

Koruyucu Hekimlikte Bütüncül ve Disiplinler Arası Yaklaşımlar: Tek Sağlık, Eko Sağlık, Gezegen Sağlığı

Yusuf DOĞRUER¹

GİRİŞ

Koruyucu hekimlik, birey ve toplum sağlığını korumayı hedefleyen çok yönlü bir alandır. Günümüzde biyolojik, ekolojik ve sosyal faktörlerin sağlık üzerindeki etkileri artarken, koruyucu hekimliğin yalnızca insan sağlığına odaklanması yetersiz kalmakta, bütüncül bir yaklaşım gerekmektedir.

İnsan-Hayvan-Çevre etkileşimi, sağlık sorunlarının kökenini anlamak ve kalıcı çözümler geliştirmek için kritik öneme sahiptir. Zoonotik hastalıkların artışı, iklim değişikliği, doğal kaynakların tükenmesi ve çevresel kirlilik; yalnızca insanları değil, hayvanları ve ekosistemleri de tehdit etmektedir.

Bu nedenle, koruyucu hekimlikte disiplinler arası bir bakış açısı benimsemek, farklı uzmanlık alanlarının iş birliğiyle yenilikçi ve sürdürülebilir sağlık stratejileri geliştirmeyi mümkün kılar. Böylece yalnızca mevcut sorunlara değil, gelecekteki sağlık tehditlerine karşı da daha hazırlıklı olunabilir.

BÜTÜNCÜL SAĞLIK YAKLAŞIMLARININ TARİHSEL GELİŞİMİ

Bütüncül sağlık yaklaşımları, kökenini 20. yüzyılın ortalarındaki çevresel sağlık hareketlerinden alır. 1970'lerde BM ve WHO gibi kuruluşlar, insan sağlığının ekosistemlerle birlikte değerlendirilmesi gerektiğini vurgulamıştır. Bu süreçte gelişen Sürdürülebilir Kalkınma kavramı, daha sonra ortaya çıkan Tek Sağlık, Eko Sağlık ve Gezegen Sağlığı yaklaşımlarına temel oluşturmuştur. 2000'li yıllardan itibaren bu yaklaşımlar, zoonotik hastalıklar, iklim değişikliği ve biyoçeşitlilik kaybı gibi küresel sorunlarla birlikte sağlık politikalarına entegre edilmiştir. Yaklaşımların tarihsel gelişimi Şekil 2.1'de sunulmaktadır.



Şekil 2.1. Bütüncül Sağlık Yaklaşımlarının Tarihsel Evrimi

¹ Prof. Dr., Selçuk Üniversitesi, Veteriner Fakültesi, Besin Hijyeni ve Teknolojisi AD. ydogruer@selcuk.edu.tr, ORCID iD: 0000-0002-3712-5021

• Kurumsal İş birliği ve Yönetişim

SESE modeli, çok sektörlü ve çok paydaşlı bir yönetim sistemini savunur. Sağlık, çevre, tarım, eğitim ve enerji gibi alanlar arasında senkronize politikalar geliştirilmelidir. İlgili kurumlar arasında:

- **FAO** (Gıda ve Tarım Örgütü) – gıda sistemleri ve zoonotik hastalık kontrolü
- **WHO** (Dünya Sağlık Örgütü) – küresel halk sağlığı politikaları
- **UNEP** (Birleşmiş Milletler Çevre Programı) – çevresel sürdürülebilirlik ve risk analizleri
- **YEREL YÖNETİMLER VE TOPLULUK ÖRGÜTLERİ** – uygulama düzeyinde adaptasyon ve müdahale kapasitesi

• Ekolojik Okuryazarlık ve Eğitim Müfredatları

Sağlık profesyonellerinin sadece klinik değil; iklim bilimi, ekoloji, politika analizi ve sosyal adalet konularında da yetkinlik kazanması hedeflenir. SESE kapsamında önerilen eğitim reformları şunlardır:

- Tıp, Veteriner Hekimlik ve Çevre Mühendisliği Fakültelerinde disiplinlerarası modüller
- Ekolojik okuryazarlık ve sistem düşüncesi temelli öğrenme yöntemleri
- Toplum temelli sağlık eğitimi programları

• Dirençli, Düşük Karbonlu Sağlık Sistemleri

SESE, sağlık sistemlerinin sadece hastalıkla mücadele eden değil, aynı zamanda çevresel sürdürülebilirliği gözetken yapılarla dönüşmesini savunur. Bu kapsamda:

- Enerji verimli ve karbon ayak izi düşük sağlık altyapıları
- Atık yönetimi, su kullanımı ve tedarik zincirinde sürdürülebilirlik
- Krizlere (salgınlar, afetler) karşı esnek ve dirençli sağlık hizmetleri geliştirilmelidir.

