



**NOVA INSTITUTE**  
FOR HEALTH OF PEOPLE PLACES AND PLANET



**VIVO** 

Planetary health  
10<sup>th</sup> annual conference

**2021 VIRTUAL PROGRAM - December 1-7**



**From Healing to Flourishing**  
For health of People, Places, and Planet

In collaborations with  
Centric Health



# Welcome to inVIVO2021

## From Healing to Flourishing...

The ultimate aim of planetary health is flourishing along every link in the person, places, and planet continuum. In an era of so many interconnected challenges, there could not be a more important time for ambitious, integrative, approaches.

"Twenty-twenty" was a year of turmoil that has prompted deeper consideration of so many interrelated challenges. Acute events have exposed many chronic issues that have been neglected, unrecognized, or too difficult to overcome. But events that break the status quo can also provide new or accelerated opportunities for change, in all systems, that may not have been there before. Greater awareness and new perspectives can create new possibilities and galvanize action beyond merely recovering to the previous unhealthy state or situation.

The aftermath of these events can provide opportunities for positive post-traumatic growth, on a continuum towards flourishing—with benefits for people, places and planet. The emergence of "Planetary Health" as a collective vision has provided a clear imperative for this. But as with any growth, this needs to be nourished to reach its potential. And for that to occur we need to encourage deeper reflection, and re-appraisal of values, towards higher levels of environmental and social concern, greater self-awareness, and greater shared wisdom.

Against this backdrop, our agenda continues to underscore the imperative for creative ecological solutions for the challenges we face in all systems and all scales with advancing global urbanization in the digital age – for personal, environmental, economic and societal health alike. We aim to bring together diverse perspectives from across many dimensions of the arts and the sciences, as we explore novel solutions and new normative values.



Meeting Chairs,  
Prof Susan Prescott (President and Director)  
Prof Brian Berman (President, Nova Institute for Health  
Prof Ganesa Wegienka (Vice President and Director),  
and the inVIVO Board of Directors



**Susan Prescott**  
President and  
Director, inVIVO



**Brian Berman**  
President, Nova Institute  
for Health of People,  
Places and Planet



**Ganesa Wegienka**  
Meeting Chair, V/President  
and Director, inVIVO



The 10<sup>th</sup> annual conference  
of inVIVO Planetary Health

# Session Summary



**SESSION 1: Wed, December 1**

**Changing the Climate:**

Narratives, Ethics, and Values for Foundational Change

**SESSION 2: Wed, December 1**

**Where did the care go?**

Shifting Health Culture Towards Equitable Flourishing

**SESSION 3: Thurs, December 2**

**Connectivity of Personal and Planetary Systems**

and Hidden Dimensions of Impact and Interaction

**SESSION 4: Thurs, December 2**

**Restoring Foundational ecology**

—Microbes for Human and Environmental justice

**SESSION 5: Friday, December 3**

**Rewilding and Revaluing our Relationship with Nature:**

Ideas, Actions and Initiatives

**SESSION 6: Monday, December 6**

**Food Systems for Flourishing—**

Challenging Broken Systems and Creating New Approaches

**SESSION 7: Monday, December 6**

**Nature, art and creativity for wellness,  
belonging and community**

**SESSION 8: Tuesday, December 7**

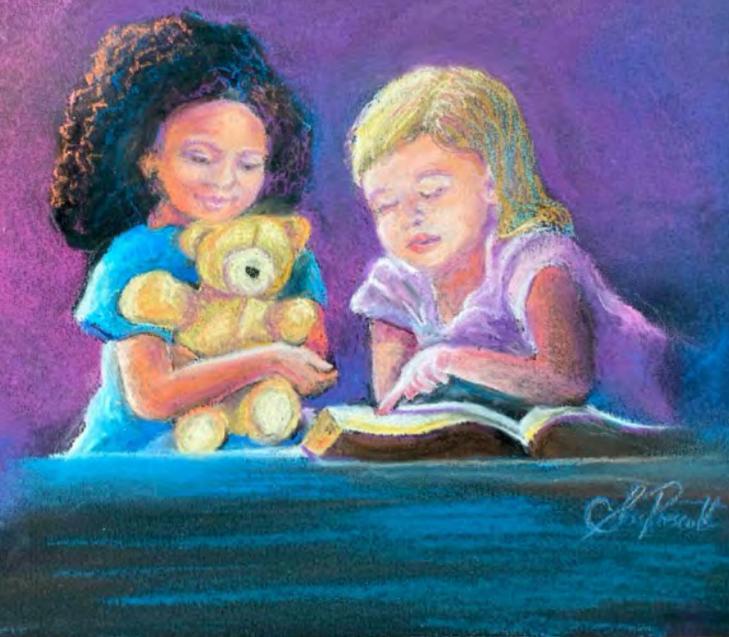
**Ensuring Health and Hope for the Next Generations**

—the promise of tomorrow starts today

**SESSION 9: Tuesday, December 7**

**Encouraging the best of human nature –** promoting resilience, holism and mutualism through education and self awareness

# Session Map at a glance



## PROGRAM AT A GLANCE

Wednesday December 1	Thursday December 2	Friday December 3	Monday December 6	Tuesday December 7	
<b>Session 1</b> (3pm GMT)  <b>Changing the Climate:</b> Narratives, Ethics, and Values for Foundational Change	<b>Session 3</b> (3pm GMT)  <b>Connectivity of Personal and Planetary Systems</b> and Hidden Dimensions of Impact and Interaction	<b>Session 5</b> (3pm GMT)  <b>Rewilding and Revaluing our Relationship with Nature:</b> Ideas, Actions and Initiatives	<b>Session 6</b> (3pm GMT)  <b>Food Systems for Flourishing—</b> Challenging Broken Systems and Creating New Approaches	<b>Session 8</b> (3pm GMT)  <b>Ensuring Health and Hope for the Next Generations</b> —the promise of tomorrow starts today	
<b>Session 2</b> (8pm GMT)  <b>Where did the care go?</b> Shifting Health Culture Towards Equitable Flourishing	<b>Session 4</b> (8pm GMT)  <b>Restoring Foundational ecology</b> —Microbes for Human and Environmental justice	<div style="background-color: #fff9c4; padding: 10px; display: inline-block; transform: rotate(-2deg);"> <b>Break for the weekend</b> </div>  <b>Time to catch up with recordings</b>		<b>Session 7</b> (8pm GMT)  <b>Nature, art and creativity for wellness, belonging and community</b>	<b>Session 9</b> (8pm GMT)  <b>Encouraging the best of human nature –</b> promoting resilience, holism and mutualism through education and self awareness

# Opportunity through connectivity and creativity:

The meeting will bring together a tremendous network of like-minded people from diverse fields whose interests span from planetary/population/ environmental health to microbial ecology/ systems biology and the deep biological mechanisms—all aiming to work in a more integrated systems framework as we seek to improve personal, environmental, economic and societal health alike. As always, our emphasis on meaningful collaborations and productive friendships as on the data and opportunities we generate. Topics include:

- **The Health of Environments on all scales:** including natural and built environments, any and all dimensions of the 'total exposome' and interventions to improve these, including approaches to 'rewilding'.
- **Value Systems and Ideologies:** including pathways, programs, philosophies, enablers, perspectives, mindsets and/or actions that promote personal, community, and/or planetary health
- **Lifestyle health and Personal Ecology:** including nutrition, activity, sleep, mindfulness, meditation, and other behaviors (and/or interventions) that influence personal ecology and wellness
- **The Health of Societies and Systems:** including the wider social, cultural and economic determinants of health, epidemiology, anthropology, and public health
- **Community and local initiatives:** grassroots efforts for change, case studies, stories that may inform and inspire others.
- **The COVID-19 pandemic:** including the broad-ranging consequences of the pandemic on any system and on any scale. Preliminary data and proposals are welcome.
- **Microbial Ecology:** Including microbiome ecosystems in humans, animals, diverse environmental systems, impact of human activity, antibiotics, and possible restorative interventions.
- **Developmental Origins:** including work that specifically focus on developmental approaches, early interventions, life course trajectories and transgenerational perspectives
- **Tools and Platforms:** including technology platforms, novel tools, statistics or models to facilitate research and/or health initiatives in any sector.
- **Creative work:** if you would like to share or display something you have created to inspire the group please do!



# Session One

## Changing the Climate: Narratives, Ethics, and Values for Foundational Change

Wednesday  
1 December

**Wednesday Dec 1**  
3pm GMT (4pm CET)

**10am EST (N.America)**  
7am PST (N.America)  
+2am AEDT (Australia)

In collaboration with  
Centric Health



<b>4</b> minute talk	<b>8</b> minute talk	Chair: Susan Prescott
Welcome to inVIVO 2021		Susan Prescott Brian Berman
<b>Cradle to 7th Generation: Values for a Good Life</b> (Elders from "Pull Together Now")		Be'sha Blondin <b>8</b>
<b>The Art of Awakening Awareness in the Anthropocene:</b> A photographers journey of subliminal activism		Edward Burtynsky <b>4</b>
<b>Introduction to the conference: Foundations for Flourishing</b> —How do we achieve a cultural change for solutions on all scales?		Susan Prescott <b>8</b>
<b>We are the Earth: Children United for our Planet</b>		Children from Kenya
<b>KEYNOTE:</b> <b>Changing the Climate from Surviving to Thriving:</b> Civic processes for positive holistic approaches to revitalize vulnerable communities		<b>Mustafa Santiago Ali</b>
<b>Social solidarity is needed to accelerate pace on climate solutions, for deeper and more profound change</b>		Bill McKibben <b>8</b>
<b>Stories as seeds of Resurgence:</b> The Indigenous Earth-based Identity		Yuria Celidwen <b>8</b>
<b>As Within, So Without:</b> The Implications of Reframing Sustainability as a Relationship Problem		Blake Poland <b>4</b>
<b>Rise!</b> It is time to stand up for our future		Francois Paulette <b>4</b> Pierre-Emmanuel Chaillon
<b>Connect the Dots, there is No Net Zero:</b> The real environmental cost of smartphones, electronic devices and telecom-infrastructure		Katie Singer <b>4</b>
<b>Why history, philosophy and understanding purpose are vital in transforming systems that undermine health and ecology</b>		Tolullah Oni <b>8</b>
<b>Consumption of the biosphere without conscience:</b> Redressing the suppression of ethics and the asymmetry of northern and southern hemispheres.		Ricardo Rozzi <b>8</b>
<b>Africa Community of Planetary Partners for Health and Environment:</b> An initiative to promote health equity, sustainable development, child rights, and climate justice for the African continent.		Nightingale Wakigera <b>4</b>
<b>Planetary Health: What is the Role of Asia</b> in Safeguarding the Health of People and Planet?		Renzo (Ramon Lorenzo Luis) Guinto <b>4</b>
<b>Towards defining a new set of ethics to imagine a more just society.</b>		Oli Mould <b>4</b>
<b>Planetary Health Ethics for a Post-COVID19 world</b>		Jennifer Cole <b>4</b>
<b>Approaching the ethical dilemma of antimicrobial resistance (AMR) and microbial biodiversity loss through a Planetary Health Lens</b>		Samuel Abimbola <b>4</b>
<b>A message from the unborn future of Africa</b>		Chanelle Mulopo
<b>SPECIAL PANEL DISCUSSION ON ETHICS AND VALUES (15-20 min)</b>		

