

Living through Connection: An Enactive Perspective on One Health

Abstract

This presentation explores One Health through an enactive approach, emphasising the dynamic integration of human agency, society, and the environment within a social–ecological system. Health is not a static condition but a co-evolving process of sense-making and adaptation among individuals, communities, and ecosystems. Drawing on case studies from Japan, Thailand, and Taiwan, the talk illustrates how enactive engagement—linking subjective experience, social relations, and ecological interdependence—can foster resilience, co-creation, and sustainable wellbeing across scales. It proposes One Health as a living practice of connection and co-existence within our shared social–ecological world.

