



Eirini Tsirimokou



Linking Agriculture to Healthcare

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The farming and health crises are inextricably linked. The European Union is impacted by both - 60% of soils in Europe are degraded because of intensive agriculture practices and up to 90% of deaths are caused by non-communicable diseases. Furthermore, crops have greatly reduced their micronutrient, antioxidants, and polyphenols and a decrease in human micronutrient intake has been noted. Here, we explore pathways toward a regenerative agricultural and healthcare system that not only revitalizes soil health but also promotes human well-being. By embracing a holistic One Health approach, we can envision strategies to address these interconnected challenges, ensuring the health and sustainability of both ecosystems and communities.

Speaker Bio: Eirini Tsirimokou

Eirini Tsirimokou originally from Greece, has traveled and lived in numerous countries across Europe and beyond, broadening her comprehension of diverse food cultures and realities along the way. Transitioning from a seven-year corporate career, she chose to combine her work and personal goals around soil, nutrition, and reconnecting with her origins. Her wide-ranging experience in various aspects of the food system has provided her with a comprehensive and multi-dimensional understanding. Currently, Eirini holds the dual roles of a co-founder of **RHEA (Regenerative Healthcare European Association)** and Comms & Insights Manager/One Health Lead at the Sustainable Food Destination Organisation.