KAYNAKLAR

Adisasmito, W. B., Almuhaire, S., Behraves, C. B., Bilivogui, P., Bukachi, S. A., Casas, N., ... & Zhou, L. (2022). One Health: A new definition for a sustainable and healthy future. *PLoS Pathogens*, 18(6), e1010537. <https://doi.org/10.1371/journal.ppat.1010537>

Bain, R., Cronk, R., Hossain, R., Bonjour, S., Onda, K., Wright, J., ... & Bartram, J. (2014). Global assessment of exposure to faecal contamination through drinking water based on a systematic review. *Tropical Medicine*

& *International Health*, 19(8), 917–927. <https://doi.org/10.1111/tmi.12334>

Bardosh, K. (Ed.). (2016). *One Health: Science, politics and zoonotic disease in Africa* (1st ed.). Routledge. <https://doi.org/10.4324/9781315659749>

Bodin, Ö., Crona, B. I., Thyresson, M., Golubiewski, N., & Tengö, M. (2015). Participatory modelling and the influence of social networks on risk perception and behaviour. *Philosophical Transactions of the Royal Society B: Biological Sciences*, 370(1681), 20140128. <https://doi.org/10.1098/rstb.2014.0128>

Bouchard, M. F., Chevrier, J., Harley, K. G., Kogut, K., Vedar, M., Calderon, N., ... & Eskenazi, B. (2011). Prenatal exposure to organophosphate pesticides and IQ in 7-year-old children. *Environmental Health Perspectives*, 119(8), 1189–1195. <https://doi.org/10.1289/ehp.1003185>

Burek, A. J., Waltner-Toews, D., Neudoerffer, C., & Kay, J. J. (2003). Ecosystem approaches to health: A review of the literature. *EcoHealth*, 1(2), 109–119. <https://doi.org/10.1007/s10393-004-0003-8>

Carson, R. (1962). *Silent spring*. Houghton Mifflin.

Cassidy, A. (2016). One medicine? Advocating (inter)disciplinarity at the interfaces of animal health, human health, and the environment. In K. Bardosh (Ed.), *One Health: Science, politics and zoonotic disease in Africa* (pp. 70–86). Routledge.

Convention on Biological Diversity (CBD). (2019). *Biodiversity and emerging infectious diseases: Risks and mitigation strategies*. <https://www.cbd.int/doc/c/2ab-d/08b3/123a81e9d2b3b9d6eb0dd9b8/sbstta-sbi-ss-02-inf-01-en.pdf>

Centers for Disease Control and Prevention (CDC). (2020). *GIS and public health: Real-time surveillance and response*. <https://www.cdc.gov/gis/index.htm>

Centers for Disease Control and Prevention (CDC). (2023). *One Health training and fellowship programs*. <https://www.cdc.gov/onehealth/>

Centers for Disease Control and Prevention (CDC). (2020). *Public health emergency preparedness and response capabilities*. <https://www.cdc.gov/cpr/readiness/capabilities.htm>

Charron, D. F. (Ed.). (2012). *Ecohealth research in practice: Innovative applications of an ecosystem approach to health*. Springer & International Development Research Centre.

Codex Alimentarius Commission. (2019). *General principles of food hygiene CXC 1-1969*. Food and Agriculture Organization. <https://www.fao.org/fao-who-codexalimentarius>

Daszak, P., Cunningham, A. A., & Hyatt, A. D. (2001). Anthropogenic environmental change and the emergence of infectious diseases in wildlife. *Acta Tropica*, 78(2), 103–116. [https://doi.org/10.1016/S0001-706X\(00\)00179-0](https://doi.org/10.1016/S0001-706X(00)00179-0)

Daszak, P., Cunningham, A. A., & Hyatt, A. D. (2000). Emerging infectious diseases of wildlife—Threats to biodiversity and human health. *Science*, 287(5452), 443–449. <https://doi.org/10.1126/science.287.5452.443>

Destoumieux-Garzón, D., Mavingui, P., Boetsch, G., Boissier, J., Darriet, F., Duboz, P., ... & Voituron, Y. (2018). The One Health concept: 10 years old and a long road

