



REVIEW OF RELATIONSHIPS BETWEEN TOURISM, SDGS, AND PUBLIC HEALTH WITH 'HEALTH IN ALL POLICIES (HIAP)' APPROACH AS A SOLUTION IN MOUNTAINS

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ABSTRACT

Its ability to boost economies, dynamics of growth, and good and bad effects on the environment and host communities make tourism an important industry in the context of SDGs for which sustainability in its relationship between the consumers (tourists), the industry, the environment, and the host communities is essential. On analyzing the impact (positive or negative) of tourism on SDG targets, we found that the majority (21 out of 32) of health targets are affected by tourism. On analyzing the 12 aims of the agenda of sustainable tourism, we see the precise relationship of 9 aims with community health; this makes health and tourism synergistic sectors. Enhancing the positive impacts of tourism and decreasing its negative implications for sustainable development of mountain communities through the 'Health in All Policies (HiAP)' approach can help by synergistic leverage in meeting SDGs' targets and sustainable and responsible tourism activities.

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INTRODUCTION

Tourism is a rapidly growing industry, the ease of traveling, improved communication, and improved economies are the main reasons behind this trend.^[1] Science has made the whole process of tourism very easy. When added with human beings' fundamental nature to explore new cultures, geographical areas, and societies with leisure and recreation, we can expect the industry's upside trend in the coming decades.^[2] For the developing countries of Southeast Asia having their natural beauty with rich religious and socio-cultural heritage, the booming tourism industry is an opportunity. With specific challenges, like to maintain the environment, biodiversity, and cultural ethos, all of these dimensions are directly or indirectly affect the physical, mental, social, and spiritual aspects of the health of people living in the areas of tourist destinations.^[2]

Tourism is an industry that involves people's movement to distant destinations with diverse cultures, environments, and ecosystems. This industry thrives on the fundamental human nature to explore, feel, and understand natural, cultural, religious, philosophical, and historical diversities with recreational, learning, healing, and spiritual purposes.^[3] We can see the boom in the tourism industry in the latter half of the last century, which has gone up over the previous two decades of the 21st century with technology making this business easy and lucrative for all stakeholders, including governments.^[2,3] But simultaneously, it creates problems, like its adverse impacts on the environment, fragile ecosystems (like mountain ecosystems), biodiversity, unethical consumerism, and extraordinary pressure on local resources,

which are harmful to the health sustainable development of the communities.^[5,7]

Health is defined by WHO as "physical, mental, social, and spiritual well-being and not merely an absence of a disease or infirmity," we can understand health as a socio-bio-medical phenomenon.^[4] Most of the time, health is defined by social well-being, which depends on economics, livelihood, environment, peace, and politics. Therefore, the health of a community depends on multiple socioeconomic and socio-cultural entities. It is reflected in almost all human endeavors, including Sustainable Developmental Goals (SDGs) adopted in 2015 by UN member countries as the guiding principles for developmental activities for the next 15 years, sustaining the fragile earth with its limited resources.^[6] Total 17 goals identified with 169 targets and 230 indicators, out of these total 13SDGs, 31 targets, and 47 indicators are related (directly or indirectly in one way or other) to health; it shows the importance of health in the sustainable development of communities.^[5,6]

Health is a prime concern for all communities, which depends directly on income, education, and the environment.^[4] Good health indicators among the host communities are always beneficial for tourists, and they feel comfortable in healthy surroundings. Secondly, tourists may create health hazards for the host communities by introducing new infections with contact; socio-cultural issues can create health's social and spiritual dimension problems. And non-ecofriendly activities of tourists can create many more health problems, and finally, the surge in tourism puts an extra burden on their resources.