(Session Duration: approximately 2 hours 10 min)



## Session One

### More about our speakers



**Susan Prescott** is President of inVIVO. She is a Professor of Paediatrics at University of Western Australia, Immunologist at Perth Children's Hospital, Director of the ORIGINS project, Editor-in-Chief of Challenges, and a scholar at the Nova Institute in Baltimore. She is an artist and an author. **"My passion is connecting people and ideas to create new opportunities"**



**Elder Be'sha Blondin - Sahtu Region, Dene Nation, NW Territories, Canada.** A traditional knowledge holder with the spiritual & cultural protocols of the Dene Way of Life. Co-founder of the Arctic Indigenous Wellness Foundation. **"Be'sha genuinely loves all people. With her delightful sense of humor, she unifies us to heal Mother Earth & humankind".**



**Dr. Mustafa Santiago Ali** is an internationally renowned Thought-Leader, Strategist, Policymaker and Activist committed to the fight for environmental justice and economic equity. He has worked with over 500 domestic and international communities to secure environmental, health and economic justice. He worked at the U.S. Environmental Protection Agency (EPA) for 24-years, and led the Interagency Working Group on Environmental Justice (EJWIG) of 17 federal agencies and White House offices focused on implementing holistic strategies to address the issues facing vulnerable communities. He has been a Guest Lecturer at Harvard University, Yale University, George Washington University, Georgetown University, and many others, and has featured on MSNBC, CNN, VICE, and Democracy and over 250 publications in other news media. **"My vision is to uplift our most vulnerable communities by creating authentic collaborative partnerships committed to moving from 'Surviving to Thriving'."**



**Bill McKibben** is an author, environmentalist, and activist. In 1988 he wrote *The End of Nature*, the first book for a common audience about global warming. He is a co-founder and Senior Advisor at 350.org, an international climate campaign that works in 188 countries around the world. **He is described by the Boston Globe as "probably America's most important environmentalist."**



**Blake Poland** is a professor in the Dalla Lana School of Public Health at the University of Toronto, and Director of the Collaborative Specialization in Community Development. His work focuses on community resilience and the contributions of citizens and social movements to sustainability transition. **"I love learning & sharing about alternative ways of seeing and living, inner & outer change work"**



**Pierre-Emmanuel Chailion** is a biologist, photographer and a filmmaker. He has worked in many part of the world but has affinity for the amazing light of the Northwest Territories, Canada. **"Every day, light change and slightly modify the landscape, carving shadows and coloring the nature. There are no simple days when we open ourselves to the impermanence and the beauty of light."**



**Tolullah Oni** is co-director of the Global Diet & Activity Research Group, University of Cambridge; Honorary Associate Professor, University of Cape Town, and founder of UrbanBetter. **"As a Public Health Physician & urban epidemiologist, I support a coordinated approach between science, policy & societal role players to address complex urban health challenges in rapidly growing cities".**



**Nightingale Wakigera** is a nurse originating from Kenya and currently pursuing a Master's degree in One Health. As a leader of the Africa Community of Planetary Partners for Health and Environment (ACOPPHE) and a co-leader of the Child Health is Planetary Health (CHIP). Her work in these networks contributes to the vision of a healthy and sustainable Africa for all.



**Oli Mould** is a human geographer at Royal Holloway, University of London, and has written 3 books, and scores of academic and online articles about capitalism, the city and creativity. **"Geography is not simply writing the world, it's changing it too"**



**Samuel Abimbola** is an MPH student passionate about human & environmental health; Executive Member, African Community of Planetary Partners for Health & Environment (ACOPPHE); Co-director, Mentoring & Research Network (MRN); Member, Student Committee of Global Consortium on Climate & Health Education. **"I have a strong interest in the impact of human activities on climate change and its boomerang effect on human health."**



**Brian Rerman** is President of the Nova Institute for Health; Professor Emeritus of Family & Community Medicine; founding Director, Center for Integrative Medicine, University of Maryland School of Medicine; Co-Director, Cochrane Complementary Medicine Field. **"In challenging times there are also great opportunities to reach beyond boundaries and fundamentally shift how we think about well-being at all scales."**



**Edward Burtynsky** is a world renowned Canadian photographer famous for his surreal landscapes and provocative series chronicling the world's dependence on oil. **"By describing the problem vividly, by being revelatory and not accusatory, we can help spur a broader conversation about viable solutions."**



**Yuria Celidwen (Nahua/Maya)** is an Indigenous scholar and consultant on the rights of Indigenous Peoples and the rights of Nature. She studies the experience of transcendence and its prosocial behaviors (ethics, compassion, kindness, awe, love, and sacredness) across Indigenous contemplative traditions. **"Let the rivers flow and sprouts will follow"**



**Elder Francois Paulette, Dënesúliné, Fort Smith, Alberta, Canada,** is a grandfather, hereditary leader, traditionalist, spiritualist, family man. A member of the Smith's Landing Treaty 8 First Nation, he is an outspoken advocate of treaty and aboriginal rights. Central to his well-being is his life on the land of the Dënesúliné. **"My first obligation is to protect Mother Earth!"**



**Katie Singer** writes about technology's impacts on nature. She spoke about the Internet's footprint at the UN's 2018 Forum on Science, Innovation and Technology, and, in 2019, on a panel with Dr. James Hansen. Her reports are available at [www.OurWeb.tech/letters](http://www.OurWeb.tech/letters). Her most recent book is *An Electronic Silent Spring*. She lives in New Mexico, USA.



**Ricardo Rozzi** is a Chilean ecologist and philosopher whose research combines ecology and philosophy. He is Professor at Department of Philosophy & Religion, University of North Texas & at University of Magallanes; V/P, Center for Environmental Philosophy, USA; Director, Cape Horn International Center, Chile. **He coined the terms biocultural conservation, biocultural homogenization, and biocultural ethics.**



**Renzo Guinto** is Chief Planetary Health Scientist of the Sunway Centre for Planetary Health in Malaysia and Inaugural Director of the Planetary and Global Health Program of the St. Luke's Medical Center College of Medicine in the Philippines. **"Planetary health is the way to decolonize our relationship with one another and with Mother Earth."**



**Jennifer Cole** is a lecturer in Global and Planetary Health at Royal Holloway, University of London, UK and Northern Europe Hub Coordinator for the Planetary Health Alliance. She researches the interface between the environment and human health. **"I want to see more social scientists engaging with the field of planetary health"**



**Chanelle Mulopo** is Social Scientist at the University of KwaZulu-Natal. She has training in Psychology; Social and Behavioral Science; and Public Health; health communication; community engagement; Water, Sanitation, and Hygiene (WASH) and planetary health. **"I have an interest in pursuing health systems research and policy"**

# Session Two

Where did the care go?  
Shifting health culture  
towards equitable  
flourishing

Wednesday  
1 December



**Wednesday Dec 1**  
8pm GMT (9pm CET)

**3pm EST (N.America)**  
12pm PST (N.America)  
+7am AEDT (Australia)

**4** minute talk   **8** minute talk

	Chair: Brian Berman
<b>From the Heart:</b> Nova Institute Art Awards (12 years and over)	Artists' Submissions
<b>Where did the care go?</b> Shifting health culture towards equitable flourishing	Brian Berman <b>4</b>
<b>Human flourishing in a health-creating society</b>	Lord Nigel Crisp <b>8</b>
<b>The Biomedical Empire:</b> Lessons learned from the COVID-19 Pandemic	Barbara Katz Rothman <b>8</b>
<b>Human Flourishing in the era of COVID-19:</b> How value systems help and hinder social transformation in the face of challenge	Jeff Levin <b>8</b>
<b>Shifting the health paradigm for flourishing:</b> from reductionism to holism, disease to wellness creation	Gillian Orrow <b>8</b>
<b>What is health...for?</b>	David Katz <b>8</b>
<b>Planning for an Unimaginable Future:</b> The best way to predict the future is to invent it--and make sure everyone has a hand in it.	Georges C. Benjamin <b>8</b>
<b>A Planetary Health Perspective on Traditional Medicine:</b> A call to Action from the African community.	Mona El-Sherbini (and ACOPPHE Africa network) <b>8</b>
<b>Trends and geographical variation in population thriving, struggling and suffering across the USA</b>	Carley Riley and Brita Roy <b>8</b>
<b>Importance of safety for wellbeing:</b> associations with mental health, physical activity and cardiometabolic health in high vacancy, low-income neighborhoods	Amber Pearson <b>8</b>
<b>Connecting policies and health to overcome social and environmental factors driving growing health inequities</b>	Steve Woolf <b>8</b>
<b>The Global Flourishing Study</b>	Tyler VanderWeele <b>8</b>
<b>Sankofa! Remembering the ways of our ancestors to promote planetary health</b>	Teddie Potter <b>8</b>
<b>Nudging Hospital Audiences to Link Planetary Health and Human Health Through a Participatory Art Exhibition.</b>	Sara Warber <b>8</b>
<b>Save Our Planet: The importance of caring</b>	Children from Green Acorn Kindergarten
<b>Mediative Reflection (2 min)</b>	Valentina Morani
<b>GROUP DISCUSSION</b>	<b>Inviting questions and comments from all attendees (15-20 min)</b>
<b>The Healthcare Cure</b> – movie trailer and invitation to watch the full film (2 min)	Ray Power Nick Webb

In collaboration with  
Centric Health



(Session Duration: approximately 2 hours 15 minutes)



## Session Two

### More about our speakers



**Brian Berman** is President of the Nova Institute for Health; Professor Emeritus of Family & Community Medicine; founding Director, Center for Integrative Medicine, University of Maryland School of Medicine; Co-Director, Cochrane Complementary Medicine Field. **"In challenging times there are also great opportunities to reach beyond boundaries and fundamentally shift how we think about well-being at all scales."**



**Barbara Katz Rothman** is Professor of Sociology, City University of New York. She is author or numerous books, most recently THE BIOMEDICAL EMPIRE. She has served as President of Sociologists for Women in Society; the Society for Study of Social Problems, and the Eastern Sociological Society. She is proud recipient of an award for "Midwifing the Movement" from the Midwives Alliance of North America.



**Gillian Orrow** is a GP at Smallfield Surgery, in Surrey, U.K. She previously worked in disease prevention at the University of Cambridge's Institute of Public Health, and is now the founding director of Growing Health Together, an initiative in SE England to support human, community and planetary health. For more details please see [Growing Health Together](#)



**Georges C. Benjamin**, is a well-known health policy leader, practitioner, and administrator. **He serves as the executive director of the American Public Health Association, the nation's oldest and largest organization of public health professionals.** He is also a former secretary of health for the state of Maryland.