- ahead. *Frontiers in Veterinary Science*, 5, 14. <https://doi.org/10.3389/fvets.2018.00014>
- EcoHealth Alliance. (2023). *EcoHealth zoonotic disease risk maps and monitoring tools*. <https://www.ecohealthalliance.org>
- European Food Safety Authority (EFSA). (2022). *The European Union summary report on trends and sources of zoonoses, zoonotic agents and food-borne outbreaks*. <https://www.efsa.europa.eu>
- World Organisation for Animal Health (WOAH). (2021). *Terrestrial animal health code*. <https://www.woah.org/en>
- Food and Agriculture Organization [FAO], World Organisation for Animal Health [OIE], & World Health Organization [WHO]. (2010). *The FAO-OIE-WHO collaboration: Sharing responsibilities and coordinating global activities to address health risks at the animal-human-ecosystems interfaces: A Tripartite Concept Note*. <https://www.fao.org>
- FAO, OIE, & WHO. (2019). *Taking a multisectoral, One Health approach: A Tripartite guide to addressing zoonotic diseases in countries*. <https://www.who.int/publications/i/item/9789241514934>
- Food and Agriculture Organization of the United Nations (FAO). (2020). *Sustainable livestock development for One Health*. <https://www.fao.org>
- FAO. (2020). *The FAO action plan on antimicrobial resistance 2021–2025*. <https://www.fao.org>
- Farm Animal Welfare Council (FAWC). (2009). *Five freedoms*. UK Department for Environment, Food & Rural Affairs. <https://www.gov.uk/government/groups/farm-animal-welfare-committee-fawc>
- Frontiers. (n.d.). *Concepts and experiences in framing, integration and evaluation of One Health and EcoHealth*. <https://www.frontiersin.org/research-topics/5479/concepts-and-experiences-in-framing-integration-and-evaluation-of-one-health-and-ecohealth>
- Frumkin, H., Haines, A., Hess, J., & Ebi, K. L. (2020). Climate change and the US: The value of social justice in planetary health. *Annual Review of Public Health*, 41, 341–357. <https://doi.org/10.1146/annurev-publhealth-040119-094131>
- Gibbs, E. P. J. (2014). The evolution of One Health: A decade of progress and challenges for the future. *Veterinary Record*, 174(4), 85–91. <https://doi.org/10.1136/vr.g143>
- Global Charter for Planetary Health. (2021). *Planetary Health Alliance*. <https://www.planetaryhealthalliance.org/charter>
- HandWiki. (2025, May 23). *Earth: EcoHealth*. <https://handwiki.org/wiki/Earth:EcoHealth>
- Horton, R., & Lo, S. (2015). Planetary health: A new science for exceptional action. *The Lancet*, 386(10007), 1921–1922. [https://doi.org/10.1016/S0140-6736\(15\)61038-8](https://doi.org/10.1016/S0140-6736(15)61038-8)
- Horton, R., Beaglehole, R., Bonita, R., Raeburn, J., McKee, M., & Wall, S. (2014). From public to planetary health: A manifesto. *The Lancet*, 383(9920), 847. [https://doi.org/10.1016/S0140-6736\(14\)60409-8](https://doi.org/10.1016/S0140-6736(14)60409-8)
- International Development Research Centre (IDRC). (2003). *Ecosystem approaches to human health: A research framework*. <https://idrc.ca>
- Intergovernmental Science-Policy Platform on Biodiversity and Ecosystem Services (IPBES). (2019). *Global assessment report on biodiversity and ecosystem services*. <https://ipbes.net/global-assessment>
