

April 7, 2026

Each year on April 7 we celebrate World Health Day, an opportunity to reflect on the shared efforts that support and improve health around the world. The 2026 theme, *Together for Health. Stand with Science*, highlights the importance of engaging with evidence and supporting science-informed approaches to healthcare.

Scientific discovery continues to shape how we understand disease, prevention, and long-term wellbeing. While many advances occur in research settings and global health initiatives, science is also present in everyday clinical care, where healthcare providers rely on evolving evidence, professional standards, and clinical judgment to guide decisions that affect the lives and health of their patients.

Naturopathic doctors in British Columbia are regulated healthcare professionals who provide patient-centred care across a range of health concerns, including prevention and chronic disease management. Through rigorous education and training grounded in research and clinical evidence, naturopathic doctors work with patients to interpret available evidence, consider individual health needs, and support informed choices about care.

World Health Day also reminds us that improving health is a shared effort. Patients benefit when healthcare providers across disciplines remain engaged with credible evidence, continue learning throughout their careers, and work collaboratively to support the wellbeing of the communities they serve.

At BC Naturopathic Doctors, we recognize the researchers, clinicians, and educators whose work advances knowledge and helps inform the care provided to patients every day. We also recognize the importance of maintaining trust in evidence and continuing to engage thoughtfully with scientific developments that shape the future of healthcare.

On this World Health Day, we encourage our members and the broader community to reflect on the role that evidence, collaboration, and ongoing learning play in supporting better health for individuals and communities alike.

Dr. Vanessa Lindsay, Board President