**Carley Riley** is Assistant Professor, Attending Physician, and Co-Faculty Lead of Population and Community Health at Cincinnati Children's Hospital. She is also a Fellow with the Nova Institute and Co-Founder and Director of The Collective WELL, whose mission it is **"To cultivate thriving populations and communities through research, policy, and activism."**



**Amber Pearson** is an Associate Professor of Geography at Michigan State University. She is a health geographer focused on social justice and healthy spaces. **"I hope my research, in some way, can create equitable opportunities for health across places"**



**Tyler J. VanderWeele** is Professor of Epidemiology in the Departments of Epidemiology and Biostatistics at Harvard T.H. Chan School of Public Health, and Director of the Human Flourishing Program and Co-Director of the Initiative on Health, Religion & Spirituality at Harvard University. **His research spans psychiatric and social epidemiology; the science of happiness and flourishing; and the study of religion and health**



**Sara Warber** is a Clinical Professor Emerita of Family Medicine at University of Michigan, a former Fulbright Scholar at the European Centre for Environment and Human Health, and a scholar at the Nova Institute for Health in Baltimore. Her work crosses the boundaries of art and science. **"My mission is to reconnect humans and nature for the health of all-that-is"**



**Ray Power** is a family physician and co-founder of Centric Health which encompasses a growing network of GP Practices in Ireland and the Netherlands. "I am passionate about the powerful impact of **the trust based relationships between patients and their GPs and am executive producer of an award winning film documentary exploring this theme – The Healthcare Cure**".



**Lord Nigel Crisp** is an independent crossbench member of the House of Lords (UK) and co-chairs the All-Party Parliamentary Group on Global Health. He was Chief Executive of the English National Health Service (NHS) – the largest health organisation in the world with 1.4 million employees - and Permanent Secretary of the UK Department of Health (2000-2006). His latest book is [www.healthismadeathome.uk](#)



**Jeff Levin** holds a distinguished chair at Baylor University, where he is University Professor of Epidemiology and Population Health, Professor of Medical Humanities, and Director of the Program on Religion and Population Health at the Institute for Studies of Religion. **"My research for nearly 40 years has focused on broadening our perspectives on the connections among body, mind, and spirit."**



**David L. Katz**, is globally renowned as an expert in disease prevention and health promotion. He is founder/former director of Yale University's Yale-Griffin Prevention Research Center (Past President, American College of Lifestyle Medicine; President/Founder, True Health Initiative; recipient of numerous awards & 3 honorary doctorates. **"My passion is advancing the promise of healthy, vital people on a healthy, vital planet."**



**Mona El-Sherbini** is Director Narrative Medicine & Planetary Health at Kasr Al-Ainy; Lecturer, Cairo University, Egypt; Executive Member, Africa Community of Planetary Partners for Health & Environment (ACOPPHE); Director of ACOPPHE Mentoring Research Network. **"I have a passion for integrating medicine with the arts and humanities for a holistic approach to medicine and life in general."**



**Brita Roy, MD, MPH, MHS** is Assistant Professor of Medicine and Epidemiology at Yale University, and Director of Population Health at Yale Medicine. She is also a Fellow with the Nova Institute and Co-Founder and Director of The Collective WELL, whose mission it is **"To cultivate thriving populations and communities through research, policy, and activism."**



**Steven Woolf** is Director Emeritus of the Center on Society and Health at Virginia Commonwealth University in Richmond, Virginia, USA. He is a professor of family medicine and population health. Dr. Woolf is also a scholar at the Nova Institute for Health. **"I believe that health is about the choices we make as a society."**



**Teddie Potter** is Director of Planetary Health for the University of Minnesota School of Nursing. She chairs the American Academy of Nursing Expert Panel on the Environment and Public Health and Clinicians for Planetary Health for the Planetary Health Alliance. **"I am passionate about partnering with the most impacted communities to design and co-create the better future we know is possible."**



**Valentinia Morani** is an acupuncturist and owner of Evolution Health Acupuncture and Chinese Medicine, Senior Faculty at Acutonics® Institute of Integrative Medicine and Visiting Visionary at Nova Institute for Health. **"I love cultivating laughter and joy."**

**Thursday Dec 2**  
3pm GMT (4pm CET)

**10am EST (N.America)**  
7am PST (N.America)  
+2am AEDT (Australia)

In collaboration with  
Centric Health



# Session Three

Thursday 2  
December

Connectivity of  
Personal and Planetary  
Systems and Hidden  
Dimensions of Impact  
and Interaction



	Chair: Harald Renz
High Water (art collection)	Marcy Dunn Ramsey
<b>An exposome perspective: connects all things on all scales</b>	Harald Renz <b>4</b>
<b>A spirit of place: Art for ecological citizenship</b>	Ava Carney <b>4</b>
<b>Promoting Planetary Health and Human Wellbeing for Our Survival</b> From the Waiora Planetary Health group (in the spirit of water)	Sione Tu'itahi Richard Egan Huti Watson <b>8</b>
<b>We Are One Ocean</b>	Easley Britton <b>4</b>
<b>Blue Mind State with water as medicine:</b> physical, cognitive, emotional, social, and spiritual benefits of healthy waters and oceans throughout life.	Wallace J. Nichols <b>4</b>
<b>Drop by Drop:</b> Protecting water as a major communication line for life	Anas Ghadouani <b>8</b>
<b>Scales of dysbiosis:</b> a microbiome inclusive model of watershed health	Aaron Jenkins <b>8</b>
<b>Cooperative autonomous robots</b> for rapid, remote hyper-spectral, environmental mapping	David Lary <b>8</b>
<b>Broken barriers:</b> ubiquitous barrier-damaging agents in modern environments as a major overlooked factor in the global health crisis	Cezmi A. Akdis <b>8</b>
<b>False Alarm(in)s: Constant Danger signals</b> in western lifestyles (especially diet) promote pro-inflammatory states	Pete Smith <b>8</b>
<b>A biodiversity perspective on planetary health at ARTIS</b> (1838 - 2021)	Remco Kort <b>8</b>
<b>Uniting Climate and Health at the Local Level for the Optimal Health of Societies and Systems</b>	Emily Coren <b>4</b>
<b>COVID and Climate Crisis:</b> Personal and Ecological Healing	Brendan Kelly <b>8</b>
<b>Microplastic levels may be higher in babies:</b> Another modern pollutant with long term concerns?	John Sinn <b>4</b>
<b>The PLANET Project:</b> PLAStic IN prEgnancy Project	Nina D'Vaz <b>4</b>
<b>The Sea Urchin Paracentrotus lividus:</b> an Immunological Nonmammalian Next-generation Model for the Safety Assessment of Nanoparticles	Annalisa Pinsino <b>4</b>
<b>The Association of Environmental Temperature with Type II Diabetes (T2DM) Prevalence</b>	Samhita Bellamkonda <b>4</b>
<b>The Interconnections between Dietary Lifestyle, Microecology and Mind-altering Toxoplasmosis on the Health of People, Place and Planet.</b>	Vanessa de Araujo Goes <b>4</b>
<b>The Unique Discovery of the Toxoplasma Parasite</b> Within a Group of Microbial Communities in Pediatric Cases Diagnosed with Anterior Uveitis in Rural Egypt.	Mona El-Sherbini <b>4</b>
<b>Making intentional connections to place and planet from the first moments of life</b>	Nancy & Maria (Indigenous community midwives) <b>4</b>
Mediative Reflection (2 min)	Valentina Morani
<b>GROUP DISCUSSION</b>	<b>Inviting questions and comments from all attendees (15-20 min)</b>

(Session Duration: approximately 2 hours, 10 min)



## Session Three

## More about our speakers



**Harald Zenz** is Director and Professor of the Institute of Laboratory Medicine at Philipps University Marburg, Germany. Since 2018 he has been Vice President of the German Society of Laboratory Medicine (DGKL). He currently holds several visiting professorships (Sechenov University Moscow, Russia; Kilimanjaro Christian Medical College, Moshi, Tanzania).



**Marcy Dunn** is an American artist. The River is a central motif of her work, and her primary muse. *"I find the marshes especially intriguing, with endless combinations of geometric patterns and abstract qualities. My relationship with the River has grown and matured as I have over the years and I have become an advocate for its restoration and health."*



**Ava Carney** is a Chicago based maker. She supports arts education and community engagement as a program administrator at the Chicago Public Library. *"I am interested in engaging with the logic of the visual and spatial world through making because it informs the pre-linguistic consciousness that is shared between all animals."*



**Richard Egan** is a director of the Cancer Society Research Collaboration and co-director of the Social and Behavioural Research Unit, and senior lecturer in the Department of Preventive & Social Medicine, Dunedin School of Medicine, University of Otago, New Zealand. *"My research interests are health promotion, supportive care in cancer, and spirituality in healthcare/public health."*



**Slone Tu'itahi** is Executive Director, Health Promotion Forum of New Zealand (HPF); Hon. Sen. Research Fellow, School of Public Health, Otago University; 2019 Public Health Champion by the NZ Public Health Association. He co-founded the Global Working Group on Waiora Planetary Health and Human Wellbeing under the International Union for Health Promotion and Education (IUHPE) in 2020.



**Hufl Watson** is General Member at International Union for Health Promotion and Education (IUHPE) and a member of the Global Working Group on Waiora Planetary Health and Human Wellbeing. Hufl has worked in various areas of health and economic development strategies for more than 25 years. She is also a Director of Ahi Komau Ltd - Maori Housing on Maori Land



**Easkey Britton** is a marine social scientist and activist with a PhD in Environment and Society. She is also the first Irish woman to be nominated for the Global World Surf League (WSL) Big Wave Awards. Her latest book is SALTWATER IN THE BLOOD (2021). *"She is a one off, wild hearted free spirit, always looking in places others aren't for the answers to difficult questions."*



**Wallace "J" Nichols** is internationally renowned author of BLUE MIND, and numerous other works. J is a marine biologist, water-lover, turtle nerd, embarrassing Dad & creator of useful words. *"I create because I'm called to. Because I couldn't imagine doing anything else. Because it fulfills me in a way nothing else ever could."*



**Anas Ghadouani** is a professor of environmental engineering and leader of Aquatic Ecology and Ecosystem Studies at University of Western Australia. The group focuses on water resources, ecological engineering with an emphasis on innovative technologies. *"I have always been interested in water. Water is essentially a major communication line for life."*



**Aaron Jenkins** is a Senior Research Fellow in Planetary Health with University of Sydney's School of Public Health and the Edith Cowan University's Centre for People, Place and Planet. He is an aquatic ecologist and environmental epidemiologist working in Oceania. *"I am a passionate Fijian citizen, an oceanic islander at heart, and a Jazz drummer"*



**David John Lary**, is an atmospheric scientist at University of Texas, Dallas and a Scholar at the Nova Institute. His work focuses on using remote sensing from robotic aerial vehicles and satellites coupled with machine learning to facilitate scientific discovery and decision support. He is author of AutoChem, NASA release software.



