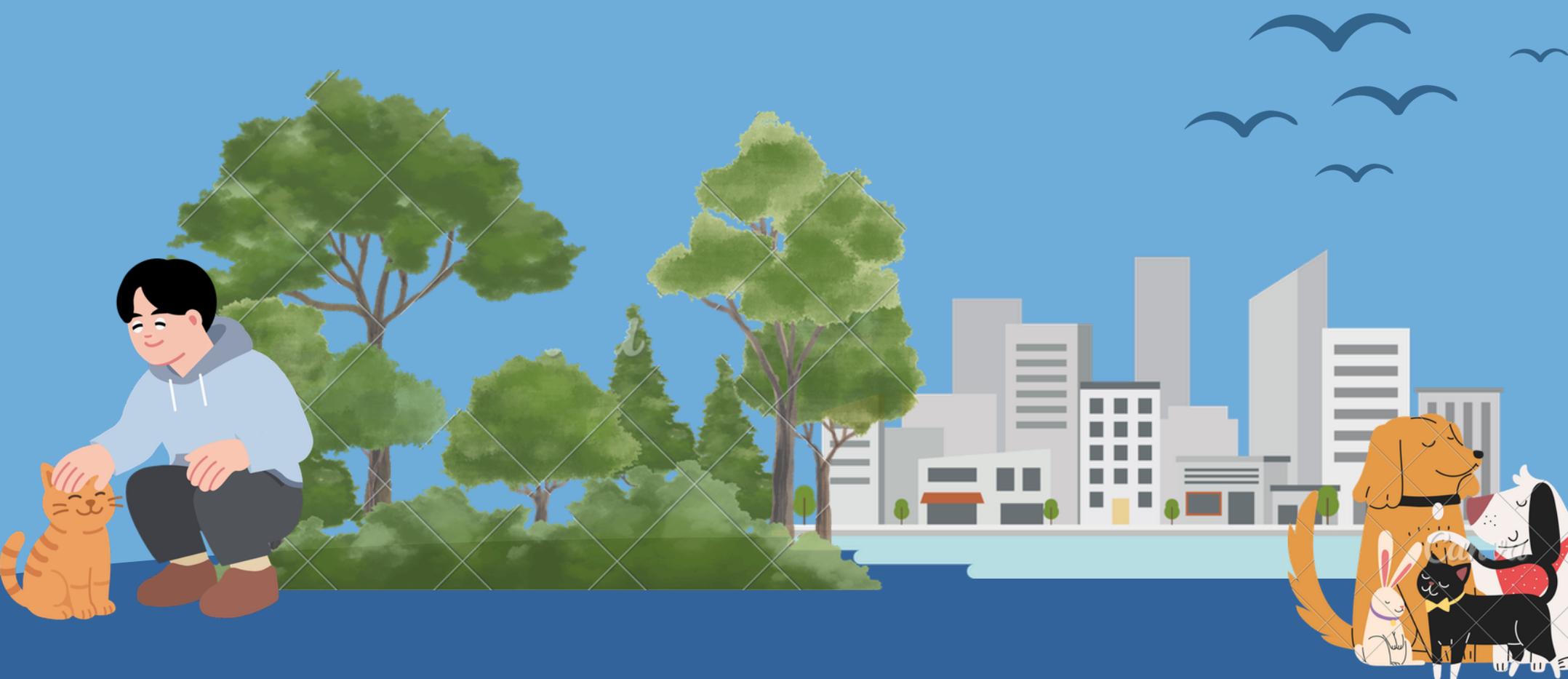




**World Health  
Organization**

**Thailand**

# What is One Health?



# What is One Health?

- One Health means the health of people, animals, and the environment are connected. When one becomes unhealthy, the others are affected too.
- Humans, animals, plants, and ecosystems share the same planet, food systems, water, and air. Because of this, our health depends on each other.



# Why One Health matters

Around 60% of new infectious diseases in humans come from animals, including diseases like avian influenza, Ebola, and COVID-19.

In the last 30 years, more than 30 new human diseases have been detected, and most originated in animals.



# Why One Health matters

Environmental changes such as climate change, pollution, and habitat destruction increase the risk of diseases spreading.



# How human activities influence health

Activities like deforestation, wildlife trade, intensive livestock farming, and rapid urbanization bring humans and animals closer together, increasing disease risks.

Climate change and environmental damage can expand mosquito habitats, increasing diseases such as dengue and malaria.

Food production, water safety, and air quality also affect both human and animal health.



# What problems One Health helps solve



Zoonotic diseases: infections that spread between animals and people, such as rabies and avian influenza.



Antimicrobial resistance (AMR): when bacteria become resistant to medicines due to misuse in humans, animals, or agriculture.



Environmental health threats such as polluted water, unsafe food, and poor air quality.



# Working together for a healthier future

- Governments, scientists, communities, and organizations must collaborate across sectors to prevent, detect, and respond to health threats.
- Better surveillance systems that monitor humans, animals, and the environment can help detect outbreaks earlier.
- By protecting nature, improving food systems, and strengthening health systems, One Health helps create a safer and healthier world for everyone.





World Health  
Organization

Thailand

World Health Day 2026

People Animals Plants  
and Planet  
Healthy together through  
One Health