- Intergovernmental Panel on Climate Change (IPCC). (2021). *Climate change 2021: The physical science basis*. <https://www.ipcc.ch/report/ar6/wg1/>
- Intergovernmental Panel on Climate Change (IPCC). (2023). *Sixth assessment report – Climate change 2023: Impacts, adaptation and vulnerability*. <https://www.ipcc.ch>
- Jones, K. E., Patel, N. G., Levy, M. A., Storeygard, A., Balk, D., Gittleman, J. L., & Daszak, P. (2008). Global trends in emerging infectious diseases. *Nature*, 451(7181), 990–993. <https://doi.org/10.1038/nature06536>
- Kahn, L. H., Kaplan, B., & Monath, T. P. (2021). *One Health and the politics of antimicrobial resistance*. Johns Hopkins University Press.
- King, L. J., Anderson, L. R., Blackmore, C. G., Blackwell, M. J., Lautner, E. A., Marcus, L. C., & Monath, T. P. (2008). Executive summary of the Manhattan Principles on “One World, One Health”. *Annals of the New York Academy of Sciences*, 1149(1), 1–6. <https://doi.org/10.1196/annals.1330.000>
- Landrigan, P. J., Fuller, R., Acosta, N. J. R., Adeyi, O., Arnold, R., Basu, N., ... & Zhong, M. (2018). The Lancet Commission on pollution and health. *The Lancet*, 391(10119), 462–512. [https://doi.org/10.1016/S0140-6736\(17\)32345-0](https://doi.org/10.1016/S0140-6736(17)32345-0)
- Lebel, J. (2003). *Health: An ecosystem approach*. International Development Research Centre (IDRC). <https://www.idrc.ca>
- Lerner, H., & Berg, C. (2017). A comparison of three holistic approaches to health: One Health, EcoHealth, and Planetary Health. *Frontiers in Veterinary Science*, 4, 163. <https://doi.org/10.3389/fvets.2017.00163>
- Mackenzie, J. S., & Jeggo, M. (2019). The One Health approach—Why is it so important? *Tropical Medicine and Infectious Disease*, 4(2), 88. <https://doi.org/10.3390/tropicalmed4020088>
- McNeill, J. R. (2000). *Something new under the sun: An environmental history of the twentieth-century world*. W. W. Norton & Company.
- MDPI. (2025, May 23). *EcoHealth*. Encyclopedia MDPI. <https://encyclopedia.pub/entry/36891>
- Méndez, V. E., Bacon, C. M., & Cohen, R. (2013). Agroecology as a transdisciplinary, participatory, and action-oriented approach. *Agroecology and Sustainable Food Systems*, 37(1), 3–18. <https://doi.org/10.1080/10440046.2012.736926>
- Noah, D. L. (2022). Role of veterinarians in public health and One Health. *MSD Veterinary Manual*. <https://www.msdsvetmanual.com/>
- Parkes, M. W., Bienen, L., Breilh, J., Hsu, L. N., McDonald, M., Patz, J. A., ... & Yassi, A. (2005). All hands on deck: Transdisciplinary approaches to emerging infectious disease. *EcoHealth*, 2(4), 258–272. <https://doi.org/10.1007/s10393-005-8389-3>
- Parkes, M. W., Bunch, M. J., Waltner-Toews, D., & Gueye, L. (2020). *Ecohealth research in practice: Innovative applications of an ecosystem approach to health*. Springer.
- Planetary Health Alliance. (2022). *Annual report*. <https://www.planetaryhealthalliance.org>
- Planetary Health Alliance. (2023). *Annual report*. <https://www.planetaryhealthalliance.org>

