



The Helsinki Declaration

Making Policies work for Planetary Health

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Planetary health
broadens health research
to include the external
systems that sustain or
threaten human health.



THE LANCET

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in planetary health
www.thelancet.com/planetary-health

Helsinki Declaration to protect human and planetary health for 2020's



- H**uman health depends on our ability to sustain planetary health. Awareness of the strong interlinkage between human and planetary health must be raised.
- E**quity is the guiding principle to ensure societal balance, which is a prerequisite for any successful action. Nature conservation and restoration do not succeed without social justice.
- L**ong-term goals are to take priority over short-term political victories or economical gains.
- S**hort-term actions, like reducing air pollution, chemical contamination and ending smoking, have fast and radical impact on health and should be actively promoted, as they also sustain planetary health
- I**nterventions among and planned with communities and citizens produce relevant results for political decisions and models for societal learning.
- N**ature is us, we are nature. Nature is both outside and inside of us, and well functioning, sustainable and biodiverse natural systems are essential for human health and survival.
- K**nowledge emerges from scientific insights and innovations proceed to action only when co-created by scientists, citizens and policy makers.
- I**mpact-oriented actions for Planetary Health must be continuously evaluated and adjusted accordingly.

[The Lancet Planetary Health](#)



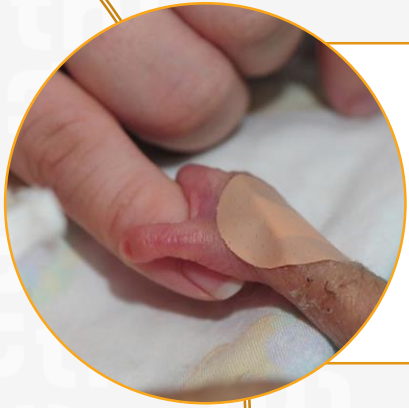
H for Human health

Increase policy makers' awareness of the interlinkages.
Health could be a driver and motivation for change.



E for Equity and Equality

How do our actions and behaviour affect others?
In all decision making – nationally and internationally.



L for Long-term goals

How can we motivate change that benefits others (in the future)?



S for Short-term actions

Implementation of the known human- and environment-friendly actions need to be supported.



I for Interventions planned with communities

Including end users to the development processes makes them interested and committed -> higher implementation rates and better impacts.



N for Nature

Well-functioning biodiverse nature is the basis for healthy people, communities and societies.



K for Knowledge

Interaction between researchers and policy makers – what information is needed by policy makers?

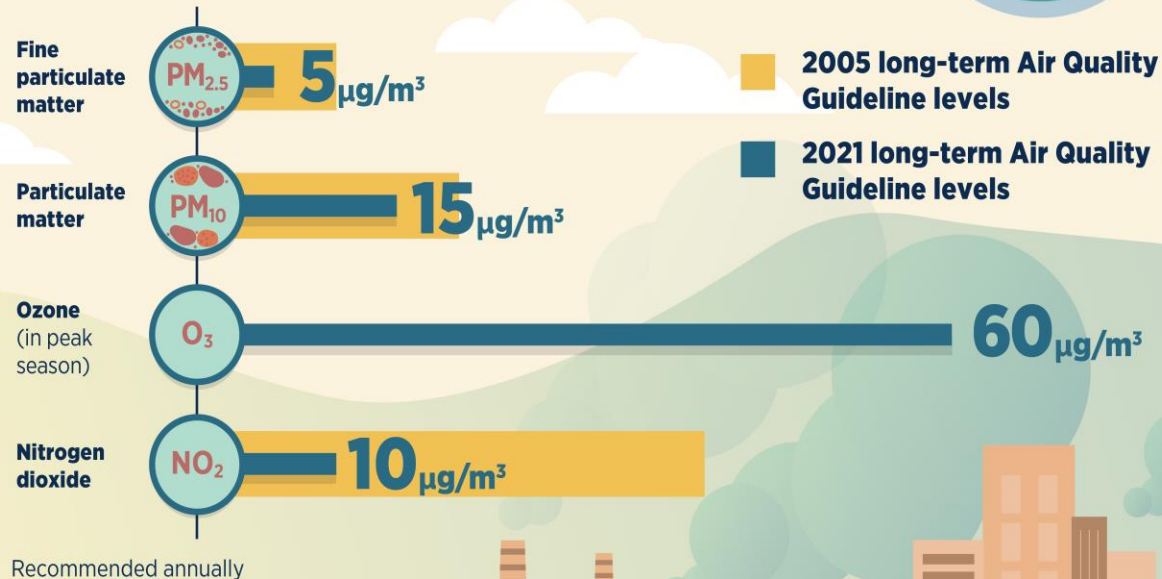


I for Impacts

Follow-up of interventions – possible adjustments.
High-level research needed, but how to measure impacts?

In September 2021

WHO AIR QUALITY GUIDELINE LEVELS ARE LOWER THAN 15 YEARS AGO



WHO Air Quality Guidelines set goals to protect millions of lives from air pollution.

