



“One Health” in Rehabilitation

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Initiative
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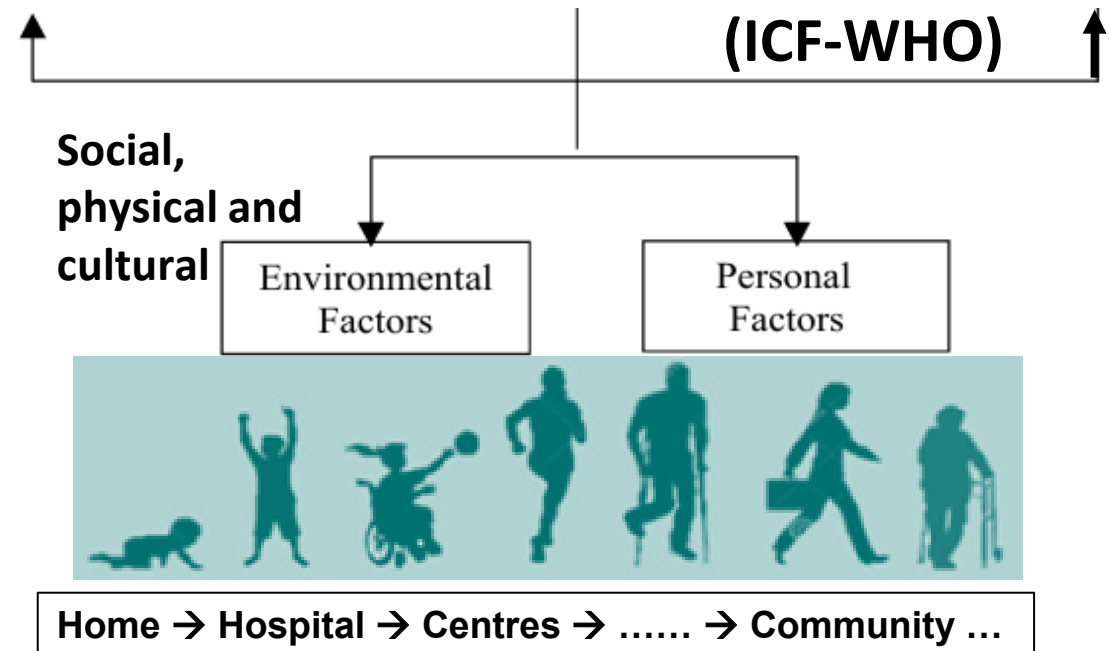
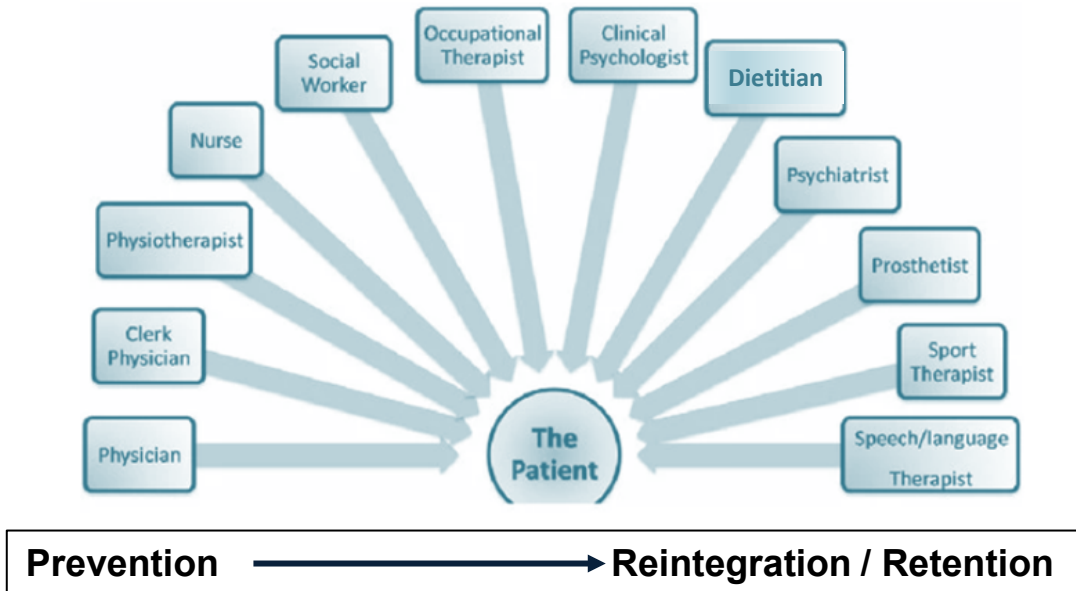
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Rehabilitation: Dimensions

“Rehabilitation is a set of interventions designed to optimize functioning and reduce disability in individuals with health conditions—such as diseases, injuries, or traumas—in interaction with their environment.” (WHO)





Rehabilitation and “One Health”: Common Dimensions

- ❑ Holistic approach (interconnected dimensions)
- ❑ Functioning, participation, quality of life
- ❑ Interdisciplinary / intersectoral approach
- ❑ Person-environment-context interaction and equity (e.g., reducing barriers in order to improve equity)
- ❑ Prevention – actively promoting health (e.g., physical activity)



Reasons for “One Health” in Rehabilitation

- ❑ Complex and interconnected health challenges
- ❑ Aging, chronic diseases
- ❑ Mental health, social inequalities
- ❑ Environmental changes
- ❑ Need for an integrated perspective
- ❑ Better use of expertise



Examples

The environment impacts recovery (housing, stress, social isolation, pollution, accessibility)



- Impact of noise exposure on children's hearing and cognition: A modifiable factor [1]
- Exposure and biological responses to stress (metabolic, inflammatory, epigenetic) modulate the plasticity (recovery) and effectiveness of rehabilitation interventions [2]
- “Greener” rehabilitation: choice of materials used (e.g., for making orthotics [3]) and integrating nature into interventions, thereby contributing not only to physical and mental health but also to environmental awareness and interactions with the living environment (ex. [4])



Examples

Our diets affect recovery



- The human intestinal microbiome is influenced by our environment, diet and lifestyle and plays a significant role in brain function, behaviour and recovery from illness or injury. [5]

Technological advancements – such as computerization, screens and AI – have an impact on recovery

- Recovery is slowed down in the face of a more sedentary lifestyle, obesity and chronic diseases. [6]



Conclusion

The “One Health” Approach

- ❑ Positions rehabilitation as a significant lever in addressing contemporary challenges related to climate change, social inequalities and access to the health care and services continuum
- ❑ Enriches rehabilitation by broadening the systemic / holistic perspective
- ❑ Confirms the need for prevention and health promotion
- ❑ Promotes better use and integration of expertise

Time, funding and training?



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References

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- [2] <https://doi.org/10.1016/j.envint.2026.110072>
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