

NOVEMBER 3

ONE HEALTH

ワンヘルスの日 DAY



One Health Day is a special day that highlights the connection between people, animals, and the environment that surrounds us. On this day, people around the world come together to embrace the idea that “the health of all living things is interconnected” and to work in cooperation toward a better future. Non-governmental organizations, community groups, and international bodies such as the World Health Organization (WHO) also take part, engaging in a variety of activities to promote the One Health approach.

What is “One Health”?

One Health recognizes that the health of humans, the health of animals, and the health of our planet are all interconnected. Therefore, it emphasizes the need to protect these as “one shared health.”

Although this concept has existed since the early 20th century, it gained renewed attention in the 2000s following outbreaks of zoonotic diseases such as avian influenza and SARS.

The global COVID-19 pandemic that began in 2020 further strengthened awareness of the urgent need to reconsider the relationship between humans and nature. Through the pandemic, we came to realize firsthand how profoundly such infectious diseases can impact all of humanity.



Current Challenges

In recent years, deforestation and urban development have led to the loss of wildlife habitats. As a result, the distance between humans and wild animals has become smaller, increasing the risk of new infectious diseases emerging.

Another major issue is the spread of antimicrobial resistance (AMR) caused by the overuse of antibiotics—an urgent challenge that affects humans, animals, and the environment alike.

In response to these issues, international organizations such as the World Health Organization (WHO), the Food and Agriculture Organization of the United Nations (FAO), the World Organisation for Animal Health (WOAH), and the United Nations Environment Programme (UNEP) are working together to promote global One Health initiatives.



Why One Health Matters Now

When we harm nature, we also harm the health of animals—and ultimately, those effects come back to impact human society.

In a world facing climate change and the loss of biodiversity, it is impossible to protect human health alone.

How aware are we, in our daily lives, of our connection with the environment and with animals?

When we think about disease and health, have we perhaps forgotten the importance of living in harmony with nature?

November 3 — One Health Day — is a time to reflect on the healthy coexistence of people, animals, and the environment.

Each small action we take can become a powerful step toward supporting the health of our entire planet.

