

IMPACT Project



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Answering global bacterial multi-resistance with sustainable preventive solutions



Group 3
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FRAME THE PROBLEM

Context	Issue	Necessity	Intention
<p>Bacterial multi-resistance poses a serious threat to healthcare sustainability for the following reasons:</p> <ul style="list-style-type: none"> • Treatment failure: higher costs and increased complications • Safety of surgeries in jeopardy: surgery risks without effective antibiotics • Impact on vulnerable populations: elderly, immunocompromised, chronic diseases or patients in healthcare facilities at risk 	<p>Bacterial multi-resistance is a public health concern caused by:</p> <ul style="list-style-type: none"> • Overuse of antibiotics in humans and livestock • Incomplete treatments leading to resistant strains • Environmental antibiotic release through wastewater • Genetic mutations in bacterial structures 	<p>Antimicrobial resistance and a weakening healthcare system impact:</p> <p>SDG 3: Good Health and Well-being</p> <ul style="list-style-type: none"> • Rising treatment failures threaten health outcomes. • Resistant infections increase mortality and healthcare costs. <p>SDG 9: Industry, Innovation, and Infrastructure</p> <ul style="list-style-type: none"> • Industry faces pressure for sustainable antibiotic practices. • Innovation needed for alternative natural treatments and diagnostics. <div>   </div>	<p>intention is to democratize the use of natural aromatic compounds as alternative sustainable solution to reduce antibiotic usage and multi-resistance:</p> <ul style="list-style-type: none"> • Cost-effective extraction of potent antibacterial essential oils. • Reduces antibiotics in humans, food, and water. • Provides safe, non-resistance methods for prevention and treatment. • Lowers contamination of water and natural resources.

ETHICS involving Natural Aromatic Compounds vs Antibiotics

	Antibiotics	Essential Oils
Benefits	<div>Healthcare impact & Productivity</div> <ul style="list-style-type: none"> • Rapid treatment and recovery • Supports livestock productivity (<i>economic benefit but controversial</i>) 	<div>Environmental impact</div> <ul style="list-style-type: none"> • Lowers contamination of water and natural resources. <div>Local economic growth</div> <ul style="list-style-type: none"> • Supports sustainable local farming (fair-trade practices) <div>Lower risk of resistance</div> <ul style="list-style-type: none"> • Provides safe, non-resistance methods for prevention and treatment.
Costs	<div>Antimicrobial Resistance (AMR)</div> <ul style="list-style-type: none"> • Higher costs of treatments and complications: <ul style="list-style-type: none"> ○ Death toll of AMR to reach 8M-10 M per year by 2050 ○ US\$ 1 trillion additional healthcare costs by 2050 <div>Over-prescription</div> <ul style="list-style-type: none"> • Overuse of antibiotics in humans and livestock <div>Environmental impact</div> <ul style="list-style-type: none"> • Antibiotic release through wastewater 	<div>Regulatory Gaps</div> <ul style="list-style-type: none"> • Lack of standardized evaluation frameworks • Insufficient safety and efficacy data • Approval and labelling challenges <div>Environmental impact</div> <ul style="list-style-type: none"> • Risks of overharvesting, land degradation, water depletion, pollution

POTENTIAL RISKS of Generalizing the Use of Essential Oils

Several factors should be carefully considered:

Health Risks

- Skin / respiratory irritations (very rare with the selected EO), and allergic reactions
- Toxicity, with incorrect dosage and application (if not properly diluted or ingested, still, very rare)
- Interactions with medications, either enhancing or inhibiting their effects (none with the selected EO)

Environmental Impacts

- Overharvesting risks : overexploitation of flora and fauna, threatening biodiversity
- Land degradation: deforestation, soil erosion, or monocropping.
- Water depletion: significant water resources required for extraction processes
- Pollution: from by-products used for extraction processes (that could eventually alter the quality of the oils)

Ethical Concerns

- Exploitation risks: Communities supplying raw materials could face unfair wages and working
- Transparency: Claims about efficacy could mislead users into substituting antibiotics for essential oils in some inadequate cases (post-surgeries for instance)

ADAPTABLE INFRASTRUCTURE for our Solution

Leverage contributing factors

Sustainable and High-Quality Soil Management

- **Regenerative Agriculture:** Preserve soil fertility with crop rotation.
- **Precision Farming:** Use AI and IoT for soil monitoring and efficient irrigation.

Good Farming Practices

- **Fair Trade and Ethical Sourcing**
- **Climate-Resilient Crops**

Skilled Labor Development

- Training Programs, Community Engagement, Technology Integration

Efficient Extraction Process

- **Modular Distillation:** Adapt units to seasonal and regional variations.
- **Closed-Loop Extraction:** Minimize waste.
- **Renewable Energy-Powered Distillation:** Use solar, biomass, or geothermal energy.

Mitigate uncertainties

Climate and Environmental Risk Management

- **Diversified Sourcing:** Cultivate in multiple climate zones to reduce weather risks (for example: **Lavender** is originally from the Mediterranean but now cultivated in France, Bulgaria, and the US)
- **Water Conservation:** Use rainwater harvesting and drip irrigation.
- **Adaptive Supply Chains:** Leverage AI for real-time disruption forecasting and sourcing adjustments.

Goal & Scope of a LIFE CYCLE ASSESSMENT for our project

Goal:

To evaluate and compare the **environmental impact of using essential oils (e.g., Spike Lavender)** vs. traditional **antibiotics**, especially in terms of production, use, and disposal—across healthcare and agricultural applications.

