

# ONE HEALTH: ISSUES

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One health or health for all has been a burning topic nowadays for we humans have now realized that only improving one's sanitary practices won't be enough to achieve complete health. Complete health has always been everyone's goal but only by leading an active life with good diet and hygienic surrounding is not the only requirements.

In our secondary school curriculum we all are taught, in other words are made to mug the complete definition of health given by WHO. So basically any of us do know the actual meaning of health. But the weight of that definition has now been realized in 3 words as "one health: issues".

One health initiative has outlined that, "The one health concept is a worldwide strategy for expanding interdisciplinary collaborations and communications in all aspects of health care for humans, animals and the environment." In simple words, one health is a concept of global movement that involves a triad of human, animals and environment and their complex interactions.

Realizing the value of professional collaborations in protecting the health of people animals, The American Veterinary Medical Association (AVMA) along with the American Academy Of Pediatrics (AAP) with their joint venture released a statement that issues of health and disease co-exist in common environments and the advancing technologies and science-based evidence are increasing awareness, knowledge, and understanding of these interdependencies, professional wellness, further supporting the concept of "One health". The discussions held between AVMA-AAP also included veterinarians, physicians and public to participate in cross-disciplinary campaigns and projects.

It had been long recognized that for achieving complete health, a harmony is to be established between humans, animals and the environment. Also many practices were and are being carried out to make amends jointly or separately on these aspects from respective fields to try and work

out some possibilities that can rationalize the situation. But the question may arise so as why? Why to bring the same topic under a different name when work are being done in behalf for welfare of humans, animals and environment as well? Why to make the situation more complex than it already is?

The hunger for more and the insatiable materialistic pleasures is the driving force to arise the health issues through human activities, bringing imbalance in nature. And so the cost of our activities is paid by our mother nature and other creatures residing, including ourselves. Even this uprising health issues occurring globally is to somehow rejuvenate our resources such that further suffering can be minimized for humans and humans only.

Famine, global warming, natural disasters, pollution, overpopulation, land infertility, scarcity of fuel, zoonotic diseases, etc. including some of the deadliest communicable and non-communicable diseases and many others are the consequences the world is facing nowadays. Along with these problems one health also focus on biomedical research discoveries, enhancing public health efficacy, expanding scientific knowledge base, improving medical education and clinical care, etc.

According to Wikipedia, health services in Nepal in both private and public sector are fairly poor by international standards. The disease prevalence is higher in Nepal than it is in other south Asian countries, especially in rural areas. However considerable improvements have been made in comparison to the last decade. More people are getting inclined to at least seek available medical services rather than relying on other traditional practices in remote areas. The numbers of health centers are increasing in the rural areas. The campaigning programs are being conducted in remote areas where people lack medical facilities. While considering these activities essential for development in health sector an understanding needs to be developed in people that “it is not enough”. Only human health development doesn’t satisfy the motto of one health.

Our country Nepal is also a part of One World One Health and is currently engaged in One Health initiative. However viewing the current status we are really very far from even satisfying the collaboration. Apart from human health facilities, the present condition of animal health and welfare are way below average. Being a topographically and socially diverse country, periodic epidemics of infectious disease, epizootics and natural calamities like earthquake, flood, landslide, etc. has pose challenges in development work regarding health services.

When we discuss about these problems we say that the root of these problem is illiteracy and ignorance which sure is. But what we should not forget is that education say that learn and change. Only academic qualification doesn’t make you educated but your attitude and conscience does. Herbert spencer says “The great aim of education is not knowledge but action”. Providing proper information with few hands to work will help a lot to achieve the goal of one health. So being the youth of this era, we are responsible to change the attitude of people and make them realize the importance of health, the importance to work for the improvement of animals and environment all in all to achieve proper human health.

There is no better time to learn than now and much better to start from today.