

The need

PROBLEM

- Intensive agricultural practices have degraded 60% of the soil in Europe.
- Non-communicable diseases are responsible for up to 90% of deaths in Europe.
- Globally, there's a loss of up to 40% in the nutrient density of produced food.
- Chronic diseases account for 70% to 80% of all healthcare costs in the EU, estimated at €700 billion.
- Medical students receive only 23 hours of nutrition in total. This deficiency makes it challenging for doctors to recognize food as medicine and its connection to food production.

Agriculture and healthcare sectors have been researched, funded, and taught in separations. This system is rooted in a paradigm that perceives nature and the human body with a mechanistic approach.

PEOPLE

We work with and for health professionals, farmers, and partner organizations, to bring regenerative healthcare into action.

Doctors; Nurses; Nutritionists; Dietitians; Chefs; Farmers; Universities; Schools; Hospitals; Researchers; Food/Farming Organisations

REASON

Raise awareness on the importance of linking regenerative agriculture and agroecology to healthcare to improve the livelihoods of people and ecosystems

The work

PARTNERS

- Policy change and lobbying in Brussels (Policymakers & Governments)
- Training and transitioning farms for regenerative agriculture (Farmers)
- Managing demo farmers (Farmers)
- Creating regenerative supply chains (Retailers & Brands)
- Providing healthcare consultations to patients

INTERVENTIONS

- Research Participation & Insights: articles, meta-studies, books, science database
- Communication & Dissemination: social media content, campaigns
- Education & Course design: webinars, workshops, design courses, events, conferences
- Implementation projects & Consultancy: design and consult regenerative healthcare models for organizations or institutions

INPUTS

- Updated research database on nutrient density
- Expertise in holistic nutrition and agriculture
- Digital communication skills
- A team based across Europe, working with on-the-ground projects in agriculture and nutrition
- A strong global network of experts in both fields of agriculture and healthcare

BEHAVIOURS

- Healthcare professionals put into practice knowledge about the soil-human health connection
- Healthcare universities are adapting to a multidisciplinary curriculum approach
- Organizations with similar missions, create local impact and extend outreach to broader audiences

BIG IDEA

Pioneering the connection between healthcare to agriculture across European Union countries with new projects, research and collaborations.

MISSION

To educate, raise awareness, and implement solutions that connect soil health and human health.

The results

SHORT-TERM OUTCOMES

- Equip healthcare professionals in Southern Europe to initiate pioneering projects between farming and healthcare
- Enlarging the nutrient density research by creating a nutrient density study across the EU

OUTPUTS

- Increase landscape of studies researching soil-human health nexus
- Increase accessibility to resources in the regenerative healthcare field
- Stimulate collaborations between professions in healthcare, farming, and agronomy
- Raised awareness of the regenerative healthcare movement among the target group using social media channels, events and workshops

PATHWAYS

- Pathway one + System Change: Paradigm shift by connecting the two fields of agriculture and healthcare
 - Pathway two + Sustainability within the community: Long-standing whilst measurable improvement in both fields. Frameworks that can be replicated and share impact across different regions and communities.
- Main Funding sources: EU funding (such as Horizon and Erasmus+, EIT Food) private philanthropy, corporations, and donations.

LONG-TERM OUTCOMES

- Increase the needed infrastructure for nutrient density research
- Growing argumentation to support CAP transformation and EU Green Deal
- Increase the amount of university courses in health space teaching their students about farming and nutrition
- Expand the European network of regenerative farming within the topics of nutrient density

10-YEAR TARGET

By 2050 we will educate 50.000 health professionals and organizations about regenerative healthcare, to reverse soil degradation, decrease the number of non-communicable diseases and produce more nutrient-dense crops.

VISION

To establish regenerative healthcare across Europe to ensure the health of soils, humans, animals, plants, and ecosystems.