

One Health Basics

One Health is a collaborative, multisectoral, and transdisciplinary approach — working at the local, regional, national, and global levels — with the goal of achieving optimal health outcomes recognizing the interconnection between people, animals, plants, and their shared environment.

One Health Fact Sheet



What is One Health?

One Health is an approach that recognizes that the health of people is closely connected to the health of animals and our shared environment. One Health is not new, but it has become more important in recent years. This is because many factors have changed interactions between people, animals, plants, and our environment.

- Human populations are growing and expanding into new geographic areas. As a result, more people live in close contact with wild and domestic animals, both livestock and pets. Animals play an important role in our lives, whether for food, fiber, livelihoods, travel, sport, education, or companionship. Close contact with animals and their environments provides more opportunities for diseases to pass between animals and people.
- The earth has experienced changes in climate and land use, such as deforestation and intensive farming practices. Disruptions in environmental conditions and habitats can provide new opportunities for diseases to pass to animals.
- The movement of people, animals, and animal products has increased from international travel and trade. As a result, diseases can spread quickly across borders and around the globe.

These changes have led to the spread of existing or known (endemic) and new or emerging [zoonotic diseases](#), which are diseases that can spread between animals and people. Every year, millions of people and animals around the world are affected by zoonotic diseases. Examples of zoonotic diseases include:

