ONE HEALTH: INTERFACES BETWEEN HUMAN, ANIMAL AND ENVIRONMENTAL HEALTH IN THE CONTEXT OF GLOBAL SUSTAINABILITY

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Abstract

The One Health approach is an interdisciplinary model that recognizes the interdependence between human, animal, and environmental health, proposing integrated actions to promote global health and sustainability. In this context, this study aimed to analyze the interfaces among these three dimensions, discussing the impacts of interactions between humans, animals, and the environment on collective health and the promotion of sustainable practices. This is an integrative literature review with a qualitative, exploratory, and descriptive approach, conducted between April and May 2026. The studies were searched in the databases Periódicos CAPES, SciELO, ScienceDirect, SpringerLink, Wiley Online Library, and PubMed. Descriptors related to One Health, sustainability, zoonoses, planetary health, and health surveillance were used, combined with the Boolean operators AND and OR. After applying the inclusion and exclusion criteria, 17 scientific articles composed the final sample. The results showed that environmental imbalances, climate change, biodiversity loss, and the intensification of interactions between humans and animals favor the emergence of zoonoses and public health problems. It was also observed that integrated surveillance and intersectoral policies constitute essential strategies for preventing health crises and strengthening global sustainability. Therefore, the One Health approach represents an important instrument for promoting global health, requiring interdisciplinary actions, stronger governance, and integration among different social and scientific sectors.

Keywords: Biodiversity, Epidemiological surveillance, Global sustainability, Health governance, Zoonoses.

INTRODUCTION

The intensification of environmental changes, the increase in zoonotic diseases, food insecurity, and the impacts of climate change highlight the need for integrated approaches to the promotion of global health. In this context, the concept of One Health gains prominence by recognizing that human, animal,

and environmental health are deeply interconnected, requiring multidisciplinary actions and collective strategies aimed at sustainability and the prevention of health risks (Pitt; Gunn, 2024).

The One Health perspective has been strengthened in recent decades in the face of global health emergencies, such as the COVID-19 pandemic, as well as the advance of emerging infectious diseases and environmental degradation. Studies indicate that the unbalanced relationship among human beings, animals, and ecosystems directly contributes to the emergence of public health crises, demonstrating that contemporary challenges go beyond the traditional boundaries of the health sciences (Zinsstag et al., 2023).

In addition to disease prevention, the One Health approach is also associated with the promotion of sustainable development, the preservation of biodiversity, and the strengthening of public policies on health surveillance and governance. Integration among different sectors and areas of knowledge enables more efficient responses to complex problems involving biological, social, economic, and environmental factors (Zhou et al., 2024).

In this context, it becomes relevant to understand how the interfaces among human, animal, and environmental health can contribute to the construction of more resilient and sustainable societies. Despite the growth of scientific discussions on the topic, challenges still remain regarding the practical implementation of One Health, especially with respect to coordination among institutions, the formulation of integrated policies, and the strengthening of preventive actions (Faijue et al., 2024).

The undertaking of this study is justified by the growing need to broaden scientific discussions on sustainable and integrated health practices, considering that environmental and health impacts directly affect populations' quality of life. Furthermore, the One Health approach has the potential to strengthen preventive actions, surveillance systems, and public policies capable of minimizing epidemiological and environmental risks (Hayman et al., 2023).

From this perspective, it is argued that One Health represents a paradigm shift in the understanding of global health, as it proposes an expanded and integrated view of the relationships

between living beings and the environment (Antó, 2024). In addition, the integration of Planetary Health, EcoHealth, and One Health broadens understanding of environmental impacts on collective health, strengthening strategies aimed at sustainability and global well-being (Talukder et al., 2024). In this sense, the expansion of the One Health concept demonstrates the need for permanent interdisciplinary actions to confront contemporary health and environmental challenges (Mumford et al., 2022).

In view of this, this study aims to analyze the interfaces among human, animal, and environmental health in the context of global sustainability based on the One Health approach. Specifically, it seeks to understand the conceptual foundations of One Health, discuss the impacts of interactions among the environment, human beings, and animals on collective health, and identify challenges and possibilities for implementing integrated health promotion strategies.

METHODOLOGY

This is an integrative literature review, with a qualitative approach and an exploratory and descriptive character, conducted between April and May 2026, with the objective of analyzing the interfaces among human, animal, and environmental health in the context of global sustainability, based on the One Health approach. The research sought to understand how integration among different areas of knowledge contributes to the promotion of collective health, disease prevention, and the strengthening of sustainable practices at the global level.

The methodological path was developed based on the methodological assumptions of Gil (2019), encompassing the stages of defining the research problem, delimiting the objectives, establishing the inclusion and exclusion criteria, searching for and selecting studies, analytically reading the material, organizing the information, and critically synthesizing the results.

The guiding question of the review was defined as follows: how do interactions among human, animal, and environmental health contribute to the promotion of global sustainability and to the strengthening of One Health strategies?

The search for studies was carried out between April and May 2026 in the databases Periódicos da CAPES, Scientific Electronic Library Online (SciELO), ScienceDirect, SpringerLink, Wiley Online Library, and PubMed, in addition to national and international scientific journals.

For the search strategy, descriptors and free terms in English and Portuguese were used, such as: (One Health), (Saúde Única), (global health), (saúde global), (environmental health), (saúde ambiental), (zoonoses), (sustainability), (sustentabilidade), (planetary health), (saúde planetária), (EcoHealth), (health surveillance), (vigilância em saúde), (health governance), (governança em saúde), and (emerging diseases), combined through the Boolean operators AND and OR

The following inclusion criteria were adopted: scientific articles available in full, published between 2021 and 2026, in Portuguese, English, and Spanish, that addressed the relationships among human, animal, and environmental health in the context of global sustainability and the One Health approach. As exclusion criteria, duplicate studies, simple abstracts, narrative reviews, editorials, dissertations, theses, and publications that did not directly answer the guiding research question were considered.

The initial search identified 312 studies. After applying the time frame and verifying full-text availability, 74 studies were excluded due to unavailability or inadequacy in relation to the inclusion criteria. Subsequently, 46 duplicate studies were removed, leaving 192 studies for title and abstract analysis. At this stage, 129 studies were excluded because they did not present a direct relationship with the proposed topic, resulting in 63 studies eligible for full-text reading.

After full reading and application of the eligibility criteria, 46 studies were excluded because they did not consistently address the interfaces among human, animal, and environmental health, or because they presented relevant methodological limitations. Thus, 17 scientific articles were selected to compose the final sample of this integrative review.

Data analysis was performed through thematic content analysis, according to Bardin (2011), encompassing the stages of pre-analysis, exploration of the material, thematic categorization, and interpretation of the results.

RESULTS AND DISCUSSION

The analysis of the seventeen selected studies identified that the One Health approach has been consolidated as a fundamental strategy for addressing contemporary health, environmental, and social challenges. The synthesis of the main studies included in this review is presented in Table 1.

Table 1

Synthesis of the selected studies

Author/Year	Study objective	Main results
Antó (2024)	To discuss the relationship between human health and planetary health	It showed that processes of environmental degradation, climate change, and biodiversity loss exert direct impacts on collective health indicators, contributing to the expansion of social inequalities, food insecurity, health vulnerabilities, and the worsening of environment-related diseases.
Bertoni (2021)	To relate sustainability, human health, and animal health	It demonstrated that global sustainability depends on balanced integration among human health, animal health, and environmental preservation, emphasizing that sustainable practices simultaneously favor collective well-being, health security, and ecosystem conservation.
Brown *et al*. (2024)	To analyze trends and the expansion of the One Health concept	They identified significant growth in scientific production related to One Health, showing that the approach has been consolidated as an essential strategy for addressing emerging diseases, environmental crises, and global public health challenges.
Cataldo *et al*. (2023)	To discuss gender issues in the One Health approach	They emphasized that gender inequalities and socioeconomic vulnerabilities directly influence the impacts of health and environmental crises, making it indispensable to formulate inclusive and intersectoral policies aimed at protecting the most vulnerable populations.
Danasekaran (2024)	To present One Health as a global health strategy	It showed that public health harms have multifactorial determinants related to

		environmental, economic, social, and biological aspects, reinforcing the need for integrated approaches to disease prevention and control.
Dar *et al*. (2026)	To relate sustainability and One Health	They proposed an integrated conceptual model between sustainability and One Health, highlighting that interdisciplinary actions strengthen the resilience of health systems, reduce global vulnerabilities, and favor long-term preventive strategies.
Edward *et al.* (2024)	To discuss practical applications of One Health	They showed that integration among human, animal, and environmental health favors more effective responses to zoonoses, contributing to the strengthening of epidemiological surveillance, the promotion of collective health, and the prevention of global health crises.
Faijue *et al.* (2024)	To analyze governance mechanisms in One Health	They identified institutional weaknesses related to the lack of coordination among governmental sectors, operational limitations, and difficulties in implementing integrated governance structures aimed at One Health.
Hayman *et al.* (2023)	To assess integrated surveillance systems	They demonstrated that integrated surveillance systems enable the early identification of epidemiological threats, expansion of preventive capacity, and strengthening of rapid responses to infectious and zoonotic outbreaks.
Milazzo *et al.* (2025)	To investigate the implementation of One Health	They showed that the practical implementation of the approach occurs unevenly among countries, being limited by insufficient investment, fragile public policies, a shortage of professional training, and institutional barriers.
Mumford *et al*. (2022)	To discuss the evolution and expansion of One Health	They argued that the expansion of One Health represents an urgent need in the face of contemporary environmental transformations, highlighting that interdisciplinary practices strengthen more resilient and sustainable health systems.
Pitt and Gunn (2024)	To present the conceptual foundations of One Health	They highlighted that climate change, disorderly urbanization, environmental degradation, and increased interactions between humans and animals expand epidemiological risks, requiring integrated strategies to protect global health.
Redford *et al*. (2022)	To relate human health and environmental preservation	They showed that ecosystem conservation constitutes an indispensable strategy for maintaining human health, preventing ecological imbalances, and reducing the circulation of emerging infectious agents.