**Cezmi A. Akdis** is Director of the Swiss Institute of Allergy & Asthma Research (SIAF) in Davos; Ordinarius Prof. in Zurich University Medical Faculty; Honorary Prof, Beijing, Wuhan & Bursa Universities; Senate Member of Swiss Academy of Medical Sciences. *Major contributions to Immune regulation and tolerance, epithelial barrier hypothesis for allergic and autoimmune diseases, COVID-19, pathophysiology and risk factors.*



**Remco Kort** is Professor in Microbiology at the Vrije Universiteit Amsterdam, holder of the ARTIS Microbia chair (the world's first microbe museum), co-founder of Yoba for life and crispatus foundations and microbe author at Athenaum and ARTIS magazine. *"My passion is studying, showing and using the positive impact of microbes on our health and our planet"*



**Annalisa Pansino** is a researcher at the Italian National Research Council, Sea urchin Immunity and Nanosafety Team leader, Advisory Board Member for Challenges, Biology and IJERPH, Review Editor for Frontiers in Immunology, and Nanomaterials. *"My passion is developing alternative models/tools to promote the application of the 3R principle (reduce, refine and replace) in biomedicine"*



**Brendan Kelly** practices acupuncture, herbal medicine and eastern nutrition at Jade Mountain Wellness in VT. He teaches at school, universities and conference around the US and Europe on natural medicine and sustainability and the connection between personal and ecological health. *"I'm inspired to share the wisdom of Chinese medicine and how our healing helps the planet to heal."*



**Vanessa Goes** is a doctoral student in Food Science at Federal University of Rio de Janeiro, Brazil. Planetary Health Ambassador at São Paulo University, Integrative Dietitian and Wellness Mentor. Member of the Brazilian College of Lifestyle Medicine and of ACOPPHE MRN. She's a dancer. *"Passionate about nature and life, I like to motivate people for change"*



**Nina D'Vaz** is a Research Fellow at the Telethon Kids Institute in Perth and manages the ORIGINS Project Biobank. *"I am passionate about identifying and mitigating environmental factors which contribute to adverse health outcomes in infants and children"*



**Maria de La Ceiba Midwifery**, is an Indigenous partera with a mission to support the sacred transitions of humans from birth & beyond. She weaves clinical midwifery with the art of midwifery + mesoamerican traditional medicine. She views healing as a process between self, environment & intergenerational experience. *"My vision is to safeguard the ceremony of birth & support well being of current & future generations."*



**Mona El-Sherbini** is Director Narrative Medicine & Planetary Health at Kasr Al-Ainy; Lecturer, Cairo University, Egypt; Executive Member, Africa Community of Planetary Partners for Health & Environment (ACOPPHE); Director of ACOPPHE Mentoring Research Network. *"I have a passion for integrating medicine with the arts and humanities for a holistic approach to medicine and life in general."*



**Nancy Maldonado (Nantzin)**, is an indigenous community midwife and medicine woman. She spent a decade in Chiapas, Mexico studying and learning traditional and ancestral midwifery and medicine in indigenous communities. She weaves contemporary and traditional medicine to her formal clients residing in the culturally-immigrant rich, agricultural community in Salinas and the Central Coast of California, USA.



**Pete Smith** is an allergist based in Queensland Australia and is director of Allergy Medical. He has a chair in Clinical Medicine at Griffith University and is also chair of Allergy at OPRI in Singapore. He is current researching in neuro-immune pathways and genomics/proteomics of mucosal and dermal allergy/immunology. *"I love trying to work out, explain and treat complex conditions".*



**Emily Coren** is a Science Communicator, in the Stanford Psychiatry and Psychology department. She's been working to adapt narrative public health tools from entertainment education for climate communication. *"I'm committed to improving climate health and equity outcomes."*



**John Sinn** is a consultant Neonatologist and Paediatric Allergist. He is a Professor at Macquarie University. As he works for the mothers and babies, his research interest is in preventative strategies of allergy from womb to adulthood. *"My passion is to determine the aetiology of the high allergy rates and the impact from environmental factors."*



**Samhita Bellamkonda** is a Freshman at the University of Maryland. She is currently pursuing a degree in "Nutritional Science and Dietetics" and is on the Pre-med track. *"I love helping people and learning about the advances in medicine and technology."*

**Thursday Dec 2**  
8pm GMT (9pm CET)

**3pm EST (N.America)**  
12pm PST (N.America)  
+7am AEDT (Australia)

In collaboration with  
Centric Health



# Session Four

## Restoring Foundational ecology—microbes for human and environmental justice

Thursday 2  
December



<b>4</b> minute talk	<b>8</b> minute talk	Chair: Anita Kozyrskij
<b>Hopes and Dreams: Nova Institute Art Awards (12 years and under)</b>		Children's submissions
<b>Foundational microbial ecosystems:</b> from common origins to novel solutions		Anita Kozyrskij <b>4</b>
<b>Microbial ecology is fundamental for physical and emotional health and behavior:</b> the case for ecological approaches		Emeran A. Mayer <b>8</b>
<b>Microbial symbionts shaping us and our world</b>		Susan Erdman <b>8</b>
<b>Early Life Environmental Influences Over Microbiome Structure:</b> implications of environmental adversity		Bridget Callaghan <b>8</b>
<b>The human microbiome and health disparities:</b> restoring dysbiosis as matter of social justice		Ariangela J. Kozik <b>8</b>
<b>Microbes and social equity:</b> creating a road map to address chronic, socially-mediated stress on the microbiome		Sue Ishaq <b>8</b>
<b>Microbiome-Inspired Green Infrastructure (MIGI):</b> A Bioscience Roadmap for Urban Ecosystem Health		Jake Robinson <b>8</b>
<b>Biodiversity interventions for wellbeing:</b> from forests and landcover to improving microbial ecology of playgrounds and sandboxes.		Aki Sinkkonen <b>8</b>
<b>The sun-water-energy-food nexus:</b> Purple phototrophic bacteria for resource recovery from organic waste sources.		Daniel Puyol <b>8</b>
<b>Improving Practical Microbiota Management in Honey Bees and Beyond</b>		Brendan Daisley <b>4</b>
<b>Effects of cultivation methods on soil and crop microbiomes and dietary intake of bacteria</b>		Lucas Jollie <b>4</b>
<b>Novel perspectives on the ecological impact of modern industrial environments:</b> Humanization of the gorilla microbiome in captivity		Isabel Houtkamp <b>4</b>
<b>Long-term Biodiversity Intervention Shapes Health-Associated Commensal Microbiota among Urban Day-care Children</b>		Marja Roslund <b>4</b>
<b>Green Walls in Offices</b> Induced Beneficial Shifts in the Workers' Skin Bacterial Communities and the Blood Levels of Immunomodulatory Cytokines		Laura Soininen <b>4</b>
<b>Cross-cultural translation of the concept of locally produced probiotic yoghurt to different resource-poor contexts in East Africa</b>		Nieke Westerik <b>4</b>
<b>Planetary Health and Traditional Medicine:</b> A Potential Synergistic Approach to Tackle Antimicrobial Resistance?		Iyiola Oladunjoye, Yusuf Amuda Tajudeen <b>4</b>
<b>A reminder that small things matter:</b> the little things all add up		Alexander "Zan" Henson
<b>(The microbial composition of kefir fermented from raw milk)</b>		Luuk van Ooijen (abstract only)
<b>GROUP DISCUSSION – Inviting questions and comments from all attendees (15-20 min)</b>		

(Session Duration: approximately 2 hours 10 min)



## Session Four

### More about our speakers



**Anita Kozyrskij** is a co-Director of inVIVO. She is a Professor of Pediatrics at the University of Alberta, PI of the SyMBIOTA microbiome research program and Associate Editor of the J Dev Orig Health Dis. **"My passion is learning about how human disturbance to tiny gut microbes in infants affects lifelong health"**



**Emeran A Mayer**, MD is a Distinguished Professor at the University of California Los Angeles, and director of the Oppenheimer Center for Neurobiology of Stress and Resilience. **He has a career-long research and clinical interest in chronic brain gut disorders and the role of the gut microbiome in brain gut interactions. He is also an author and documentary film maker.**



**Susan Erdman** is a researcher and Assistant Director in Comparative Medicine at MIT. She completed postdoctoral training at MIT and received a Master's degree from Harvard in 1992. Since then she has served as a PI or co-PI on several NIH grants. Her research interests are roles for microbiota and the immune system in whole body health.



**Bridget Callaghan** is an Assistant Professor of Psychology at the University of California, Los Angeles, and Director of the Brain & Body Lab at UCLA. She studies the interactions between mental and physical health and the effect of early experiences on child wellness. **"I aim to do community informed research that makes a difference to children and families"**



**Ariangela Kozik** is a microbiologist, science communicator and advocate for institutional equity and inclusion. She is a Research Investigator at the University of Michigan and Co-founder of the Black Microbiologists Association (Black In Microbiology). **"My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style."**



**Sue Ishaq** is an Assistant Professor of Animal and Veterinary Sciences at the University of Maine and Founder and Lead of the Microbes and Social Equity working group. Her research focuses on host-associated microbes and how host anatomy, diet, or ecology can shape microbial ecosystems, and vice versa. **"Love your microbes!"**



**Dr Jake Robinson** is a systems thinking ecologist who studies inter-kingdom interactions (e.g., between microbes, humans, and trees). He is the Early Career Researcher on inVIVO's board of Directors, and a member of the UNFCCC Resilience Frontiers pathway 6 team. **"My passions are ecological restoration, microbes, and planetary health"**



**Aki Sinkkonen** is Senior Scientist at Natural Resources Institute Finland. Since 2015, he has been running biodiversity interventions that test the Hygiene, Old Friends and Biodiversity hypotheses of Immune-mediated diseases and rewild urban ecosystems. **"Easy access to biodiversity should be debated together with other human rights topics"**



**Daniel Puyol** is Senior Researcher in the University Rey Juan Carlos, where he focuses on resource recovery from waste by microorganisms. He is an European leader on purple bacteria technology, and the scientific coordinator of the DEEP PURPLE project, the largest purple spot worldwide. **"I love to make the most of our waste for human benefit"**



**Brendan Daisley**, Postdoc in Molecular and Cellular Biology at Guelph University (Canada). Vice President of ISAPP-SFA. SeedLabs fellow. Scientist, Canadian Centre for Microbiome and Probiotic Research. Creator of BioPatty/BEExact technologies. **"My passion is in developing microbiome management strategies to #savethebees"**



**Lucas Jollie** is a student Biomolecular Sciences at the Vrije Universiteit Amsterdam. **"The limits of my own interests never cease to amaze me"**



**Isabel Houtkamp** is a MSc student in Bioinformatics and Systems Biology at VU Amsterdam and the University of Amsterdam. She obtained a BSc in Natural and Social Sciences, and is currently an intern at the VU Systems Biology Lab. **"I am passionate about interdisciplinary research"**



**Marja Roslund (PhD)** is an environmental scientist at University of Helsinki with a focus on connections among biodiversity, urbanization, microbiome and immune regulation. She is a PI of ADELE project and a member of Human Exposomic Determinants of Immune Mediated Diseases (HEDIMED) -project. **"My passion is to develop natural solutions to improve the human health, especially children"**



**Laura Soinen** is a PhD student based at the University of Helsinki. Her background is in environmental microbiology and fungal science. Currently, she is focused on microbial communities on natural materials and their immunomodulatory properties **"I aim to find ways to increase microbiological diversity in cities to promote urban health."**



**Nieke Westerik** is East Africa coordinator of the Yoba for Life Foundation, overseeing projects in Uganda, Ethiopia and Tanzania. She got her PhD from the VU University Amsterdam in collaboration with the Yoba for Life Foundation. She currently teaches part-time at AERES University of Applied Sciences. **"my interest is in research FOR development"**



**Iyiola Oladunjoye** is Food Safety Coordinator at Boecker Public Health. He graduated from the University of Ilorin, Nigeria with a First Class Honors in Microbiology. He has experiences across human, animal, and environmental health. Iyiola is a member of the Africa Community of Planetary Partners for Health and Environment. **"My goal is to contribute solutions to combat antimicrobial resistance"**



