

# One health, one humanity: breaking down silos for a healthier future

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**#H**ealth, **#humanity**, **#cooperation**. These words, often relegated to the realm of utopian ideals, are in fact the essential building blocks for a healthier and more equitable world. While the concept of **#OneHealth** – recognizing the interconnectedness of human, animal, and environmental health – is gaining traction, we still face a critical challenge: breaking down the silos that prevent true global collaboration.

Our world is increasingly digital, where keywords are not just hashtags, but powerful tools for connection and action. Yet, the very real threats to global health – pandemics, antimicrobial resistance, and climate change – demand more

than digital dialogue. They demand a paradigm shift.

The current geopolitical climate, often characterized by division and self-interest, can make genuine collaboration feel like a Mission Impossible. We see health issues politicized, resources hoarded, and inequalities exacerbated. But the truth is, health is not a political bargaining chip. It is a fundamental human right, intrinsically linked to **#justice**, **#equity**, and ultimately, our collective survival.

So how do we bridge this gap between rhetoric and reality?

Investing in Education and Exchange: Empowering future generations of health professionals, particularly from the Global South, is paramount. Expanding access to quality

medical education, fostering cross-cultural exchange programs, and supporting the development of healthcare infrastructure in underserved regions are not just acts of altruism, but strategic investments in a healthier future for all.

Recognizing Interconnectedness: The One Health approach, far from promoting a singular, self-serving view of health, emphasizes the interconnectedness of all living beings and our shared environment. As highlighted by the vital work of organizations like the Geneva Environment Network, protecting ecosystems, promoting sustainable practices, and addressing climate change are not separate from – but integral to – safeguarding human health.

Embracing a Holistic Approach: We must move beyond

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fragmented approaches to health, recognizing the crucial role of diverse stakeholders. Veterinarians, environmental scientists, economists, policymakers, and communities themselves must be brought to the table. This requires a shift

in mindset, from competition to #cooperation, from isolation to integration.

The challenges are undeniable, but the potential rewards are too great to ignore. By embracing a holistic, collaborative, and human-centered

approach to health, we can transform the seemingly impossible into a shared reality. Let us choose to act, not as isolated nations, but as one humanity, united in our pursuit of a healthier and more just future for all.