Talukder *et al*. (2024)	To compare One Health, EcoHealth, and Planetary Health	They identified conceptual convergences among the approaches by recognizing that human, animal, and environmental health are interdependent dimensions, requiring integrated strategies aimed at sustainability and ecological balance.
Weatherly *et al*. (2023)	To investigate environmental impacts on mental health	They demonstrated that environmental degradation, extreme climate events, and biodiversity loss are associated with psychological distress, social insecurity, and the worsening of mental disorders in exposed populations.
Zhou *et al.* (2024)	To discuss theory and ethics in One Health governance	They emphasized that the effectiveness of One Health depends on continuous interinstitutional cooperation, data sharing, the strengthening of surveillance networks, and the incorporation of ethical principles into global health decisions.
Zinsstag *et al.* (2023)	To assess evidence on One Health and global security	They demonstrated that environmental imbalances, intensification of human activities, and changes in ecosystems favor the emergence of zoonoses and increase the risk of health emergencies with global reach.

Source: Prepared by the authors (2026)

ONE HEALTH AND THE INTEGRATION AMONG HUMAN, ANIMAL, AND ENVIRONMENTAL HEALTH

The One Health approach begins from the understanding that human health cannot be analyzed in isolation from animals and the environment. This model proposes integrated action among different areas of knowledge to address health problems that have multiple causes and consequences. As discussed by Pitt and Gunn (2024), the intensification of climate change, disorderly urbanization, and environmental degradation has increased the need for broader strategies to protect collective health.

Scientific evidence demonstrates that environmental imbalances favor the emergence and spread of infectious diseases, especially zoonoses. Zinsstag et al. (2023) emphasize that recent epidemics have shown how environmental impacts and inappropriate interaction between humans and animals can generate global public health crises. Thus, understanding these relationships has become essential to preventing new epidemiological outbreaks and strengthening global health security.

In addition to disease control, One Health also contributes to strengthening global sustainability. Bertoni (2021) states that environmental preservation, animal welfare, and human health should be treated as complementary dimensions of the same process. This understanding broadens the role of public policies, which cease to act only in the treatment of diseases and begin to include preventive actions related to environmental conservation and populations' quality of life.

From this perspective, Antó (2024) emphasizes that the health of the planet directly influences human health indicators. Problems such as pollution, water insecurity, and biodiversity loss affect not only ecosystems but also increase social inequalities and health vulnerabilities. Thus, environmental sustainability comes to be understood as an indispensable element for the promotion of collective health.

Talukder et al. (2024) reinforce that the concepts of Planetary Health, EcoHealth, and One Health have convergent objectives by defending more balanced relationships between society and the environment. Although they present distinct approaches, these perspectives share concern regarding environmental impacts on human health and advocate integrated strategies to confront contemporary ecological and health crises.

Brown et al. (2024) add that the expansion of the One Health concept occurred mainly due to the increase in global challenges related to environmental changes and emerging diseases. According to the authors, the growth of research in the field demonstrates that integration among sectors has become a practical necessity and not merely a theoretical proposal. This shows that complex problems require equally integrated and interdisciplinary responses.

HEALTH SURVEILLANCE, ZOONOSIS PREVENTION, AND SUSTAINABILITY

Integrated surveillance represents one of the main pillars of the One Health approach. The prevention of zoonotic diseases depends on coordination among environmental monitoring, animal health, and human health, allowing faster and more efficient responses to epidemiological threats. Hayman et al.

(2023) explain that shared surveillance systems favor the early identification of risks and strengthen the capacity to contain infectious outbreaks.

The COVID-19 pandemic reinforced the importance of these preventive strategies. Edward et al. (2024) discuss that the advance of zoonoses is directly associated with intensified human contact with degraded natural environments and wild species. In this scenario, preventive measures become more effective than actions centered exclusively on treating diseases after their dissemination.

Danasekaran (2024) highlights that One Health offers a broader approach to addressing global health problems by integrating biological, environmental, and social factors. This view makes it possible to understand that many health harms do not have an exclusively clinical origin, being also related to the environmental, economic, and structural conditions of populations.