- www.planetaryhealthalliance.org
- Planetary Health Alliance. (2023). *Veterinary engagement in planetary health*. <https://www.planetaryhealthalliance.org>
- Rock, M., Buntain, B. J., Hatfield, J. M., & Hallgrímsson, B. (2009). Animal–human connections, “One Health,” and the syndemic approach to prevention. *Social Science & Medicine*, 68(6), 991–995. <https://doi.org/10.1016/j.socscimed.2008.12.047>
- Rudolph, L., Caplan, J., Ben-Moshe, K., & Dillon, L. (2018). *Health in all policies: A guide for state and local governments*. American Public Health Association & Public Health Institute.
- Steffen, W., Crutzen, P. J., & McNeill, J. R. (2018). The Anthropocene: Are humans now overwhelming the great forces of nature? *Ambio*, 36(8), 614–621. <https://doi.org/10.1007/s13280-018-1139-0>
- Steffen, W., Richardson, K., Rockström, J., Cornell, S. E., Fetzer, I., Bennett, E. M., ... & Sörlin, S. (2015). Planetary boundaries: Guiding human development on a changing planet. *Science*, 347(6223), 1259855. <https://doi.org/10.1126/science.1259855>
- Thumbi, S. M., Njenga, M. K., Marsh, T. L., Noh, S., Otiang, E., Munyua, P., ... & Palmer, G. H. (2015). Linking human health and livestock health: A “One Health” platform for integrated analysis of human health, livestock health, and economic welfare. *PLOS ONE*, 10(3), e0120761. <https://doi.org/10.1371/journal.pone.0120761>
- Tilman, D., & Clark, M. (2014). Global diets link environmental sustainability and human health. *Nature*, 515(7528), 518–522. <https://doi.org/10.1038/nature13959>
- United Nations (UN). (2022). *Sustainable development goals*. <https://sdgs.un.org/goals>
- UN-Water. (2021). *Summary progress update 2021: SDG 6 — Water and sanitation for all*. <https://www.unwater.org>
- Waltner-Toews, D. (2004). *Ecosystem sustainability and health: A practical approach*. Cambridge University Press.
- Waltner-Toews, D., Kay, J. J., Neudoerffer, C., & Gitau, T. (2003). Perspective changes everything: Managing ecosystems from the inside out. *Frontiers in Ecology and the Environment*, 1(1), 23–30. <https://doi.org/10.2307/3867990>
- Watts, N., Amann, M., Arnell, N., Ayeb-Karlsson, S., Belesova, K., Boykoff, M., ... & Costello, A. (2021). The 2021 report of the Lancet Countdown on health and climate change: Code red for a healthy future. *The Lancet*, 398(10311), 1619–1662. [https://doi.org/10.1016/S0140-6736\(21\)01787-6](https://doi.org/10.1016/S0140-6736(21)01787-6)
- Whitmee, S., Haines, A., Beyrer, C., Boltz, F., Capon, A. G., de Souza Dias, B. F., ... & Yach, D. (2015). Safeguarding human health in the Anthropocene epoch: Report of the Rockefeller Foundation–Lancet Commission on planetary health. *The Lancet*, 386(10007), 1973–2028. [https://doi.org/10.1016/S0140-6736\(15\)60901-1](https://doi.org/10.1016/S0140-6736(15)60901-1)
- WHO & FAO. (2022). *Foodborne zoonotic diseases: One Health priorities*. <https://www.who.int>
- WHO & UN-Habitat. (2020). *Integrating health in urban and territorial planning*. <https://www.who.int/publications/i/item/9789240003179>
- WHO, FAO, OIE. (2010). *Sharing responsibilities and coordinating global activities to address health risks at the animal–human–ecosystems interfaces: A Tripartite concept note*. <https://www.who.int>
- WHO, FAO, WOA, & UNEP. (2022). *One Health Joint Plan of Action (2022–2026): Working together for the health of humans, animals, plants and the environment*. <https://www.fao.org/documents/card/en/c/cc2289en>
- WHO, FAO, WOA. (2022). *Tripartite zoonoses guide: A One Health approach to zoonotic disease management*. <https://www.fao.org>
- World Health Organization (WHO). (2015). *Global action plan on antimicrobial resistance*. <https://www.who.int/publications/i/item/9789241509763>
- WHO. (2016). *Zoonoses and public health: Emerging threats and mitigation strategies*. <https://www.who.int/news-room/fact-sheets/detail/zoonoses>
- WHO. (2017). *Health in all policies: Framework for country action*. <https://www.who.int/publications/i/item/9789241506908>
- WHO. (2020). *Climate and health observatory*. <https://www.who.int/climatechange/observatory>
- WHO. (2020). *Water, sanitation and hygiene (WASH) in health care facilities*. https://www.who.int/water_sanitation_health
- World Health Organization (WHO). (2021). *One Health High-Level Expert Panel (OHHLEP) framework*. <https://www.who.int/initiatives/one-health-high-level-expert-panel>
- World Health Organization (WHO). (2021). *One Health Joint Plan of Action (2022–2026)*. <https://www.who.int/publications/i/item/9789240059130>
- World Health Organization (WHO). (2021). *One Health*. <https://www.who.int/health-topics/one-health>
- World Health Organization (WHO). (2021). *One Health: Questions and answers*. <https://www.who.int/news-room/questions-and-answers/item/one-health>
- World Health Organization (WHO). (2021). *Taking a multisectoral, One Health approach: A tripartite guide*. <https://www.who.int/publications/i/item/9789241519083>
- Wilcox, B. A., & Colwell, R. R. (2005). Emerging and re-emerging infectious diseases: Biocomplexity as an interdisciplinary paradigm. *EcoHealth*, 2(4), 244–257. <https://doi.org/10.1007/s10393-005-8961-3>
- Willett, W., Rockström, J., Loken, B., Springmann, M., Lang, T., Vermeulen, S., ... & Murray, C. J. L. (2019). Food in the Anthropocene: The EAT–Lancet Commission on healthy diets from sustainable food systems. *The Lancet*, 393(10170), 447–492. [https://doi.org/10.1016/S0140-6736\(18\)31788-4](https://doi.org/10.1016/S0140-6736(18)31788-4)
- World Organisation for Animal Health (WOAH). (2022). *Guidelines for veterinary participation in food safety systems*. <https://www.woah.org>
- World Organisation for Animal Health (WOAH). (2023). *Animal welfare standards*. <https://www.woah.org/en/what-we-do/animal-welfare/>
- Zinsstag, J., Schelling, E., Waltner-Toews, D., & Tanner, M. (2011). From “One Medicine” to “One Health” and systemic approaches to health and well-being. *Preventive Veterinary Medicine*, 101(3–4), 148–156. <https://doi.org/10.1016/j.prevetmed.2010.07.003>