

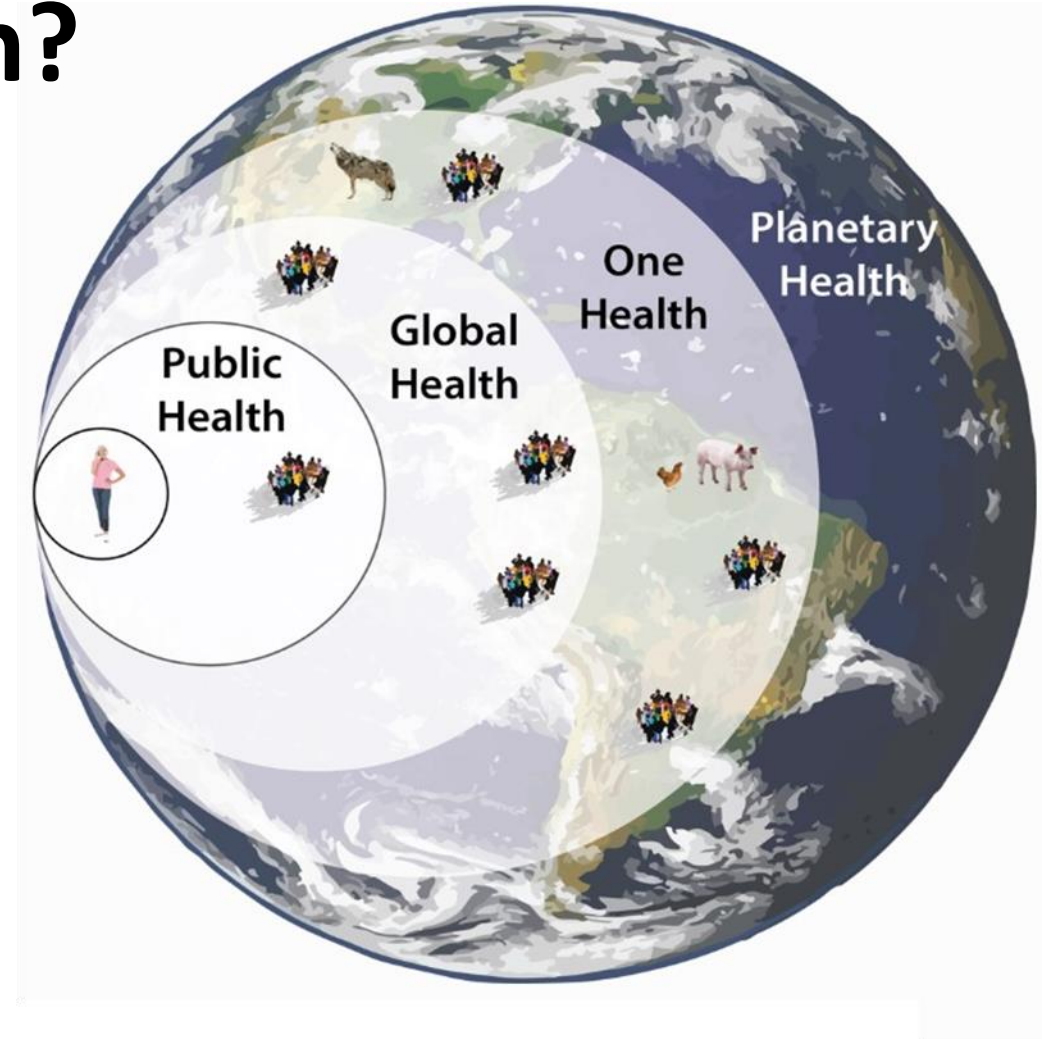


Healthy Aging for People and Planet: Integrative Health Approaches as Legacies of Care

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What is Planetary Health?

- The health of humans globally, and the health of the natural systems on which humanity depends.



How does Planetary Health benefit human health?

- Healthy planetary systems support our health.
 - Clean air and water
 - Stable climate
 - Resilient ecosystems
 - Biodiversity
- Healthy environments (green and blue spaces) promote well-being.
 - Physical health
 - Social health
 - Cultural health
 - Spiritual health



The healthcare system impacts Planetary Health

Upstream



Point-of-care



Downstream



The healthcare system impacts Planetary Health

- Climate change
 - U.S. healthcare sector accounts for 8.5% of national greenhouse gas emissions
 - Prescription drugs account for 10% of these emissions
- Pharmaceutical pollution
 - Detected in 80% of surface waters

Integrative Health: An opportunity to align healthcare with Planetary Health

- Lifestyle tools for health promotion and disease prevention
 - Nutrition
 - Movement/physical activity
 - Sleep
 - Stress management
 - Nature connection

Better outcomes for people and planet

- ✓ Lower rates of cardiovascular disease, cancer, obesity, diabetes
- ✓ Decreased demand for health care services and pharmaceuticals
- ✓ Co-benefits of plant-based diets, active transportation

Integrative Health: An opportunity to align healthcare with Planetary Health

- Supportive care during illness
 - Lifestyle tools
 - Mind-body therapies
 - Biochemical therapies
 - Biomechanical therapies
 - Bioenergetic therapies

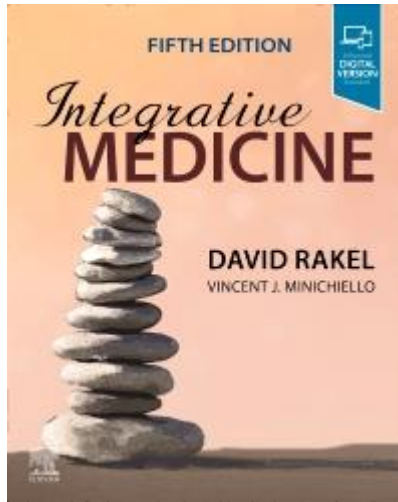
Better outcomes for people and planet

- ✓ Decreased demand for health care services and pharmaceuticals
- ✓ Decreased length-of-stay in health care facilities
 - Lower resource use (facilities, medical supplies)
 - Decreased waste generation and disposal

Conclusions

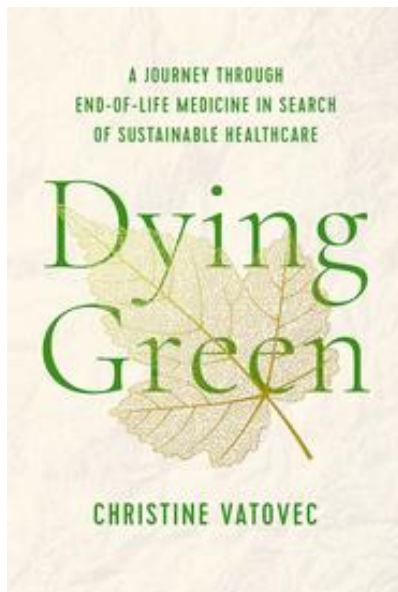
- The current health care system has tremendous unintended impacts on planetary health, and as a result, human well-being
- Integrative Health offers a promising avenue for promoting both human and planetary health

Resources



Rakel. 2022. *Integrative Medicine* (5th ed.). Elsevier.

- Overview of integrative health therapies
- Evidence for efficacy and effectiveness of integrative health therapies in the treatment of specific diseases



Vatovec. 2023. *Dying Green: A Journey through End-of-Life Medicine in Search of Sustainable Healthcare*. Rutgers University Press.

- Overview of the environmental and public health impacts of healthcare in general, and end-of-life cancer care in particular
- Recommendations for evolving the system in support of both people and planet



Thank you

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Longevity and Healthy Aging Symposium