



One Health is a collaborative, multisectoral, and trans-disciplinary approach — working at the local, regional, national, and global levels — with the goal of achieving optimal health outcomes recognizing the interconnection between people, animals, plants, and their shared environment.

AN APPROACH

One Health is an approach that recognizes that the health of people is closely connected to the health of animals and our shared environment.

NOT A NEW CONCEPT

One Health is not a new concept, but it has become more important in recent years. This is because many factors have changed interactions between people, animals, and our environment. These changes have led to the emergence and reemergence of zoonotic diseases.

ZOONOTIC DISEASES

Zoonotic diseases can be spread between animals and people. More than half of all infections that people can get are zoonotic.

TEAM SPORT

One Health is a team sport. A successful One Health approach to public health involves many experts working together to improve the health of people, animals — including pets, livestock, and wildlife — plants, and the environment.

HELP ADDRESS

A One Health approach can help address many kinds of public health threats, including zoonotic diseases, antibiotic resistance, vector-borne diseases, food safety and security, chronic disease, mental health, and more.

COMMUNICATION COORDINATION COLLABORATION

Communication, coordination, and collaboration among partners working in animal, human, and environmental health as well as other relevant partners are an essential part of the One Health approach. Working together allows us to have the biggest impact on improving health for both people and animals living in a shared environment.

ONE HEALTH & COVID-19

The COVID-19 pandemic is an example of a disease emerging as a result of close contact between animals and people. A One Health approach recognizes the close connection between the health of people, animals, and the environment and the role this connection plays in the emergence of new diseases.

Understanding Food Safety & The Prevention of Foodborne Illnesses

Jamie Ann Delos Reyes

Understanding the importance of food safety allows us to prevent or reduce the spread of infectious diseases and foodborne illnesses.

What is Food Safety?

Food safety refers to the conditions and practices that preserve the quality of food to prevent contamination and foodborne illness.

What is foodborne illness?

Foodborne illness is caused by consuming contaminated foods or beverages (contaminated with disease-causing microbes or pathogens; bacteria, virus, parasites)

Can also be acquired through recreational or drinking water, contact with animals or their environment, or through person-to-person transmission.

Why is food safety important?

CDC estimates that each year 48 million people get sick from foodborne illness; 128,000 are hospitalized, and 3,000 die.

- ❖ Cause long-term health problems.
- ❖ Many opportunities for food contamination to take place.
- ❖ Affects economy and society as a whole.
- ❖ Some harmful bacteria are becoming resistant to drug treatments.

Food Safety and Outbreaks

An outbreak is the sudden rise in the number of cases of a disease. It may occur in a community or geographical area, or may affect several countries. An outbreak may last for a few days or weeks, or even several years.

Identifying the cause or source of an outbreak because it helps work out how the outbreak occurred and also gives an idea of how to prevent further outbreaks in the future.

What is One Health?

A One Health approach is defined as “the collaborative effort of multiple disciplines—working locally, nationally, and globally—to attain optimal health for people, animal and the environment.

One Health Approach to Ensure Food Safety & Reduce or Prevent Foodborne Illnesses

Using a one health approach would:

- Allow integration of expertise and resources from across the spectrum of multiple health domains.
- Create better methods of prevention that incorporates human, animal, and environmental health.
- More awareness of one health within all those who are part of or associated with food safety.

Sources:

<https://ask.usda.gov/s/article/What-does-food-safety-mean>

<https://www.cdc.gov/foodsafety/foodborne-germs.html>

https://www.who.int/features/factfiles/food_safety/en/

https://www.who.int/health-topics/foodborne-diseases#tab=tab_1

https://apic.org/monthly_alerts/outbreaks-epidemics-and-pandemics-what-you-need-to-know/

<https://www.ncbi.nlm.nih.gov/books/NBK100665/>