



STARS Webinar Series 2023

Title: Salutogenesis and planetary health

Date: Wednesday 17th of May (1 – 3 pm CEST)

Speaker: Jake Sallaway-Costello & Claudia Meier Magistretti

Moderator: Ruca Maass

Webinar registration:

https://uzh.zoom.us/meeting/register/u5Eku2qqTljGNCwL_q_6zvGEGMoig5_CJHE

Abstract: All over the world, ecological change threatens physical, mental, and social wellbeing. Planetary health, the new science of exceptional action (Horton & Lo, 2015), seeks to address these challenges through reconciling the needs of people, ecosystems, and the earth. By valuing all living beings and the earth as interdependent partners, planetary health positions people as care takers, rather than owners, of the planet, disrupting centuries of anthropocentric exploitation privileging economic gains over sustainable wellbeing. But where do we start this process of reconciliation?

We propose that salutogenic theory promises a conceptual framework for the building of a reciprocal relationship between people and the earth. The overwhelming challenges of halting climate change, reversing pollution and adapting to a threatened world, must be made meaningful, comprehensible, and manageable for humans to act with urgency. While political struggles against planetary threats are failing globally, we believe that this process of “Planetary Salutogenesis” has already begun. Community groups, grassroots activists, Indigenous peoples, youth changemakers, and older people are imagining and enacting local solutions to global challenges: they build Sense of Coherence through initiatives which give localised meaning to shared planetary threats. They create new communities of action, facilitating discovery of and access to new collective and individual resources, for proven impact on their own health and the wellbeing of the local community. Through a process of planetary “healthing”, a global movement of health-

creation has been initiated, giving new meaning to natural materials, living entities, and new and old communities by building reciprocity between people and the planet.

This webinar explores the use of salutogenic concepts to theorise planetary health promotion, and share the ongoing work of the People-Planet-Health Action Board which serves as a civil society platform to amplify grassroots actions to WHO policymakers.

Speaker bio:

Jake Sallaway-Costello is an Assistant Professor in Public Health Nutrition at the University of Nottingham (UK). His research concerns valuing and protecting the contributions of urban food activists to the process of Planetary Salutogenesis, and health promotion through community development, particularly in the form of [social enterprise](#). Jake is a member of the [Global Working Group on Salutogenesis](#), and the Teaching & Learning Group of the International Sociological Association. Jake is a teaching-focused academic, responsible for the public health and health promotion strand of nutrition and dietetics degrees, and is involved in pedagogic scholarship around curriculum decolonisation.

Claudia Meier Magistretti is a Professor of Health Promotion at the School of Psychology of the University for Applied Arts and Sciences of Northwestern Switzerland and an Associate Researcher at the Karl Franzens University of Graz, Austria. She is [Vice-President for Global Partnership](#) in the Executive Board of the International Union of Health Promotion and Education (IUHPE), Co-Chair of the [IUHPE WAIORA Global Working Group on Planetary Health](#) and a member of the [Global Working Group on Salutogenesis](#). She is a co-editor of the [International Handbook of Salutogenesis \(2nd edition\)](#) and the [author](#) of the German translation of the Hitchhiker's Guide to Salutogenesis. Currently, she works in planetary health, researches the new concept of Sense FOR Coherence and is a psychotherapist at the first salutogenic mental health clinic in Switzerland.

Pre-readings:

Horton, R. and Lo, S., 2015. Planetary health: a new science for exceptional action. *The Lancet*, 386(10007), pp.1921-1922.

Meier Magistretti, C., Sallaway-Costello, J., Fatima, S. and Hartnoll, R., 2021. People-Planet-Health: promoting grassroots movements through participatory co-production. *Global Health Promotion*, 28(4), pp.83-87.

Myers, S.S., 2017. Planetary health: protecting human health on a rapidly changing planet. *The Lancet*, 390(10114), pp.2860-2868.