Europe That Protects: Safeguarding Our Planet, Safeguarding Our Health
Finland's EU Presidency side event 3–4 December 2019, Helsinki

HELSINKI DECLARATION TO PROTECT HUMAN AND PLANETARY HEALTH FOR 2020's

Time to act is now! Scientific evidence shows that human activities impact global warming, biodiversity loss, land degradation, overuse of natural resources and pollution. They threaten the health and safety of human kind. The Planetary health paradigm – *the health of human civilization and the state of natural systems on which it depends* – must become the driver of all policies.[1]

Global, regional, national, local and individual initiatives are called for and multidisciplinary and multisectoral actions and measures to stop the downward spiral. Any delay in actions will lead to dire consequences.

[1] Whitmee S, Haines A, Beyrer C, Boltz F, Capon AG, de Souza Dias BF, et al. Safeguarding human health in the Anthropocene epoch: report of The Rockefeller Foundation-Lancet Commission on planetary health. *The Lancet* 2015;386(10007):1973–2028.

All governments and decision makers need to address the health impacts of major environmental threats on a regular basis to prompt timely and concrete actions. Change of policies and practices from fragmented approaches to imperative systematic actions will promote human and Planetary Health. Systems thinking will feed into conserving nature and biodiversity, and to halting climate change.[2]

Improved cooperation between various sectors including health, environment, energy, agricultural and transport as well as chemical and other industries is essential. Towards this aim we call for multidisciplinary approach from the EU with full commitment of relevant commissions. This can be carried out in the spirit of WHO Global Strategy on Health, Environment and Climate change 2019[3] and Health in All Policies approach.[4]

There is substantial evidence and knowledge for the EU to initiate a European Strategy for Planetary Health in support of the Green Deal 2019 to achieve the UN's sustainable development goals (SDG). Now is the momentum to unite individuals, communities and societies to shared action.

Finnish institute for health and welfare

SYKE

Finnish Environment Institute

With support of

Cancer Society of Finland

CAECI Clean Climate and Environment Campaign Initiative

THE FINNISH MEDICAL SOCIETY DUODECIM

EFA European Federation of Allergy and Airways Diseases Patients' Associations

Etelä-Karjalan Allergia- ja Ympäristöinstituutti

FGM AMOR austrian mobility research

GOBIERNO DE ESPAÑA MINISTERIO DE CIENCIA E INNOVACIÓN Instituto de Salud Carlos III

ISGlobal Barcelona Institute for Global Health

Magyar Táplálkozástudományi Társaság

Tehy The Union of Health and Social Care Professionals in Finland

TÉT PLATFORM TÁPLÁLKOZÁS ÉLETMÓD TESTMOZGÁS

FILHA Expert in Lung Health

Global Alliance against Chronic Respiratory Disease (GARD) Finland

I.M. Sechenov First Moscow State Medical University

National Medical Research Centre for Therapy and Prevention Medicine under the Ministry of Health of the Russian Federation

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[2] Watts N, Amann M, Arnell N, Ayeb-Karlsson S, Belesova K, Boykoff M, et al. The 2019 report of The Lancet Countdown on health and climate change: ensuring that the health of a child born today is not defined by a changing climate. *The Lancet* 2019; 394:1836-1878.

[3] WHO global strategy on health, environment and climate change; 2019. https://www.who.int/phe/publications/global-strategy/en/

[4] WHO 8th Global conference on Health Promotion. Helsinki Statement Framework for Country Action. 2014. https://apps.who.int/iris/bitstream/handle/10665/112636/9789241506908_eng.pdf;jsessionid=F6299E27DEC4E10B5760932D770E35D5?sequence=1