All these negative impacts on health can be easily abolished or diminished by responsible tourism.^[7]

As defined by the United Nations World Tourism Organization (UNWTO), the concept of Sustainable Tourism meets tourists and host communities' needs to protect the environment and biodiversity.^[15] The sustainable tourism concept emphasizes the environment, leading to decreased economic and employment benefits to the local communities, more so in the geographically challenging regions like mountains and deserts.^[1,8] These observations led to the concepts of 'Responsible Tourism,' which is more humane with all social, cultural, economic, and environmental sustainability solutions. This concept is based on the responsible behavior by all the stakeholders. Responsible behavior here primarily includes healthy behavior, which means less polluting, responsible consumption, ecofriendly, and socially acceptable.^[7,13]

The 'Health in All Policies' approach as defined in a document by WHO "HiAP Framework for Country Action 09 May 2013." It says, "Health in all policies is an approach to public policies across sectors that systematically takes into account the health implication of decisions, seeks synergies, and avoid harmful health impacts, to improve population health and health equity."^[4] Studies have shown that the HiAP approach can lead to sustainable development since it can address health, equity, human rights, environmental, and social issues at the level of policymaking.^[4,14] This approach can be beneficial in the context of mountain tourism because mountain tourism deals with the fragile ecosystem, infrastructural problems, scarcity of resources, limited options of livelihood to communities, and a weak economy.^[13,14] Peace, health, and tourism support each other. People want to go to peaceful, healthy areas. Studies have shown that tourism may not generate peace. But peace always attracts tourists as a friendly community will generally enjoy good social, mental, and spiritual health, and this condition is ideal for achieving the SDGs.^[13,9]

Aims

1. To analyze the relationship between tourism and health as influencing and driving activity in implementation and action in policies to achieve SDGs among host communities or communities living in the host ecosystems, especially in the context of mountain tourism.
2. How 'Health in All Policies' (HiAP) approach among all activities related to tourism makes it responsible and sustainable, which can be beneficial for all the stakeholders and simultaneously help in achieving the SDG targets for local communities.

METHODOLOGY

1. We analyzed all SDGs one by one with their targets and how tourism activities can affect them, followed by the correlation with health-related targets.
2. We correlate the effects of tourism on various socio-economic and environmental dimensions to find the possibilities for tourism to accelerate or decelerate in reaching the goals' targets. (Like if tourism increases pollution, it will delay or negatively affect meeting the health targets of SDGs, similarly if tourism helps increase the income of people, it will have a positive effect on achieving the health-related targets of SDGs.)

3. Finally, we evaluate the 'Health in All Policies' (HiAP) approach for making tourism more responsible by creating awareness among the tourists and local communities for a behavior change towards a healthy behavior for minimizing the negative environmental, economic, and socio-cultural impact of tourism for achieving SDGs.

All the results are finally tabulated and discussed in the guidelines of 'Making Tourism More Sustainable' by UNWTO and UNEP. (UNWTO and UNEP. Making Tourism More Sustainable – A Guide for Policy Makers, (2005) Page 11-12.

Findings

Table (1) – SDGs and SDG Targets related to health and tourism (Directly or Indirectly), based on 2018 Global Reference List, derived from the 2017 Revised List of SDGs (Appendix A) –

SDG No.	Relationship to Health	Total No. of targets (related to health)	Targets directly related to tourism	No. of targets with +ve influence of Tourism	No. of targets with the -ve influence of tourism
1 -	yes	(2) 1.1, 1.5	Nil	1.1, 1.2 H.R. (1)	nil
2 -	Yes	(1) 2.2	Nil	Nil	Nil
3 -	Yes	(13) All	Nil	Nil	3.5, 3.6, 3.9
4 -	Yes	(1) 4.2	Nil	Nil	Nil
5 -	Yes	(3) 5.2, 5.3, 5.6,	Nil	Nil	Nil
6 -	Yes	(2) 6.1, 6.2	Nil	Nil	6.3, 6.4
7 -	Yes	(1) 7.1	Nil	Nil	Nil
8 -	Yes	(1) 8.8	Nil	8.1, 8.2, 8.3	Nil
9 -	Yes	(1) 9.5	Nil	Nil	Nil
10 -	No	Nil	Nil	10.7	Nil
11 -	Yes	(2) 11.5, 11.6	Nil	11.4	Nil
12 -	No	Nil	12.b	Nil	Nil
13 -	Yes	(1) 13.1	Nil	Nil	Nil
14 -	No	Nil	14.7	Nil	14.1, 14.2
15 -	No	Nil	Nil	15.9	15.1, 15.2, 15.4
16 -	Yes	(3) 16.1, 16.2, 16.9	Nil	Nil	Nil
17 -	Yes	(1) 17.19	Nil	17.3	nil