SOLUTIONS



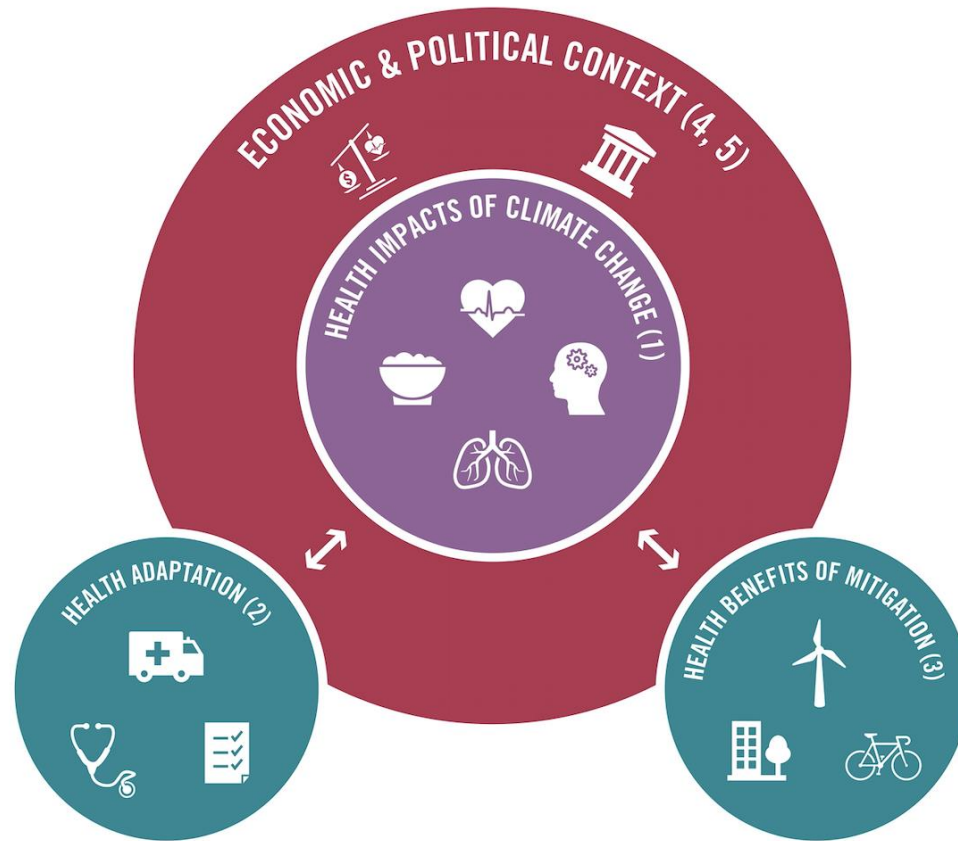
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CLEAN AIR FOR HEALTH

#AirPollution

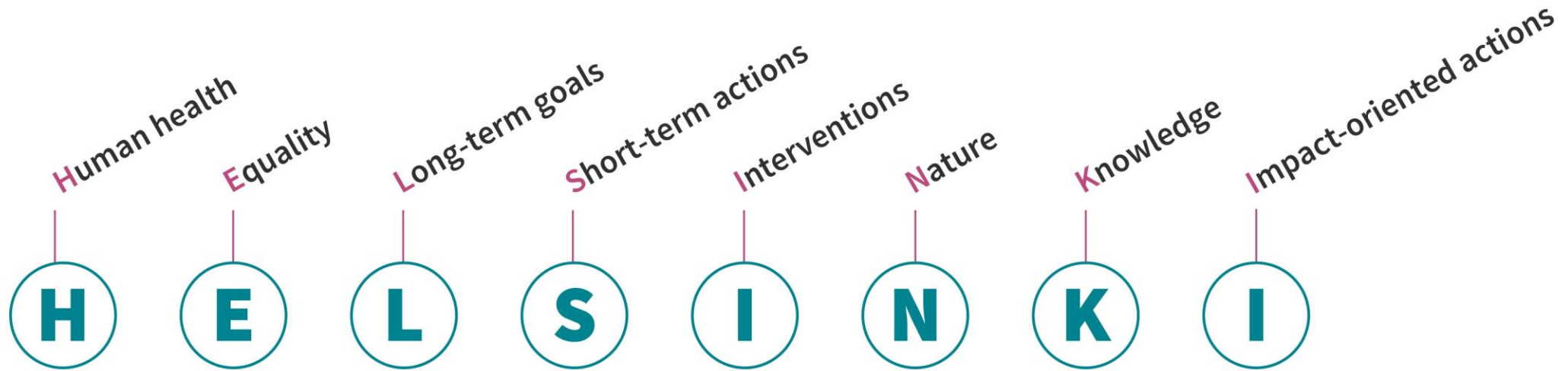


The Lancet Countdown: Tracking progress on health and climate change



Check on the webpage: explore our data

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[Environmental Research](#)