**Tajudeen Yusuf** is a microbiologist from the University of Ilorin, Nigeria. He is a global health researcher with interest on zoonoses, vector-borne diseases, and antimicrobial resistance. He is a malaria Youth ambassador to Nigeria at ALMA and an advocate of One Health and Planetary Health. He is an author and fan of literature. **"My passion is ensuring global health security through research and advocacy"**



**Alexander "Zan" Henson** is a retired environmental attorney and champion for the environment. Based in Monterey, California he served 7 years as Deputy Attorney General. He is now Father of 3 and grandfather of 6 **"I care deeply about the future of this planet and I have spent my life time trying to protect it"**

**Friday Dec 3**

3pm GMT (4pm CET)

**10am EST (N.America)**

7am PST (N.America)

+2am AEDT (Australia)

In collaboration with  
Centric Health



# Session Five

Friday 3  
December

Rewilding and Revaluing  
our Relationship with Nature:  
Ideas, Actions and Initiatives

4 minute talk 8 minute talk

	Chair: John Zelenski
<b>The Art of Stewardship</b>	Greg Mort
<b>Nature Connection: a portal for mindfulness, flourishing and wellbeing</b>	John Zelenski 4
<b>Sand Talk:</b> How Indigenous Thinking Can Save the World (a short message)	Tyson Yunkaporta
<b>The determinants of Planetary Health:</b> Indigenous Land-based reflections	Nicole Redvers 8
<b>Trophic rewilding:</b> presents regionally specific opportunities for mitigating climate change	Christopher J. Sandom 8
<b>Year two occupying the Canadian treetops:</b> A story of planetary action for intergenerational justice	Tim Takaro 8
<b>The Redford Center's Nature Film Program</b>	Jill Tidman 8
<b>Learning to help nature as it helps us:</b> Perspective of an aspiring changemaker	Joseph Ross (13yr)
<b>A story of reciprocal restoration:</b> The Field at the Quadrangle	Jessie Teggins 4
<b>HEAL – a new Australian initiative in human health and environmental change</b>	Sotiris Vardoulakis 8
<b>Beautiful Collaborations:</b> Working with an international network of health researchers to address climate-health adaptation	Denise Thomson 4
<b>The Sao Paulo Declaration:</b> Planetary Health Alliance	Jeremy Pivor 4
<b>Adapting to a Changing Environment:</b> Inspirations from Eastern Africa	Melvine Otieno 4
<b>Achieving a sustainable population protects the natural world and improves people's lives</b>	Catriona Spaven-Donn 4
<b>Sharing Insights from the Lakehead University Year of Climate Action</b>	Lindsay Galway 4
<b>Territorial Free Food Systems, Rewilding for Health Security and Economic Prosperity</b>	Zoe Rozar 4
<b>Reviving Asklepia in the 21st Century</b>	Danielle MacCarthy 4
<b>Living Tiny:</b> Transformative Prefigurative Movements ...or Instagram Sensations?	Blake Poland 4
<b>Living on a Higher Floor Level as a Deterrent to a 'Naturistic' Lifestyle -</b> Rethinking Design of Apartment Buildings	Danica-Lea Larcombe 4
<b>Exploring the Health and Environmental Vulnerability of Smallholder Farmers to Slow-Onset Climate Events in Tropical Country:</b> A Case to Accelerate Resilient Recovery by Linking the Land to Lives	Vivien How 4
<b>ACOPPHE-MRN: An All-Embracing Research Initiative Grounded in Shared Community Values</b>	Mona El-Sherbini 4
<b>Climate Action in Canada's Provincial North:</b> The Role of Connectedness to Nature, Climate Worry, and Talking with Friends and Family	Thomas Beery 4
<b>Resilience to the Health Impacts of Climate Change in Rural British Columbia:</b> A Comparative Policy Analysis	Jessica Burt 4
<b>Principles &amp; Examples of Sustainable Healthcare in the UK</b>	Michael Xie 4
<b>Mediative Reflection (2 min)</b>	Valentina Morani
<b>GROUP DISCUSSION</b>	<b>Inviting questions and comments from all attendees (15-20 min)</b>

(Session Duration: approximately 2:30 hours)



## Session Five

### More about our speakers



**John Zelenski** is a Professor of Psychology and directs the Carleton University Happiness Lab in Ottawa, Canada. His research focuses on introversion-extraversion, how people connect with nature, well-being, and sustainable behavior. He has taught university courses on personality and positive psychology literally around the world with Semester at Sea.



**Greg Mori** is a contemporary artist whose artwork is in hundreds of prominent private & public collections including the Smithsonian, National Gallery of Art, and many more. He is founding president of The Art of Stewardship Project, a commissioned NASA artist, on an boards of Lowell Observatory, Circle of Blue and many others. Mori is an artist, author, astronomer and a competitive archer. **"My favourite time of day is night."**



**Tyson Yunkaporta** is an academic, an arts critic, and a researcher who is a member of the Apalech Clan in far north Queensland. He carves traditional tools and weapons and also works as a senior lecturer in Indigenous Knowledges at Deakin University in Melbourne. **His latest book is "Sand Talk: How Indigenous Thinking Can Save the World."**



**Nicole Redvers** is a member of the Deninu K'ue First Nation, an assistant professor at the University of North Dakota's School of Medicine & Health Sciences, and Board Chair or the Arctic Indigenous Wellness Foundation. **"I seek to amplify indigenous voices, and to uplift strengths-based dialogues from within Indigenous Nations."**



**Chris Sandom** is a Senior Lecturer at the University of Sussex, Co-Director of Wild Business and Chair of Rewilding Sussex. He is passionate about supporting nature recovery, interdisciplinary and impact orientated science. **"My passion is helping the next generation achieve the nature recovery I wish my generation had managed"**



**Tim Takaro** is Professor of Environmental and Occupational Health at Simon Fraser University in British Columbia and the University of Washington in Seattle. His research program in planetary health focuses on the health impacts of climate change, waterborne illness and asthma. **"Public health practice requires evidence-based advocacy. In the face of a climate emergency we must take action."**



**Jill Tideman** is a recognized leader, producer, writer, and Executive Director of The Redford Center, working at the intersection of filmmaking and environmental action. With over 25 years of experience, Jill has raised millions of dollars to connect the power of story to the power of local and global environmental action. **"Impactful storytelling is the best way forward in our journey toward environmental justice and regeneration."**



**Jessie Teggin** is Director of the Quadrangle (in Kent, UK), an educational space, retreat centre, and gathering place for a wide variety of groups. With a background in production and curation, Jessie brings creativity and logistical expertise to the events and workshops at the Quadrangle. **"Our vision is to support the emergence of a new approach to life"**.



**Joseph Ross** is 13 years old and has many hobbies and fields of expertise, especially digital ones. His most recent endeavor is programming a web game from a basic engine, which be viewed here: <https://anime.io>. His start in climate activism began through connections that were made in his 7th grade science class. **"I am an aspiring globe-changer and looking forward to participating in inVIVO"**.



**Erim Ozben Evren** is 14 years old and has interests in the digital and real worlds. He works with 3D modeling and printing and has created a website: <https://dizgino.com/>. He tries to use his skills to help others in need. His interest in climate change was sparked from connections made in 7th-grade science class. **"I am striving to become a crucial member of society and excited to work on a project with inVIVO"**.



**Sotiris Vardoulakis** is Director of HEAL - Healthy Environments And Lives Network. He is Professor of Global Environmental Health at the Australian National University, and co-chair of the Clean Environment and Planetary Health in Asia (CEPHA) network. **"My passion is translating research into practical solutions that improve human health and the environment"**



**Denise Thomson** is the Convenor of the Cochrane Climate-Health Working Group. We are committed to applying the tools of evidence synthesis and knowledge to help health policymakers use a climate lens in policy and practice decisions. **"To join our group, please contact me at [dthomson@valbera.ca](mailto:dthomson@valbera.ca)."**



**Jeremy Pivor** is Senior Program Coordinator of the Planetary Health Alliance based at the Harvard T.H. Chan School of Public Health. For over a decade he has worked at the nexus of environmental change and human health via environmental conservation, international climate change diplomacy, and public health. **"My passion is to build planetary health coalitions locally and internationally."**



**Melvine A. Otieno** is a PHA Next Gen Fellow, Founder of Planetary Health Eastern Africa Hub & an associate, Women Leaders for Planetary Health. She is a research assistant for BGS-UoE-MU on dynamics of Environmental Geochemistry & Health in the Lake Victoria Basin. **"She aspires to participate with the global community in building planetary health & one health to find solutions to environmental health challenges"**



**Catriona Spaven-Donn** is Project Coordinator of Empower to Plan with Population Matters and is passionate about women's rights and environmental justice. She is launching an agroecology and youth engagement project in the hill Region of Guatemala. **"I believe that cross-cultural communication and collaboration is key to ensuring healthy futures for people and planet."**



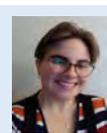
**Lindsay Galway** is an Associate Professor and Canada Research Chair in Social-Ecological Health at Lakehead University. Her work spans the social, natural, and health sciences to bring together multiple perspectives to complex social-ecological challenges, with a focus on climate change. **"I find inspiration from my young children, students and colleagues, and the great Lake Superior."**



**Zoë Rozar** is a Multidisciplinary Creative Product and Service developer at the Institute Bon Pasteur, with a passion for Education in Cultural Formation, Transformation and Transition towards Planetary Health. She is an Artist and Composer. **"This life, this death, no repeat, no rewind, no pause. Life is no burden but a privilege. What are we waiting for?"**



**Danielle MacCarthy** is a PhD candidate and interdisciplinary researcher in the School of Natural and Built Environment, Queen's University, Belfast. Her interests lie in the nexus of health, built environment, ecology and environmental psychology. I help to co-edit the ECR Planet newsletter. **"I believe strongly in the power of people to bring about positive change."**



**Jessica Burt** is a medical student at the University of Leeds. She has an MSc in Global Health from Maastricht University, is President of Leeds Healthcare Students for Climate Action and of Leeds LGBTQ+ Medics. **"I am passionate about the drivers of health inequities and creating health promoting environments"**



**Mona El-Sherbini** is Director Narrative Medicine & Planetary Health at Kasr Al-Ainy; Lecturer, Cairo University, Egypt; Executive Member, Africa Community of Planetary Partners for Health & Environment (ACOPPHE); Director of ACOPPHE Mentoring Research Network. **"I have a passion for integrating medicine with the arts and humanities for a holistic approach to medicine and life in general."**



**Valentina Morani** is an acupuncturist and owner of Evolution Health Acupuncture and Chinese Medicine, Senior Faculty at Acutonics@Institute of Integrative Medicine and Visiting Visionary at Nova Institute for Health. **"I love cultivating laughter and joy."**



**Blake Poland** is a professor in the Dalla Lana School of Public Health at the University of Toronto, and Director of the Collaborative Specialization in Community Development. His work focusses on community resilience and the contributions of citizens and social movements to sustainability transition. **"I love learning & sharing about alternative ways of seeing and living, inner & outer change work"**