Total Health-Related Targets – 32,

Overall, Targets which may have a positive influence by tourism or can get help from tourism-related activities – 9 out of which seven are related to Health-related SDGs.

Total no. of targets in which tourism is directly mentioned as an activity – 2

Total targets which may adversely be affected by tourism or which can hurt tourism-related businesses – 10 out of which five are related to health-related SDGs

Total Targets which get affected directly, indirectly, positively, or negatively from tourism – 9+10+02 = 21

Total no. of health-related targets among health-related SDGs, which can be influenced by tourism in any way – 7+5 = 12.

Total no. of SDG targets related to mountain tourism – 20

Evaluation of Tourism activities and HiAP approach – We evaluate the five pillars 1) Attraction, 2) Accessibility, 3) Amenity, 4) Ancillary, and 5) Community Involvement (Cooper et al., UNWTP, and UNEP) of tourism, in context of mountain tourism we evaluate the role of HiAP in all of them. As it is mentioned in the 'Health in All Policies (HiAP) – Framework for Country Action, 2013' document by WHO, that while other sectors can serve the goals of health – health can also significantly contribute to the goals of different

sectors and since tourism is a multisectoral exercise, so we evaluate HiAP on tourism sector with the framework-

Table 2 Pillars of Tourism in HiAP Framework by WHO (Appendix B)

HiAP activities (according to WHO Framework)	Pillars of Tourism	Required (+) Not Required (-)
Identifying the HiAP needs	1)Attraction	+
	2)Accessibility	-
	3)Amenity	+
	4)Ancillary	+
	5)Community Involvement	+
Prioritization and focus	1)Attraction	+
	2)Accessibility	-
	3)Amenity	+
	4)Ancillary	+
	5)Community Involvement	+
Development of strategy and plan of action	1)Attraction	-
	2)Accessibility	+
	3)Amenity	+
	4)Ancillary	+
	5)Community Involvement	+
Establishing a supportive organizational structure	1)Attraction	-
	2)Accessibility	+
	3)Amenity	+
	4)Ancillary	+
	5)Community Involvement	+

Among all 20 areas, we can see that in 16 areas, we have a decisive role in the HiAP framework. The implementation of HiAP will be easy to implement in tourism activities.

Table 3 The 12 aims for an agenda for sustainable tourism according to guidelines of ‘Making Tourism More Sustainable’ by UNWTO and UNEP (2005) and their relationship with community health

Aim	Direct Effect On Health	Indirect Effect On Health
1. Economic Viability	-	Yes
2. Local Prosperity	-	Yes
3. Employment	Yes	-
4. Social Equity	Yes	-
5. Visitor Fulfilment	-	-
6. Local Control	Yes	Yes
7. Community Wellbeing	Yes	Yes
8. Cultural Richness	-	-
9. Physical Integrity	-	-
10. Biological Diversity	-	Yes
11. Resource Efficiency	-	Yes
12. Environmental Purity	Yes	Yes

We can see that nine aims out of 12 aims affect the community health directly or indirectly; this shows the importance of health considerations in the tourism industry, making it a fit case for the HiAP approach.

