

Humanimal Trust

Creative Awards 2024

12-15 yrs



Time to Connect with Animals

The phrase 'One Medicine' is a very old phrase, but there was not a definitive definition until Humanimal Trust created one. The term One Medicine means that vets, doctors and researchers work together to benefit humans and animals to cure diseases, create vaccines and keep us all healthy. How awesome would that be? This is why it is important we make Time to Connect with each other and other animals.

We want to see a world where doctors, vets, researchers, nurses, and other similar professionals work together so humans and animals equally benefit from the work they do. Humans and animals are as important as each other and deserve the same respect, so it is right they should benefit equally from progress and breakthroughs in healthcare.

There are so many similarities between human animals and other animals that it makes sense to work together to find cures, to prevent and control illnesses that affect humans and animals. It would save time, lives, money as well as being more sustainable for the planet. A win, win.

Do you remember studying Ancient Egypt in school? Well, you might wonder what pyramids and cows along the Nile have to do with One Medicine. If we look at the history of medicine, Dr Calvin Schwabe, thinks that animal medicine came before human medicine. In Ancient Egypt, livestock were highly valued due to the expense in producing meat and dairy products. Cattle being kept by Ancient Egyptians lead to knowledge of their bodies and health. When this knowledge was then applied to humans, it is thought that this led to the beginnings of human medicine.

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Did you know that 60% of infectious diseases are shared between humans and animals? That is why we can all benefit from sharing knowledge, we have such strong connections with animals. This really shows how connected we are in our health and how our bodies work. Methicillin-resistant *Staphylococcus aureus* (MRSA) causes staph infection that is difficult to treat because of resistance to some antibiotics, both animals and humans can suffer from this disease. If doctors and vets worked together on antimicrobial resistance this would mean we would have less diseases that are resistant to antibiotics, because both humans and animals take antibiotics for infections.

Spinal surgery is something that happens in both humans and animals. Here is a short film with Professor Noel Fitzpatrick discussing the similarities between the human and canine surgery. <https://www.youtube.com/watch?v=gA5KPVnlhlw> . If we work together for One Medicine, we can improve the lives of humans and other animals much more effectively.

Animals are also like humans in that they feel emotions and pain just like we do. They are so amazing at cheering us up when we are sad that it is important that we recognise when they are sad too. Watching their body language or their face can tell us so much about how they are feeling – then we can cheer them up, maybe take them for a walk or play with them, whatever it is they enjoy. For example, getting out and about with our dogs is great for their and our physical and mental health.

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Let's take that Time to Connect – whether it is walking outside and watching your local wildlife or spending time with your own companion animals in your home, let's connect!

So because of this, and that this year is Humanimal Trust's 10th anniversary, we want you to let your creative ideas go wild and show how it is Time to Connect with our animals, create a piece that shows why it is Time to Connect the human and animal world, whether it is how we are similar in our bodies or in our feelings, or with the important need for our doctors, vets and researchers to work together and share information for everyone's benefit, that part is totally up to you.

We are #StrongerTogether #TimetoConnect, #beinspired