**Danica-Lea Larcombe** has completed her PhD in Biodiversity and Health and is a member of inVIVO and the Centre for Ecosystem Management, ECU, Perth. She is a business owner and natural perfume artisan **"I love to reconnect people to nature"**

**Vivien How** is a senior lecturer in the field of environmental health, associate researcher at Institute Social Sciences Studies Malaysia, fellow at IRDR Young Scientist Program. Her research niche is agricultural/rural health. **"My passion is to safeguard the health and livelihoods of rural communities through transdisciplinary collaboration"**

**Thomas Beery** is an associate professor at Kristinstad University in Sweden where he is a teacher and scholar; Tom has a special focus in his work on topics related to the human relationship with nature. **"I am motivated by questions at the intersection of human behavior and environmental problem-solving."**

**Michael Xie** is a student at Harvard University studying history of science and global health. He has worked with a student group on healthcare sustainability and works on outreach for the Clinicians for Planetary Health (C4PH) at the Planetary Health Alliance (PHA). **"My passion is raising awareness of planetary health and healthcare sustainability to those interested in a career in medicine."**

# Session Six

## Food Systems for Flourishing— Challenging Broken Systems and Creating New Approaches

Monday 6  
December



**Monday Dec 6**

8pm GMT (9pm CET)

**10am EST (N.America)**

7am PST (N.America)

+2am AEDT (Australia)

**4** minute talk **8** minute talk

	Chair: David H. Nelson
<b>Eating together:</b> sharing stories and making memories	The Children from Little Friends Academy
<b>Sleight of Mind, Mood and Microbiome:</b> How big food cultivates bad decision making	David H. Nelson <b>4</b>
<b>Ultra-Processed Profits:</b> The Political Economy of Countering the Global Spread of Ultra-Processed Foods	Rob Moodie <b>8</b>
<b>Impact of Ultra-Processed Foods and Beverages in Lower Middle Income Countries:</b> a growing market and a growing crisis	Jean Claude Moubarac <b>8</b>
<b>The Nature and Extent of Online Marketing by Big Food and Big Alcohol:</b> New implications of dark advertising and AI technologies in the COVID era.	Kathryn Backholer <b>8</b>
<b>Obesity as a risk factor for COVID-19 severity:</b> importance of addressing the NCD pandemic and modern lifestyle vulnerabilities	Naveed Sattar <b>4</b>
<b>Pro-inflammatory diets increase the risk of depressive symptoms</b>	Prem Raj Shakya <b>4</b>
<b>#SupportLocal: how online food delivery services leveraged the COVID-19 pandemic</b> to promote food and beverages on Instagram	Sisi Jia and Rebecca Raeside <b>4</b>
<b>Social inequalities in exposure to unhealthy product advertising:</b> Spatial proximity analysis to schools and socio-economic inequalities in daily exposure using Scottish Children's individual-level GPS data.	Jonathan Olsen <b>4</b>
<b>Addressing the commercial determinants of health in preventing NCDs reducing health inequalities: The SPECTRUM Consortium</b>	Lauren Carters-White <b>4</b>
<b>Growing with communities: not-for-profit and responsible business enterprises</b> for collaborative values and environmental awareness	Linda Appel Lipsius <b>8</b>
<b>Expanding the sustainable business movement for global change</b> through environmental, economic and social innovation.	George Chmael <b>8</b>
<b>Green Finance and Regenerative Agriculture:</b> A model for investing in sustainable development.	Alex Godfrey <b>4</b>
<b>Food for flourishing: Nourishing people, families and communities</b> through traditional foods, cooking and ways of eating	Bill Schindler <b>8</b>
<b>Food, Biodiversity, and Planetary Health:</b> A model for linking People and Place through our homes and tables	Raquel Santiago <b>4</b>
<b>Million Acre Challenge: influencing policies and practices</b> for healthier soils, healthier people, and a healthier planet.	Amanda Cather <b>8</b>
<b>Modeling the effect of environmentally sustainable food swaps on nutrient intake in pregnant women</b>	Tian Wang <b>8</b>
<b>Climate change and heat stress: South Africa dairy farmers'</b> knowledge and perception of impact of climate change on livestock productivity	Ishmael Festus Jaja <b>4</b>
<b>Mediative Reflection (2 min)</b>	Valentina Morani
<b>GROUP DISCUSSION</b>	<b>Inviting questions and comments from all attendees (15-20 min)</b>

(Session Duration: approximately 2 hours, 10 min)

In collaboration with  
**Centric Health**





## Session Six

### More about our speakers



**David Nelson** is an independent researcher focusing on complexity thinking, allegorical modelling, and generalism as it pertains to the interconnectedness of all things. **"I love finding relationships between things that don't seem like they should be related"**



**Rob Moodie** Professor of Public Health at the University of Melbourne, and the Kamuzu University of Health Sciences in Malawi. He works on the corporate vectors on non communicable diseases. **"I am trying to become a better person in a better, fairer and more respectful world"**.



**Jean-Claude Moubarac** is an anthropologist and professor of public nutrition at the nutrition department of the University of Montreal. He is a regular researcher at the Center de recherche en santé publique de l'Université de Montréal (CRéSP) and a TRANSNUT collaborating center of the World Health Organization (WHO). He founded the NOVA-lab Canada in 2020.



**Kathryn Backholer** is Associate Director of the Global Obesity Centre, a World Health Organization Collaborating Centre for Obesity Prevention, and Associate Professor of Equity in Food Policy at Deakin University. **"My work is driven by principles of equity and social justice"**



**Naveed Sattar** is Professor/Honorary Consultant in Cardiovascular & Medical Sciences at the University of Glasgow. His research focuses on the pathogenesis and treatment of diabetes, obesity and cardiovascular disorders, including lifestyle and drug trials, and more recently the role of these conditions in the risk for severe COVID-19.



**Prem Raj Shakya** completed his PhD in Medicine (Nutritional Epidemiology) from the University of Adelaide (UofA) and was a recipient of Dean's commendation for his Doctoral work which examined the link between nutrition and depression by exploring the association between dietary patterns, nutrient patterns and dietary inflammatory index with depressive symptoms.



**Sisi Jia** is a PhD candidate and Research Associate at the University of Sydney. She is an Accredited Practising Dietitian and is interested in how the food environment affects our diet and health. **"My PhD will specifically look at the impact of online food delivery services on the health of tech-savvy and time-poor young people."**



**Jonathan Olsen** is a Research Fellow and Health Geographer at the MRC/CSO Social and Public Health Sciences Unit, University of Glasgow. Jon's research interests are in Spatial Epidemiology and Population Health. **"I enjoy researching how to make places healthier places to live, for all"**



**Lauren Carters-White** is a Research Fellow on the SPECTRUM Research Consortium, based at the University of Edinburgh and she is a consultant for the WHO EU NCD Office. Her work focuses on the marketing of unhealthy commodities, and public acceptability of public health policies. **"I am keen to improve citizen engagement in public health policy debates"**



**Linda Appel Lipsius** is the Executive Director of Denver Urban Gardens, one of USA's largest community garden organizations with 190 gardens across 6 counties accounting for 33 acres greened, 650,000lbs of food grown. She has also been named one of Food & Wine/Fortune's 20 Most Innovative Women in Food & Wine, as a leading voice in sustainable business practices and clean food.



**George Chmael II** is CEO of Council Fire, a global change agency and B Corporation enabling purpose-driven organizations to thrive by maximizing economic, social and environmental value. Redefining profit in this broader context will help drive lasting change. **"Focused on holistic change in this race against time"**



**Alexander Godfrey** has 10 years' experience in investment banking, a BSc in Economics, a Masters in global energy and climate policy with a focus on regenerative agriculture and climate finance. He has consulted on agroforestry start up in the Bolivian Amazon. **"I am a system based thinker and firm believer in a world that believes in People, Planet and Profit—not just the third one!"**



**Bill Schindler** is an internationally known archaeologist, primitive technologist, and chef. He founded the Eastern Shore Food Lab to revive ancestral dietary approaches to create a nourishing, ethical, and sustainable food system. **He also operates the Modern Stone Age Kitchen and is author of "Eat Like a Human: Nourishing Foods & Ancient Ways of Cooking to Revolutionize Your Health".**



**Raquel Santiago** is a Nutritionist and Gastronomer. She is currently an Associate Professor at the Nutrition School of the Federal University of Goiás, Brazil. She coordinates projects in Food, Biodiversity, and Human Health. She is a member of the Planetary Health Study Group (IEA/USP). **I love swimming and sports**



**Amanda Cather** is Project Director at Million Acre Challenge in Maryland, USA. This initiative builds common ground among farming, profitability, resilience, and the environment. **"We engage producers, farm service providers, and consumers to craft policies to incentivize and support healthy soils practices. We believe farmers are the experts and that soil health is a journey.."**



**Tian Wang** is a PhD candidate at the University of Sydney. She is a Registered Dietitian and she leads the nutrition part of the LIVEPLUS trial, which tests the effect of 5:2 pesco-vegetarian diet in people with coronary heart disease. **"I want to translate scientific evidence to the public to improve their health awareness"**



**Ishmael Festus Jaja** is a Veterinary Surgeon and Senior Lecturer, Department of Livestock, Pasture Science, University of Fort Hare (UFH), South Africa. He holds a Ph.D. in Animal Science. His research interest borders on climate impact on disease patterns, antimicrobial resistance, food microbiology, and animal health. **"I also like to see how research outcomes are translated into practical use for societal benefit."**



**Valentina Morani** is an acupuncturist and owner of Evolution Health Acupuncture and Chinese Medicine, Senior Faculty at Acutonics® Institute of Integrative Medicine and Visiting Visionary at Nova Institute for Health. **"I love cultivating laughter and joy."**

# Session Seven

## Nature, art and creativity for wellness, belonging and community

Monday 6  
December



4 minute talk 8 minute talk

**Monday Dec 6**  
8pm GMT (9pm CET)  
  
**3pm EST (N.America)**  
12pm PST (N.America)  
+7am AEDT (Australia)

In collaboration with  
Centric Health



<b>Art is our Nature</b> (Pleasant Hope Academy, Kenya)	Chair: Alan Logan
<b>Nature and art for more just and caring societies:</b> a path to personal and planetary health	Alan Logan 4
<b>The power of nature on the nature of humans:</b> Bringing benefits of forests into prisons	Nalini Nadkarni 8
<b>Community greening, fear of crime, and mental health outcomes</b>	Michelle Kondo 8
<b>The Painted Desert Project:</b> The work of a physician artist in healing and sharing stories on the Navajo Reservation	Chip Thomas 8
<b>Nature-based social prescribing</b> can reduce loneliness and promote mental wellbeing in cities	Jill Litt 8
<b>Trees and greenspace in occupied Palestinian Territory:</b> health benefits in disadvantaged communities and refugee camps	Ahmad Alkhatib 4
<b>Pathways to well being and wholeness</b> Through bench journal entries at urban parks	Francesca Richardson 4
<b>Light and life:</b> Harnessing the power of light for human health.	George Brainard 8
<b>Designing healthier living spaces for physical and emotional health:</b> The Importance of Domestic Space in the Times of COVID-19	Nikos Salingaros 4
<b>Art, creativity and Healing</b>	Paul Dieppe 8
<b>Healing in an art installation</b> to intensify awareness, deepen life, and widen horizons	Jaana Erkkilä-Hill 8
<b>NeuroArts Blueprint: The Science of Arts, Health and Well-Being</b>	Susan Magsamen 8
<b>Using a nature-based Interventions model to design and select measures for a US-based study of forest bathing for older women</b>	Sara L Warber 4
<b>Harnessing the power of connected communities</b> for building community resilience in the face of COVID-19 and other shocks and chronic Stressors	Blake Poland 4
<b>Stories with pictures</b> (Pleasant Hope Academy, Kenya)	The Children

**GROUP DISCUSSION – Inviting questions and comments from all attendees**

(Session Duration: approximately 2 hours)



## Session Seven

### More about our speakers



**Alan Logan** is an award-winning author, historian and social commentator. He is a fellow at the Nova Institute and has published extensively on the history of science and medicine. He is co-author of *YOUR BRAIN ON NATURE* and *SECRET LIFE OF YOUR MICROBIOME*. His more recent work on true crime include *SELF STYLED* and multi-award winning book, *THE GREATEST HOAX ON EARTH*.