DISCUSSION

Responsible, sustainable tourism essentially has to be economically, socially, and environmentally sustainable.^[1]The SDGs directly or indirectly correlate with tourism because tourism provides economic benefits, tangible benefits to the natural and cultural resources, and improved understanding and dialogue between cultures and societies.^[2,5]On the other hand, the tourism industry puts direct pressure on a fragile ecosystem, environmental pollution, harmful effects on biodiversity, undue pressure on resources, and sometimes affect local traditional cultures.^[3,5]Therefore, we can see that the tourism industry can affect the targets of 10 SDGs out of

17 SDGs, and almost all these SDGs are also related to health.^[6,8] Among those targets, those affected (in any way positively, negatively, directly, or indirectly) are 21 targets.^[7,9]Out of those 21 targets, 12 targets are health-related, so we can see that tourism can affect 12 targets out of all total 32 health-related targets among all SDGs.^[6]

If we see a total of nine targets that may positively impact tourism activities, we have seven targets related to the health sector. Similarly, out of 10 targets which may have negative implications, five are related to the health sector.^[6,11]It is apparent from the above findings of this study that tourism and health sectors are very much interdependent, so tourism activities, if managed well, can have a tremendous impact on the health of host communities is more so in the context of mountain tourism.^[10,11]

If we see the ‘Health in All Policies’ (HiAP) framework of WHO, where the community’s health is at the center of all developmental policies, the tourism industry and its five pillars, attraction, accessibility, and amenity ancillary, and community involvement fit into this.^[4,12]HiAP, the approach emphasizes on the concept of equity. And it helps in dealing with human rights, environmental concerns, cleanliness, and health behavior of all the stakeholders. In this way, it is possible to deal with tourism’s critical challenges like managing growth dynamics, climate change, poverty alleviation, conservation, health, safety, and security.^[8,9]

The awareness of all the stakeholders plays a crucial role in responsible tourism, making it sustainable, aware of responsible behavior that is least harmful to the environment, biodiversity, local culture, host communities, and tourists.^[8,12]When we talk about ‘Health in All Policies,’ this emphasized the ‘Healthy Behavior’ at all policymaking levels, so healthy behavior is the inbuilt tool in the HiAP approach.^[4]In mountain tourism, the host communities living in geographically remote areas have problems in availability, accessibility, and affordability of their health and healthcare needs. If governments of these areas plan tourism policies through the HiAP approach, it will enhance all the five pillars of sustainable tourism synergistically.^[13,10]

UNWTO and UNEP guidelines for Policy Makers (2005) highlight three prerequisites for sustainable tourism 1) Optimal use of environmental resources, 2) Respect for socio-cultural authenticity of host communities, and 3) Ensuring viable long-term economic operations.^[2]It has mentioned six guiding principles taking a holistic view, pursuing multi-stakeholders’ engagements, long term planning, addressing global and local impacts, promoting sustainable consumption, and equating sustainability and quality.^[2,3]The agenda for sustainable tourism, which decreases the harmful effects of tourism and encourages positive impacts, has 12 aims. And all of them show intentions of sustainable community development with just and equity. It is evident that 9 out of 12 aims directly or indirectly affect community health (Table 3).^[6,13]HiAP approach has four fundamental principles (1 - Legitimacy, 2 - Accountability, 3 - Transparency, and 4 - Public Participation) with equity in its center make HiAp approach a suitable match for the health and tourism sectors in the mountains.^[4,9]

CONCLUSION

Tourism in all forms, including mountain tourism, has positive and negative impacts on achieving SDGs’ targets. Most of the targets are health-related targets where tourism activities can

make favorable and unfavorable impacts.^[6,7] So, health and tourism in the mountains can be used synergistically in achieving the Sustainable Developmental Goals among mountain communities by decreasing adverse effects and increasing the positive impacts on various targets, and ‘Health in All Policies’ (HiAP) can be that approach.^[4,10]

HiAP approach in mountain tourism can create a synergy between two sectors, health and tourism, which are essential for the mountain communities. And sustainable development and reaching the SDG targets by economic viability based on social equity through employment creation and local control of cultural and physical integrity, biological diversity, resources, and environment for the prosperity, well-being, and peace of the host communities fulfilling experiences to visitors.^[4]

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