked to the health of other ecosystem components such as soil, plants, and animals. (3)

As health professionals, we recognise our unique role in mitigating the climate, food, and health crisis by promoting One Health.

Regenerative Healthcare is one of the practical solutions of One Health, where soil health connects to human health. The cycle starts with the farmer, who grows nutrient-dense food through agroecological practices (2). The food is then provided to hospitals and other public institutions as a tool to treat and prevent disease. This chain demands that health professionals and all the different stakeholders involved have a holistic understanding of agriculture, nutrition, food systems, and also prevention-based measures to tackle human and environmental health crises.

Training healthcare providers in regenerative healthcare promote soil, plant, animal, and human health, and it can scale regenerative agriculture and agroecology.

3. Our asks

We strive to achieve a transition from an ego-centric to an eco-centric interconnected system where **One Health** is driving resilience and creating systemic changes throughout Europe.

We ask the relevant stakeholders and decision-makers to recognise the significance of the cause and provide urgent and concrete actions to promote One Health at local, regional, national and European levels.

A) EDUCATION on One Health and the application of regenerative healthcare

1. Nutrition classes introduced at medical schools - Empower the new generation of physicians with evidence-based knowledge of the connection between food and health.
2. Multidisciplinary curricula and research - One health should be studied and assessed from multiple angles and by multidisciplinary specialists.
3. Train health professionals on One Health - Giving knowledge about regenerative agriculture, agroecology, food as medicine, and sustainable food systems.
4. Educate the population on the benefits of sustainable diets - Teaching how to eat local, seasonal, whole foods diets, how to support local farmers with regenerative and agroecological (2) practices and how to cook nutritious meals, can have significant impacts on public health.

B) POLICY REFORMS towards a public regenerative healthcare system according to the European Green Deal

1. Adopt the Farm to Fork strategy to accelerate the transition to sustainable food systems and ensure food security, nutrition and public health, ensuring everyone has access to sufficient, safe, nutritious, sustainable food.
2. Incentivise CAP measures to be implemented by promoting rural support and development through regenerative agriculture and agroecology. Moving away from subsidising industrial animal production, monoculture crops, and pesticide/herbicide usage to fund regenerative and agroecological (2) practices that grow nutrient-dense crops.
3. Establish and apply laws against greenwashing and misleading marketing claims to protect consumers from false information.

C) ACTIONS to make nutrient-dense food recognised as a basic human right

1. Make fresh, local, seasonal, and organic products accessible to all as a primary public health strategy.
2. Increase the production of nutrient-dense foods by promoting regenerative and agroecological systems.
3. Reduce/ban ultra-processed foods as an urgent measure to promote public health.
4. Limit meat consumption, and promote instead grass-fed, regeneratively grazed animal products from holistic management practices (2).

D) SUPPORT agroecological transitions in the next CAP

1. Finance nature-based values: biodiversity, water quality, soil health, and nutrient density
2. Assist small-scale farmers in applying regenerative and agroecological practices financially and technically.
3. Create and empower local and short supply chains for resilient food systems.

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