



# PLANETARY HEALTH

## Roadmap and Action Plan

### OBJECTIVE AND BACKGROUND

In today's world, marked by escalating environmental challenges and their impact on human well-being, the development of a Planetary Health Roadmap can help to answer the question: "How do we 'do' Planetary Health?" [The Planetary Health Roadmap and Action Plan](#) aims to bridge Planetary Health discourse between academia and action via policy, political, and civil society spaces, and to begin the process of pulling together an impactful set of actions that address the interconnected issues of human and environmental health. The Roadmap addresses the pressing need for a coordinated global response to the environmental challenges that threaten human health and biodiversity.

### ACKNOWLEDGEMENTS AND CONTRIBUTIONS

This Roadmap was developed through the collaborative efforts of more than 100 experts from around the planet. Four working groups—each addressing focus areas considered critical in generating transformative changes to address the earth crisis—gave generously of their time to craft this comprehensive Roadmap and Action Plan.

### CORE PRINCIPLES

The Roadmap is based on the understanding that human health and ecological health are deeply interconnected. It acknowledges that the degradation of Earth's natural systems due to human activity poses severe risks not only to public health but to all life on Earth. To counter these challenges, the Roadmap proposes a holistic approach that advocates for transformation of governance structures, our approach to education and business practices, aligning them with the principles of sustainability, regeneration, and health. It recognises that without effective and joined up communications and advocacy the Planetary Health community is "singing to the choir".



## CHAPTER SUMMARIES

**Chapter 1: The Evidence:** This chapter establishes the scientific foundation for Planetary Health, detailing the impacts of human activity on Earth’s natural systems and the consequent effects on human health. It outlines the evidence, reinforcing the need for an integrated, coordinated approach to health and environmental policy.

**Chapter 2: The History:** This chapter traces the development of the concept of Planetary Health, beginning with its origins in the Rockefeller Foundation–Lancet Commission in 2015 through to the creation of the [Planetary Health Alliance](#). It highlights significant milestones, including the 2021 seminal [São Paulo Declaration on Planetary Health](#), and the growing recognition of the interconnectedness between human health and the health of the planet.

**Chapter 3: The Roadmap:** This chapter lays out a strategic framework for approaching and breaking down Planetary Health. It identifies key areas for intervention and calls for coordinated actions and global collaboration by Planetary Health proponents. It argues that the cost of addressing the crisis in Planetary Health today is only a fraction of what it will cost us and future generations if we do not act now. It posits that further work will be required to identify how best to ensure that the ambitious programme of work included in the document is effectively coordinated at a global level and continues to evolve based on new knowledge, innovative practice, accelerated policy dialogue and changing geopolitical scenarios.

**Chapter 4: The Big Three Change Areas:** This chapter discusses three critical areas where significant changes are needed to promote Planetary Health:


**Change Area 1** Reimagining governance institutions fit for the 21st century and beyond.

**Change Area 2** Engaging the education sector in revolutionising approaches to education.

**Change Area 3** Engaging businesses to commit to operating in alignment with Planetary Health principles.

Detailed explanations and proposals are laid out for each of these change areas, which support the elaboration of the Action Plan included in Chapter 6.

**Chapter 5: Communications and Advocacy:** This chapter emphasises the importance of effective communication and advocacy in promoting Planetary Health. It outlines strategies to engage various stakeholders, from policymakers to the general public, through compelling messaging and informed advocacy to drive the adoption of Planetary Health principles.



**Chapter 6:** Bringing It All Together: The Planetary Health Action Plan: This final chapter lays out a comprehensive action plan that translates the guidance and background provided in Chapters 4 and 5 into practical, actionable steps. This chapter is designed to ensure that stakeholders across various sectors know how they can participate in implementing and achieving the goals of Planetary Health as laid out in this document.

1. **Measuring Planetary Health:** This action focuses on the development and implementation of comprehensive metrics and monitoring systems to continuously assess Planetary Health. It emphasizes the importance of establishing baseline data and tracking changes over time to evaluate the effectiveness of implemented policies and practices. This involves integrating environmental and health data to create indicators that reflect the state of Planetary Health accurately. Coordinators: Pacific Disaster Centre and the Sunway Centre for Planetary Health
2. **Communicating Planetary Health:** This section outlines strategies for effectively communicating the concept of Planetary Health to a wide audience, including policymakers, stakeholders, and the general public. The goal is to increase awareness and understanding of the interconnectedness between human health and environmental health, thereby fostering a more informed and engaged populace. Techniques include storytelling, media campaigns, and leveraging digital platforms to spread key messages. Coordinators: Sunway Centre for Planetary Health
3. **Educating to Achieve the Great Transition:** Education is identified as a critical lever for achieving the transformative change envisioned in the roadmap. This action advocates for the integration of Planetary Health concepts across all levels of education—from primary schools to universities. It calls for curriculum reforms that prepare current and future generations to make informed decisions and take actions that support a future in which we all can thrive. Coordinators: Planetary Health Alliance
4. **Building Holistic Governance:** Holistic governance involves creating collaborative and integrated frameworks at local, national, and global levels to address Planetary Health challenges. This action stresses the need for policies that are coherent across different sectors and scales, facilitating partnerships among governments, NGOs, and other stakeholders to ensure that health and environmental policies are mutually supportive, underpinned by coordinated Planetary Health advocacy. Coordinators: pending
5. **Balancing Business and Planetary Health:** This section focuses on aligning business practices with Planetary Health goals. It encourages companies to adopt sustainable practices that minimize environmental impact and promote health. This includes embracing circular and regenerative economy principles, reducing waste, and innovating new products and services that contribute positively to Planetary Health. Interim Coordinators: ASLI Malaysia and Bruce Haldine

6. Mainstreaming Planetary Health: The final action calls for Planetary Health to be integrated into all aspects of society and policymaking. This means embedding health and environmental considerations into the planning and execution of all public and private initiatives. The goal is to shift societal norms and values towards greater respect and care for the planet, making Planetary Health a central consideration in all decision-making processes. Coordinators: Planetary Health Alliance.

Together, these actions represent a comprehensive approach to implementing the strategies discussed throughout the Roadmap and Action Plan document, with the ultimate goal of fostering a sustainable and healthy future for the planet and its inhabitants. Each chapter builds on the last, creating a comprehensive framework for understanding and addressing the complex interplay between human activities and Planetary Health, with actionable steps to drive meaningful change.

## CONCLUSION

The Planetary Health Roadmap and Action Plan serves as an essential guide for collective global efforts to harmonise human and environmental health. By advocating for transformative changes across governance, education, and business practices, the Roadmap aims to foster a sustainable, regenerative, and healthy future for all. Its success depends on the widespread adoption and implementation of its strategies, requiring robust outward facing communications planning and execution, as well as professionally coordinated collaboration and commitment from global stakeholders.

Resourcing this plan will require funding for all aspects of this work. Horizontal and vertical coordination across the planet will require investment in the [Planetary Health Regional Hubs](#), which are coordinated by the Planetary Health Alliance. It will be important to build on this Regional Hub infrastructure to ensure greater regional and international collaboration and cooperation. To manage this and ensure a joined up global programme will require capacity enhancement of the leads for each of the Proposed Action Areas in the Action Plan and the Planetary Health Alliance Secretariat.

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<https://www.planetaryhealthalliance.org/roadmap>  
or scan the QR code