

April 30<sup>th</sup> 2021

Dear all,

As a native Brazilian from Sao Paulo and Global Health and Sustainability professional, I would like to contribute with the recommendations listed below, to be analysed and included in Section 3 of the São Paulo Declaration on Planetary Health for All:

Bridging Communities to Achieve the Great Transition.

My recommendations are based on a socio-ecological approach, and the influences can be overlapped among the mentioned stakeholders.

Best regards,  
Giselle Medeiros Mesiara.

**What actions can the below stakeholders take to influence research and education, policy changes, private and public to achieve the Great Transition?**

**Agriculture:**

- The agriculture sector should present solutions based on science for the environmental impact of their business and have a limited time to start doing the changes.
- European funds, should think to include in their agenda a Global Funds to be accessed directly by family farming. Also, liberate funds to incentivize technological development in the agriculture sector, specially to reduce food loss and waste in developing countries such as Brazil and India which are one of the biggest world food producers.

**Artists, Poets, Writers, Musicians**

- To educate and increase the population awareness about the planetary and human needs through their art. Especially through popular art as soap operas in Brazil.

**Businesses:**

- Business model should also be reviewed and updated. The circular economy must become a business law, where cradle to cradle is applied. It is unacceptable and anti-ethical the number of appliances and electronics built to last a short period of time, where their components cannot be replaced or re-used, forcing the consumer to buy a new one each 3 to 5 years, generating waste by throwing away the old one. The Business should be responsible for their products during its life time and a Business Ecological Ethics Committee must implement policies to stop this type of “planet consumption” business model.

**Economist:**

- Review and update, according to current planetary needs, the Economic Law of Supply and Demand created around 1726. This economic law that determines market prices does not fit with our reality anymore; it must take into account the demands of natural resources for the final “goods” to be demanded.

### **Funders:**

- Usually, NGOs are responsible for accessing funds to develop “Food, Health, Environmental and Sustainability” projects. We need more hands working on this urgent agenda. When possibilities to work in this agenda are open to the general public which include health promoters, nutritionist, environmentalist, farmers, professors, students and more, it will increase the positive results on the Climate Change agenda and UN's SDGs.
- Also, we need implementers and effective actions for the scientific research, once papers by itself can't do much. This idea to offer funds to the public population to develop and implement planetary projects, can be a solution to merge researchers and professional implementers.
- Investing money to develop education in “**planetary project management**” skills. Only a project well managed can successfully achieve their goals, without money, time and environmental wastes.

### **Governments:**

- Implement as much as possible natural organic food produced by family farmers in the public sectors, such as hospital, schools, nurseries and other public canteens, using Denmark as role model.
- Should base their decision on science only, it will avoid a lot of miss communication and save public money.
- The Ministry of Education of Brazil, must include the “Food Guide for the Brazilian Population” in the education curriculum for children and young people. An independent study investigation, which I am partially conducting in two Brazilian’s schools, one in Rio de Janeiro and the other in São Paulo, showed that 70% of the 185 students aged between 11 and 16 years did not know the Brazilian Food Guidelines, which is an international reference in food guidelines with a focus on sustainability and nutritional values.

### **Universities**

- Private and public universities must be careful and avoid conflicts of interest whenever they obtain financing or any support offered by the private sectors, such as the food, agriculture and pharmaceutical industry.
- Universities should include “planetary health education” in all educational programs.

### **Health Practitioners**

- To approach health from a holistic perspective which includes not only physical but also, mental, spiritual, social and environmental health.

### **Health Sector:**

- To implement nutritional education e dissemination among all health care professional, specially GP doctors.

- Develop and implement preventive health sectors. In addition, the preventive health professional must have an attractive salary, as they are the ones who will educate and make people aware of how to prevent the development of chronic diseases such as type II diabetes, coronary heart disease, cancer and lung diseases. Investing in chronic disease prevention is a smart public decision, once it avoids future spending on public hospitals and early retirement payments. On the other hand, people will remain healthy, able to work and pay their taxes.
- The health sector must respect and be open-minded to alternative healing practices, including those that science already offers its benefits, such as YOGA, REIKI Healing and Meditation.

#### **Jurist and lawmaker:**

- Agility to implement environmental laws and, mainly, to execute them when necessary.
- Regulation of the system for the use of technology for marketing the food products, medicines and food supplements. Especially for advertising ultra-processed foods in online games aimed at children and adolescents.
- Strong regulation of planetary health for social media organizations, since they are the biggest global influencers of behaviour nowadays.

#### **Midia:**

- Social media must be regulated by a competent, impartial and ethical Global Commission. Social media organizations should be responsible by law for allowing fake news and profiles that influence their users' thinking and behaviour. Especially with regard to political elections.

#### **Researchers:**

- Science is fundamental to the development of humanity. However, as mentioned above, the scientific article alone will not bring about planetary changes. Research needs to be continued with effective actions, being implemented by trained professionals within the scope of well-managed projects.

#### **Spiritual leaders of all faiths:**

- The epistemology of spiritual leaders must be respected and must be an essential part of healing the planet, especially indigenous knowledge about how to heal nature and how nature can heal us.

#### **Technology Professionals:**

- In order to achieve the Sustainable Development Goals and the Climate Change agenda in a timely manner, high investments in technology are highly recommended. Mainly investments to develop high technology processes related to the food systems sector.

**Universities and other Educational Institutions:**

- The University and Educational Institutions should educate using constructive and collaborative methodologies, to encourage collaboration and not competition among students. Covid19 showed us that collaboration between scientists around the world helped to develop a vaccine in one year to save many lives. All stakeholders can and should work collaboratively for the well-being of everyone and the planet.