

Parallel lunch workshops

Friday July 7, 12.00 – 14.00 pm

Workshop Planetary Health Education

- Chair: Jennifer Cole
- Contact: Jennifer.Cole@rhul.ac.uk
- Date and time schedule: Friday July 7, 12.00 – 14.00 pm
- Location: Tijgerzaal Artis
- Maximum number of attendees: 25 (attendance requires registration)
- Outcomes of the workshop will be reported in the plenary session of the Planetary Health conference on Friday afternoon, July 7 by Jennifer Cole

Abstract

The aim of this workshop is to share experiences, challenges and lessons identified in setting up planetary health courses (for schoolchildren, undergraduate and postgraduate students, practitioners, policymakers and the private sector), incorporating planetary health education into existing school and college curriculums and aligning teaching outcomes to the Planetary Health Alliance Educational Framework. A focus on case studies from universities that have successfully incorporated planetary health teaching into existing programs, and have introduced new ones, will offer discussion points for the wider audience. The workshop will include a report from the May meeting *Promoting Planetary Health in Postgraduate Education in Europe* convened in Barcelona by the Centre for Studies on Planetary Wellbeing at Pompeu Fabra University (UPF), the Open University of Catalonia (UOC), the Barcelona Institute for Global Health (ISGlobal) and the Planetary Health Alliance European Hub.

Questions

The workshop will focus on 6 key questions including, [1] What are the challenges faced with incorporating planetary health curricula into schools and universities? [2] How can senior management be engaged with the importance of planetary health and its relevance to existing programs? [4] To what extent should new programs be developed, or existing programs be modified to make space for planetary health? [5] How much planetary health education is needed by medical and healthcare professionals, and at what stage of their education and careers? and [6] How can planetary health be incorporated and practiced across sectors in Continuing Professional Development as well as basic education? These questions will consider challenges and barriers, including limited time and space in curriculums (what has to go to make space for planetary health?), siloed disciplinary faculties and career routes, and tensions between understanding action and practice.

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Outcomes

The expected outcomes of the workshop are a better understanding of the challenges facing educators who are attempting to insert planetary health education into school and college curricula, and to include planetary health in practice and Continued Professional Development. Participants at an early stage of the process will have opportunities to learn from others who are further along the journey. The results from this meeting will be feed into international discussions around education within the Planetary Health Alliance, including at the 2024 meeting in Malaysia.

Workshop Building the Movement

- Chair: Jorieke van der Stelt
- Contact: joriekevanderstelt@hotmail.com
- Date and time schedule: Friday July 7, 12.00 – 14.00 pm
- Location: North-Pavilion ARTIS
- Maximum number of attendees: 25 (attendance requires registration)
- Outcomes of the workshop will be reported in the plenary session of the Planetary Health conference on Friday afternoon, July 7 by Jorieke van der Stelt

Abstract

The Planetary Health crisis is one of the greatest challenges facing our world today. It demands collective action and a shared vision to tackle the complex challenges related to climate change, loss of biodiversity, and environmental degradation. To build a movement that can effectively address these challenges, the Planetary Health European Hub is organizing a group session that incorporates the principles of transition dynamics, of Active Hope and the importance of storytelling.

Workshop Food and Microbes

Sponsored by 

- Chair: Remco Kort
- Contact: r.kort@vu.nl
- Food: [Christian Weij](#)
- Date and time schedule: Friday July 7, 12.00 – 14.00 pm
- Location: Koningzaal ARTIS
- Maximum number of attendees: unlimited

Lectures

- Microbes and the old friends hypothesis. Prof Bruno Pot (Science Director Yakult and affiliated with Vrije Universiteit Brussel) (20 min incl. Q&A)

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- Recommended Daily Allowance for Microbes? Professor Colin Hill (Professor of Microbial Food Safety, University College Cork, Ireland) (20 min incl. Q&A)
- Rotten Delicious: A culinary journey through the fermentation landscape Christian Weij (Fermentation specialist, food designer, and pop-up chef) (80 min)

Abstract

Humans have consumed large numbers of live microbes in our diet throughout our evolutionary history – until now! In recent decades better hygiene and more processing of foods has led to a decline in our exposure to microbes, particularly in the gut. This has coincided with an increase in chronic gut-related diseases such as IBS, IBD diabetes, and more.. Some of the first studies will be presented defining the number of microbes in the typical western (US) diet, and show that there is a correlation between the number of microbes consumed and a variety of health indices. This workshop aims at insight in the potential health benefits of fermented foods as well as a taste for microbe-rich foods by taking part in a tasting session.

Questions

Could the lack of exposure to microbes in our diet be linked to health issues? Should dietary guidelines include a recommendation to consume more live microbes in the form of fermented foods, fruits and uncooked vegetables?

Outcomes

Insight into the recommended dietary intake of microbes and the taste of a variety of fermented foods prepared by [fermentation specialist, food designer, and pop-up chef Christian Weij](#).

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