**Nalini Nadkarni** is a Professor of Biology at the University of Utah, doing research on rainforest canopy biota. She leads programs on engagement of public groups who do not or cannot gain access to science and nature in traditional learning venues. **"My passion is to connect all people to the benefits of nature and inspire them to protect it."**



**Michelle Kondo** is a Research Social Scientist with the USDA Forest Service, stationed in Philadelphia, PA. Her research focuses on nature-based interventions for health and safety. **"I believe in Healthy Cities for All"**



**Chip Thomas** is a photographer, public artist, activist and physician working in the Navajo Nation since 1987. He coordinates the Painted Desert Project. His own work consists of enlarged B&W photos pasted on roadside structures **"my motivation is to reflect back to the people in my community the love and elements of the culture they've shared with me over the years"**



**Jill Liff** is Professor of Environmental Studies and Public Health at the University of Colorado Boulder and an Associated Researcher at the Barcelona Institute for Global Health (ISGlobal) in Barcelona, Spain. Dr. Liff works at the intersection of environment and public health. **I love the challenge of engaging diverse disciplines and local community to co-create sensible solutions to urban health challenges**



**Ahmad Alkhalib** is a PhD candidate at the Social and Public Health Unit, University of Glasgow, UK. He is interested in the link between health and places and particularly positive environmental aspects such as green spaces that could promote health of the population. **"I am from Jerusalem in the occupied Palestinian territory, and I am passionate about environmental justice."**



**Francesca Richardson** is a Nature Sacred Fellow with the Nova Institute for Health of People, Places and Planet. She is also a clinical social worker, trauma therapist, and founder of Evolu Therapy, LLC.



**George Brainard** is a Professor of Neurology at Thomas Jefferson University in Philadelphia. For over 35 years, his scientific work has been focused on the effects of light on biological and behavioral responses of animals and humans. **"I am enthusiastic about exploring the power of light to benefit human physiology, health, and well-being."**



**Nikos A. Salingaros** is Professor of Mathematics and Architecture at the University of Texas at San Antonio. An internationally recognized Urbanist and Architectural Theorist, he collaborated with the visionary architect and computer software pioneer Christopher Alexander.



**Paul Dieppe** is Emeritus Professor of Health and Well-being at the University of Exeter in the UK. He was previously a Professor of Rheumatology and then Dean of Medicine in Bristol, UK and Director of the MRC health services research collaboration. He now does research on caring and healing in healthcare. **"My passion is bring my passion is to bring back into personal caring to the centre of health."**



**Jaana Erkkilä-Hill** is the Vice Rector for Research at the University of the Arts Helsinki. She is also Vice President of the Society of Artistic Research. She is a practicing artist working on contemporary fine art printmaking and installations **"I know by experience that art works as a miracle maker. I want to share the experience with others."**



**Susan Magsamen** is founder and Executive Director of the International Arts + Mind Lab, a pioneering neuroaesthetics initiative from the Pedersen Brain Science Institute at Johns Hopkins University School of Medicine. **"My work lies at the intersection of brain sciences and the arts—and how our unique response to aesthetic experiences can amplify human potential."**



**Sara Warber** is a Clinical Professor Emerita of Family Medicine at University of Michigan, a former Fulbright Scholar at the European Centre for Environment and Human Health, and a scholar at the Nova Institute for Health in Baltimore. Her work crosses the boundaries of art and science. **"My mission is to reconnect humans and nature for the health of all-that-is"**



**Blake Poland** is a professor in the Dalla Lana School of Public Health at the University of Toronto, and Director of the Collaborative Specialization in Community Development. His work focuses on community resilience and the contributions of citizens and social movements to sustainability transition. **"I love learning & sharing about alternative ways of seeing and living, inner & outer change work"**



**Valentina Morani** is an acupuncturist and owner of Evolution Health Acupuncture and Chinese Medicine, Senior Faculty at Acutonics® Institute of Integrative Medicine and Visiting Visionary at Nova Institute for Health. **"I love cultivating laughter and joy."**

# Session Eight

Ensuring Health and  
Hope for the  
Next Generations—  
the promise of  
tomorrow starts today

Tuesday 7  
December



4 minute talk 8 minute talk

Chair: Nathan Uchtmann

**Tuesday Dec 7**  
3pm GMT (4pm CET)

**10am EST (N.America)**  
7am PST (N.America)  
+2am AEDT (Australia)

Introduction from the Children

**Bringing planetary health home:** Uniting diverse communities to promote role of children in planetary health

Nathan Uchtmann 4

**Thrive by Five:** for lifelong learning, behavior and well-being

Molly Wright,  
Desiree Silva 8

**Healthier Children and Healthier Futures:** perspectives from the American Academy of Pediatrics (AAP)

Fan Tait 8

**A global agenda for child health and wellbeing with planetary health in mind:** Rights, justice, and equity:

Jeffrey Goldhagen 8

**Organising for change in Africa:** Understanding and addressing the challenges for children in the 21<sup>st</sup> Century

Susan Keino 8

**Adversity in early life and pregnancy** are immunologically distinct from total life adversity

Kirstin  
Aschbacher 4

**The Association Between Lifetime Residential Exposure to Greenspace and Early Childhood Development:** Is the Relation Mediated by Reduction in Air Pollution and Noise?

Ingrid Jarvis 4

**Influence of the COVID-19 pandemic on family relationships and technology use**

Rebecca Hood 4

**Listening to Children's voices.** How we can normalize inclusion of children and youth in conversations about their future.

Nightingale  
Wakigera 8

**The Children's Covid19 Art Project:** International Network for Child and Family Centred Care

Mandie Foster  
Therese O'Sullivan 8

**Children's Art Program improves mental health and reduces measures of social isolation** during the COVID-19 pandemic

Judy Rollins 8

**The Maternal and Infant Gut Microbiome and Child Cognition** at 2 Years of Age: a Prebirth Cohort Study

Liz Senn 4

**Environmental Toxicants and Childhood Cancer in Alberta**

Charlene Nielsen 4

**Can Suboptimal Visual Environments Negatively Affect Children's Developing Intelligence?**

Alexandros Lavdas 4

**The ORIGINS Project: Profile of The First 5,000 Families**

Jacqueline Davis 4

**Listening to Family Views on Priority Areas for Research:** Lessons from the ORIGINS Project

Lisa Gibson 4

**COVID-19 Vaccine Perception and Intention** in Western Australian Families in the The ORIGINS Project

Lisa Gibson 4

**GROUP DISCUSSION – Inviting questions and comments from all attendees (20 min)**  
**(WELCOMING CHILDREN WHO WISH TO SHARE)**

(Session Duration: approximately 2 hours)

In collaboration with  
Centric Health





## Session Eight

### More about our speakers



**Nathaniel Uchman** is a Lawyer and Physician. He works in Internal Medicine and Pediatrics in California. He also holds a master's degree in Natural Resources and Environmental Sciences. His advocacy work centers around ethically modelling ecology through highlighting our interdependency with healthy communities and a healthy planet.



**Desiree Silva** is the professor of paediatrics at the University of Western Australia & Joondalup Health Campus. She is also the co-director of the ORIGINS project. She is the author of the *ADHD GO TO GUIDE* and has a strong interest in early brain development and connecting to nature. **"My passion is to enable people to have a go and be adventurous by not fearing failure."**



**Fan Tait** is the Chief Medical Officer of the American Academy of Pediatrics (AAP) which includes oversight of Academy's ECHO initiatives as well as all global programs. She is a pediatric neurologist, with many years experience in child health and wellness, family-centered care, children with special needs and health care delivery systems. She leads the National Center on Early Childhood Health and Wellness.



**Jeffrey Goldhagen**, is a Professor of Pediatrics and Chief of the Division of Community and Societal Pediatrics at the University of Florida-Jacksonville and President of the International Society for Social Pediatrics and Child Health (ISSOP) working to address violence against children, migration, climate change, among other current matters addressing child rights violations.



**Susan Keino** is a Lecturer at the School of Public Health, Moi University, Kenya and is a member of the Kenya Nutritionist and Dieticians Institute. She has a PhD in Human Nutrition from Maastricht University, Netherlands. **My research interests include maternal nutrition, food systems and food security, the double burden of malnutrition and community disaster risk assessment.**



**Ingrid Jarvis** is a PhD candidate in the Department of Forest and Conservation Sciences at the University of British Columbia. **"I am passionate about learning how nature can be used to create healthy, liveable, and equitable cities"**



**Rebecca Hood** is a PhD student at Curtin University, Western Australia. Her research project explores the influence of mobile touch screen device use (smartphones and tablet computers) on parent-child attachment and child development. **"I hope to contribute evidence to guide parents and families on how to use technology in an optimal way"**



**Nightingale Wakigera** is a nurse originating from Kenya and currently pursuing a Master's degree in One Health. As a leader of the Africa Community of Planetary Partners for Health and Environment (ACOPPE) and a co-leader of the Child Health is Planetary Health (CHIP). Her work in these networks contributes to the vision of a healthy and sustainable Africa for all.



**Mandie Foster** is a senior lecturer and research scholar at the Auckland University of Technology, adjunct role Edith Cowan University, School of Nursing and Midwifery, Perth. Mandie has lead public debates on child health with achievement in and recognition of child health based research activities, knowledge and development including industry consultative work.