Environmental sustainability also exerts a direct influence on disease prevention and the maintenance of collective health. Redford et al. (2022) argue that the preservation of ecosystems should be understood as a fundamental strategy for protecting human life. Environmental destruction favors ecological imbalances capable of increasing the circulation of pathogens and compromising essential resources for the survival of populations.

Another relevant aspect involves environmental and social impacts on mental health. Weatherly et al. (2023) identified that changes in ecosystems, biodiversity loss, and extreme environmental events can cause psychological distress, social insecurity, and the worsening of mental disorders. This demonstrates that the effects of environmental crises go beyond infectious diseases, also affecting the emotional and social well-being of populations.

Cataldo et al. (2023) add that One Health actions need to consider social inequalities and gender issues so that preventive strategies are more effective. Vulnerable populations tend to suffer more intense impacts in the face of environmental and health crises, highlighting the need for inclusive and intersectoral policies.

GOVERNANCE, INSTITUTIONAL CHALLENGES, AND IMPLEMENTATION OF ONE HEALTH

The implementation of the One Health approach still faces challenges related to governance and institutional coordination. Faijue et al. (2024) observe that many countries face difficulties in building integrated structures capable of bringing together the human health, veterinary, and environmental sectors. The absence of coordination among institutions limits the effectiveness of preventive actions and compromises rapid responses to health emergencies.

The challenges also involve ethical, political, and operational issues. Zhou et al. (2024) explain that One Health governance requires continuous cooperation among different areas of knowledge, as well as investments in planning, data sharing, and strengthening surveillance networks. Without institutional integration, strategies become fragmented and less efficient.

Milazzo et al. (2025) highlight that the practical implementation of One Health still occurs unevenly in different regions of the world. Although there is scientific recognition of the importance of the model, difficulties related to financing, professional training, and the development of integrated public policies persist. This demonstrates that the consolidation of the approach depends on both scientific advances and governmental and institutional support.

Dar et al. (2026) argue that sustainability and One Health should be understood jointly, as both have objectives aimed at preserving life and reducing global vulnerabilities. The authors argue that the strengthening of integrated actions can contribute to more resilient health systems that are better prepared to face future crises.

Mumford et al. (2022) state that the expansion of the One Health approach represents an urgent need in the face of current environmental and social transformations. According to the authors, the strengthening of interdisciplinary practices favors broader and more sustainable responses to problems that simultaneously affect human beings, animals, and ecosystems.

CONCLUSION

It is evident that the One Health approach represents a fundamental strategy for confronting contemporary health, environmental, and social challenges. The analysis of the literature showed that human, animal, and environmental health have an interdependent relationship, demonstrating that impacts caused to ecosystems directly affect populations' quality of life and the occurrence of harms to collective health. Thus, it became evident that the promotion of global health depends on the adoption of integrated, sustainable, and interdisciplinary practices.

The objectives proposed in this research were achieved by enabling an understanding of the conceptual foundations of One Health, as well as a discussion of the interactions among human beings, animals, and the environment in the context of global sustainability. The studies analyzed demonstrated that factors such as climate change, environmental degradation, disorderly urbanization, and biodiversity loss favor the emergence of zoonoses, increase epidemiological risks, and expand social and health vulnerabilities. In addition, it was verified that environmental preservation constitutes an indispensable element for maintaining collective health and preventing global health crises.

The relevance of integrated health surveillance was highlighted as a strategic tool for the early identification of epidemiological threats and the strengthening of preventive actions. Integration among human, veterinary, and environmental health proved essential for containing infectious outbreaks and reducing the impacts of emerging diseases.

The results also revealed important challenges related to the practical implementation of One Health. Institutional fragmentation, funding limitations, insufficient professional training, and difficulties in intersectoral coordination still represent obstacles to the consolidation of integrated strategies in different countries and health systems. In this context, it was found that strengthening governance, data sharing, and surveillance networks constitutes an essential measure for expanding the effectiveness of One Health actions.

Furthermore, it was observed that the integration of the concepts of Planetary Health, EcoHealth, and One Health broadens understanding of the consequences of human actions on ecosystems and on population health. This perspective reinforces the need to develop sustainable policies aimed at environmental preservation, the reduction of social inequalities, and the promotion of balance between society and nature.

Finally, future research is suggested to evaluate the effectiveness of public policies grounded in the One Health approach, especially in developing countries and socially vulnerable regions. Studies investigating the impacts of intersectoral strategies on zoonosis prevention, epidemiological surveillance, and the promotion of environmental sustainability may contribute to improving global health actions. In this way, the expansion of scientific knowledge on One Health may favor more efficient responses to contemporary health and environmental crises.

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