

Safeguarding Public Health in Conflict Zones: A Global Responsibility

Reza Yazdani*

Research Center for Immunodeficiencies, Pediatrics Center of Excellence, Children's Medical Center Hospital, Tehran University of Medical Sciences, Tehran, Iran; Primary Immunodeficiency Diseases Network (PIDNet), Universal Scientific Education and Research Network (USERN), Tehran, Iran

Received: 14 July 2025; Accepted: 22 September 2025

Armed conflict continues to be one of the greatest challenges to human health across the globe. The effects of warfare extend far beyond the battlefield, disrupting health systems, populations and contributing to an ongoing physical and mental health burden on millions. War often leads to the collapse of health systems, health worker shortages, outbreaks of infectious disease, unaddressed trauma, and chronic illness. These issues are not secondary consequences but primary challenges in the humanitarian and public health response to armed conflict (1).

In such settings, effective attention to health management becomes important to alleviate the physical and mental burden of war. Health systems must not only respond to injuries and acute illness but also function in degraded and often dangerous working conditions. This requires a high degree of planning for healthcare worker protection, access to essential medications and supplies, the use of a mobile workforce, and the development of telemedicine options. For instance, mobile health clinics and units have been

invaluable for the provision of services to displaced populations and inaccessible locations during active conflict (2).

Additionally, psychosocial support must be a fully integrated component of any emergency health response. Populations affected by war, especially children and women, often exhibit high rates of post-traumatic stress disorder (PTSD), anxiety, and depression. Addressing these needs requires trained personnel, culturally sensitive interventions, and long-term follow-up. Without proper investment in mental health services, recovery becomes slow and incomplete (3).

The facilitation of health education at the community level is another important pillar. Empowering local community members by providing training in hygiene, disease prevention, basic first aid, and mental health awareness increases capacity and reduces dependence on health care from humanitarian interventions, which are usually stretched thin. Along parallel lines, health workers should receive training in trauma care (especially war-related), infectious diseases, and emer-

*Corresponding Author: Reza Yazdani, PhD.

Research Center for Immunodeficiencies, Pediatrics Center of Excellence, Children's Medical Center Hospital, Tehran University of Medical Sciences, Tehran, Iran

E-mail: r_yazdani@sina.tums.ac.ir

How to cite this article

Yazdani R. Safeguarding Public Health in Conflict Zones: A Global Responsibility. *Immunol Genet J*, 2025; 8(4):308-309.
DOI: <https://doi.org/10.18502/igj.v8i4.20098>



gency logistics.

International cooperation and collaboration are a necessary component of this work. Health diplomacy, combined with humanitarian assistance, can revive health systems through agency pooled funding, agency technical assistance, and sustained partnerships. International bodies like the World Health Organization and international NGOs are important platforms to mobilize and deliver emergency health responses and post-conflict recovery services; however, these emergency responses should have long-term, ongoing support and increased resources to not only sustain the original emergency response but to develop and sustain resilient systems going forward (4).

The political will to protect health in the context of war is both a moral imperative and a practical issue. All governments, NGOs, and international organizations must enforce international human rights laws to protect health systems and hold all parties accountable for violations of those laws. Hospitals, clinics, and health care personnel should never be reasonable targets, and the targeting or normalization of targeting health systems should never be an acceptable standard. The importance of protecting health, especially during conflict, is humanitarian and fundamental to security and development, particularly now with growing geopolitical instability.

References

1. Leaning J, Guha-Sapir D. Natural disaster-armed conflict, and public health. *N Engl J Med*. 2013;369(19):1836–1842.
2. Ivers LC, Cullen KA. Health systems in conflict-affected settings: a call for action. *Am J Trop Med Hyg*. 2021;105(3):561–563.
3. Murthy RS, Lakshminarayana R. Mental health consequences of war: a brief review of research findings. *World Psychiatry*. 2006;5(1):25–30.
4. World Health Organization. Attack on health-care in emergencies. Geneva: WHO; 2022. Available from: <https://www.who.int/news-room/fact-sheets/detail/attacks-on-health-care>