**Therese O'Sullivan** is Discipline Lead of Nutrition and Dietetics at Edith Cowan University. She is a lecturer and also leads a program of research focused on child health, including child centred research methods, early parenting, and breastfeeding. **"The early years of infancy and toddlerhood are key for setting up our children to be unique, healthy and confident explorers"**



**Judy Rollins** is President of Rollins & Associates Research & Consulting, adjunct Assistant Professor at Georgetown University School of Medicine, Coordinator of Studio G Arts Program, Editor-in Chief of *Pediatric Nursing Journal*, and a scholar at the Nova Institute in Baltimore. **"We are only at the beginning of discovering the power of the arts in our lives."**



**Liz Senn** has recently completed a PhD with the Murdoch Children's Research Institute and Deakin University investigating the relationship between the maternal and infant gut microbiome and child cognition. She is a researcher, teacher and environmentalist. **"My passion is understanding and facilitating the healthy development (particularly brain health) of all infants/young children."**



**Charlene Nielsen** is a Postdoctoral Researcher in the School of Public Health at the University of Alberta in Canada. She is a geographer and spatial data scientist with an Interdisciplinary PhD in Earth and Atmospheric Sciences & Medical Sciences-Paediatrics. **"I am dedicated to defending 'the health of the land' for all organisms on Earth"**



**Alexandros A Lavdas** is a Senior Researcher at the Institute for Biomedicine, Eurac Research, Affiliated Institute of the University of Lübeck, Bolzano, Italy and member of the Board of Directors of The Human Architecture & Planning Institute, Inc., Concord, MA, USA. **"Interested in elements of visual organized complexity, and their psychophysiological and neural correlates."**



**Jacqueline Davis** is the Senior Program Manager for the ORIGINS Project in Perth, Australia and a PhD candidate in the School of Medicine (Paediatrics) at the University of Western Australia. **"My passion is prevention and early intervention in chronic conditions, particularly in vulnerable communities, to enable the best quality of life for everyone."**



**Lisa Gibson** is a Research Fellow at the Telethon Kids Institute in Perth, Australia and the Stakeholder Management Lead for The ORIGINS Project. **"I am an ardent supporter of involving consumers and community in research, as it leads to improved outcomes and impactful results."**



**Kirsin Aschbacher** is a Fellow at the Nova Institute, and faculty in the Department of Psychiatry, University of California, San Francisco. Her work illuminates the psychobiological mechanisms by which chronic and traumatic stress contribute to cardiometabolic disease with the goal of developing integrative interventions to restore health.

# Session Nine

Encouraging the best of human nature:

Promoting resilience, holism and mutualism through education and self-awareness

Tuesday 7  
December

4 minute talk 8 minute talk

**Tuesday Dec 7**  
8pm GMT (9pm CET)

**3pm EST (N.America)**  
12pm PST (N.America)  
+7am AEDT (Australia)

In collaboration with  
Centric Health



<b>Moments:</b> Nova Institute Art Awards (photography)	Chair: Trevor Hancock
<b>Connections R Us:</b> Conscious connectivity from personal stories to star stuff	Creative Submissions Trevor Hancock 4
<b>KEYNOTE:</b> <b>Catalyzing change from the heart: finding humility in the space between information and wisdom</b>	Tiokasin Ghosthorse
<b>The goods in every day love:</b> Positive emotions for personal and social transformation	Barbara Fredrickson 8
<b>The crucial role of human consciousness evolution</b> in the wellbeing of humanity and the planet	Lalit Dandona 8
<b>Cultivating wisdom – and putting it into action</b>	Judith Gluck 8
<b>Meeting the climate crisis inside out:</b> how mindfulness and compassion training can help boost our responsiveness and resilience	Jamie Bristow 8
<b>The Planetary Health Friendship Team:</b> Cultivating Planetary Communities of Care as One Human Family	Roberto de Almeida 4
<b>Can Positive Mindsets be Protective against Stress and Isolation Experienced during the COVID-19 Pandemic?</b> Understanding Emotional Health and Wellbeing Needs of Perinatal Women in The ORIGINS Project	Jacqueline Davis 4
<b>State Mindfulness, Trait Mindfulness, and Response to Mindfulness Training:</b> Is There a Genomic Signature?	Jeffrey Greeson 4
<b>Challenging the old, Creating the new:</b> Cultivating the Biofield as a different perspective on healing	Richard Hammerschlag 8
<b>Reforming Higher Education to Meet the Challenges of the Anthropocene:</b> Moving Beyond Competencies in Risk Management	Blake Poland 4
<b>Planetary health requires planetary medicine: stepping outside educational siloes</b> to create a brave new way of healing the world	Brian McKenna 8
<b>Creating blueprints for meaningful change:</b> more practical training for health professions to prevent lifestyle diseases	Chris A'Damo 8
<b>Planetary Health Education Framework</b>	Carlos Faerron Guzman 4
<b>Enhancing the Contribution of Higher Education in Fourth Industrial Revolution</b>	Ndirangu Ngunjiri 4
<b>Learning together: Growing a Planetary Health Education Community in Eastern Africa</b>	Given Moonga 4
<b>GROUP DISCUSSION – Inviting questions and comments from all attendees</b>	
<b>Closing reflections and future Directions</b>	Susan Prescott Brian Berman
<b>The last word...It is Time!</b>	Fadhili and Rehema

(Session Duration: approximately 2 hours)



# Session Nine

## More about our speakers



**Trevor Hancock** is a public health physician and retired professor of public health in Victoria, BC, Canada. A global pioneer in creating healthy communities, he co-founded the Canadian Association of Physicians for the Environment and was the first leader of the Green Party of Canada *"I am a Green Man and a Morris dancer"*



**Barbara L. Fredrickson** is Kenan Distinguished Professor in the Department of Psychology at the University of North Carolina at Chapel Hill. She is a leading scholar within social psychology, emotion, and positive psychology. She has been recognized with multiple awards, including the 2017 Tang Prize for Achievements in Psychology, awarded to recognize exceptional career contributions to the well-being of humanity.



**Tiokasin Ghosthorse** is a member of the Cheyenne River Lakota Nation of South Dakota and has a long history with Indigenous activism and advocacy. He is the Founder, Host and Executive Producer of "First Voices Radio" (formerly "First Voices Indigenous Radio") for the last 29 years in New York City and Seattle/Olympia, Washington. In 2016, he received a **Nomination for the Nobel Peace Prize** from the International Institute of Peace Studies and Global Philosophy. Other recent recognitions include: **Native Arts and Cultures Foundation National Fellowship in Music (2016)**, **National Endowment for the Arts National Heritage Fellowship Nominee (2017)**, **Indigenous Music Award Nominee for Best Instrumental Album (2019)** and **National Native American Hall of Fame Nominee (2018, 2019)**. He also was recently nominated for "Nominee for the 2020 Americans for the Arts Johnson Fellowship for Artists Transforming Communities". He was also awarded **New York City's Peacemaker of the Year in 2013**. Tiokasin is a "perfectly flawed human being."



**Lalit Dandona** is a Professor of Health Metrics Sciences, University of Washington; Distinguished Research Professor, Public Health Foundation of India; Honorary Distinguished Scientist & National Chair of Population Health, Indian Council of Medical Research. He is exploring constructs that integrate historical wisdom with modern science for long-lasting improvements in population health and well-being.



**Judith Glück** is a Professor of Developmental Psychology at the University of Klagenfurt, Austria, and currently President of the Austrian Psychological Society. She has been studying wisdom for more than 20 years. *"I'm fascinated by how people are so different, and at the same time so similar – how we can relate to others and learn from people"*



**Jamie Bristow** is Director of The Mindfulness Initiative, a policy institute that grew out of a programme of mindfulness teaching for politicians in the British Parliament. Jamie clerks the UK Mindfulness All-Party Parliamentary Group and helps politicians around the world to help them make trainable capacities of mind and heart serious considerations of public policy.



**Roberto de Almeida** is a Professor of Emergency Medicine, UNILA (Federal University of Latin America Integration); Coordinator, ICU, Municipal Hospital of Foz do Iguaçu; Director, Ideia Ambiental Institute; Founder, NeoEthos to promote healthy connections; volunteer at CEAEC (Center for Higher Studies of Conscientiology). *"The greatest expansion of consciousness was: EVERYTHING IS INTERCONNECTED."*



**Jacqueline Davis** is the Senior Program Manager for the ORIGINS Project in Perth, Australia and a PhD candidate in the School of Medicine (Paediatrics) at the University of Western Australia. *"My passion is prevention and early intervention in chronic conditions, particularly in vulnerable communities, to enable the best quality of life for everyone."*



**Jeff Greeson** is Director of the Mindfulness, Stress & Health Lab at Rowan University, in Glassboro, New Jersey, USA. He is an Assistant Professor of Psychology, an adjunct professor at Rowan's two medical schools. He is also a Fellow at NOVA Institute in Baltimore. *"My passion is understanding the mind-body connection to promote health & healing."*



**Richard Hammerschlag** is Co-Director of Research for the Consciousness and Healing Initiative, Emeritus Dean of Research, Oregon College of Oriental Medicine; Scholar Emeritus, Nova Institute in Baltimore. Now retired from successive research careers in neurobiology and acupuncture, *I'm intrigued by the biofield perspective as a bridge between Western and Eastern medicine, and a means to reconnect us with the web of living systems.*



**Blake Poland** is a professor in the Dalla Lana School of Public Health at the University of Toronto, and Director of the Collaborative Specialization in Community Development. His work focusses on community resilience and the contributions of citizens and social movements to sustainability transition. *"I love learning & sharing about alternative ways of seeing and living, inner & outer change work"*



**Brian McKenna** is a Medical/Environmental Anthropologist with the University of Michigan-Dearborn. He had worked as a Health/Environmental journalist, environment leader in public health, Director of Local motion (an enviro group), Development Director for NPR's FRESH AIR and is an Eco-Champion for PEER (Public Employees for Environmental Responsibility).



**Chris D'Adamo** is Director of Research, University of Maryland Center for Integrative Medicine, and a Fellow at the Nova Institute. He is an epidemiologist with interests in the synergistic effects of healthy lifestyle practices and genetics on human health, as well as outcomes evaluations of multi-modality, whole-practice integrative health interventions and programs.



**Carlos A. Faeron Guzman** is Director of the Inter-American Center for Global Health, Costa Rica, Associate Director of the Planetary Health Alliance, Assistant Professor at the University of Maryland and Adjunct Faculty at Harvard University. *"I consider my self an education innovator, and the classroom is where I feel at home"*



**Ndairangu Ngunjiri** is a Doctoral (Finance & Accounting) student at University of Nairobi with research interest in: inequality & poverty, entrepreneurship, economic growth, trade and productivity. He is a columnist with Business Daily Africa and others a Rotarian and a church school teacher. *He enjoys forest adventures and mountain climbing—in 2019 he climbed Mt. Everest for the second time.*



**Given Moonga** is founding member of PHEAH. He is also Lecturer/Researcher in the department of Epidemiology at the University of Zambia and Research Fellow at the Institute and Clinic for Occupational, Social and Environmental Medicine, Munich, Germany. *"My passion is creating networks and speaking for the marginalised."*



**Valentina Morani** is an acupuncturist and owner of Evolution Health Acupuncture and Chinese Medicine, Senior Faculty at Acutonics® Institute of Integrative Medicine and Visiting Visionary at Nova Institute for Health. *"I love cultivating laughter and joy."*



**Susan Prescott** is President of inVIVO. She is a Professor of Paediatrics at University of Western Australia, Immunologist at Perth Children's Hospital, Director of the ORIGINS project, Editor-in-Chief of Challenges, and a scholar at the Nova Institute in Baltimore. She is an artist and an author. *"My passion is connecting people and ideas to create new opportunities"*



**Brian Berman** is President of the Nova Institute for Health; Professor Emeritus of Family & Community Medicine; founding Director, Center for Integrative Medicine, University of Maryland School of Medicine; Co-Director, Cochrane Complementary Medicine Field. *"In challenging times there are also great opportunities to reach beyond boundaries and fundamentally shift how we think about well-being at all scales."*