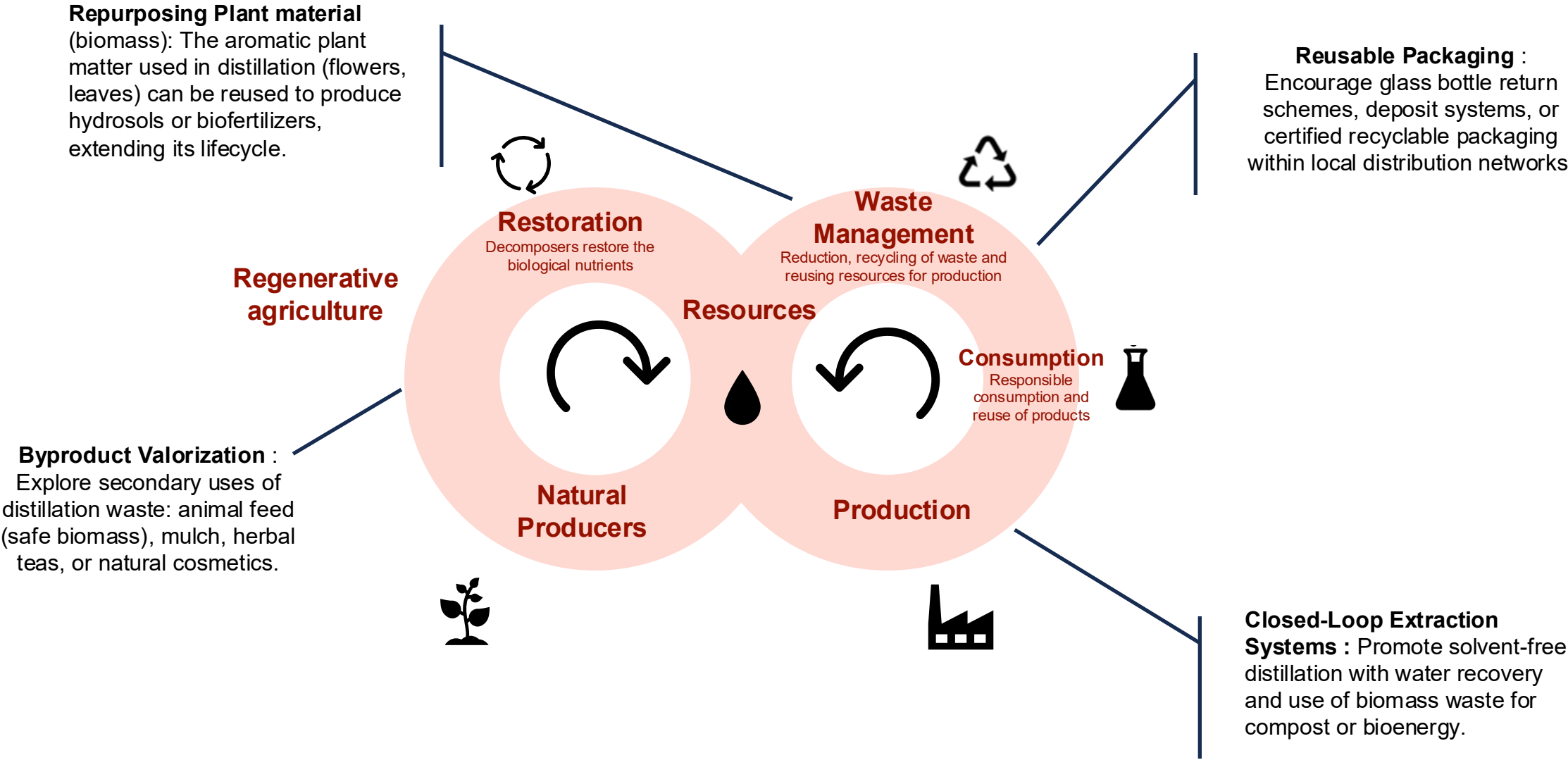
Scope:

Functional Unit	1 kg of antibacterial product (essential oil vs. antibiotic) used in wound care or livestock
System Boundaries	Cradle-to-grave: from raw material cultivation to product application and disposal
Impact Categories	GHG emissions, water use, land use, ecotoxicity, eutrophication, acidification, biodiversity loss
Geographic Scope	Focus on France, USA, India, Brazil
Temporal Scope	Projected impact over 10–20 years for sustainability planning
Target Audience	Policy makers, healthcare providers, farmers, investors, sustainability experts

Data set for LIFE CYCLE ASSESSMENT

Life Cycle Process	Essential Oils (focus on Spike Lavender)	Antibiotics
Cultivation	Land use, pesticide/fertilizer, water use	
Manufacturing	= extraction Energy use for steam distillation, solvent, water consumption, waste output	Chemical synthesis data, energy use, by-product emissions
Packaging	Material types, energy for production	Material types, energy for production
Transport / Distribution	Emissions from farm to retailer	Cold chain data when applicable, emissions from factory to retailer
Use	Potential for runoff	Partial metabolism
End-of-life	Biodegradability	Water treatment efficiency, persistence in the environment

CIRCULAR ECONOMY: Causal Loop Diagram



Measuring IMPACT of Essential Oils

Selected Performance Metrics:



Clinical & Health Impact

1. **Reduction in Antibiotic Usage** → less resistance, main driver of AMR
2. **Treatment Effectiveness** → proven outcomes, credibility with doctors/patients



Sustainability & Efficiency

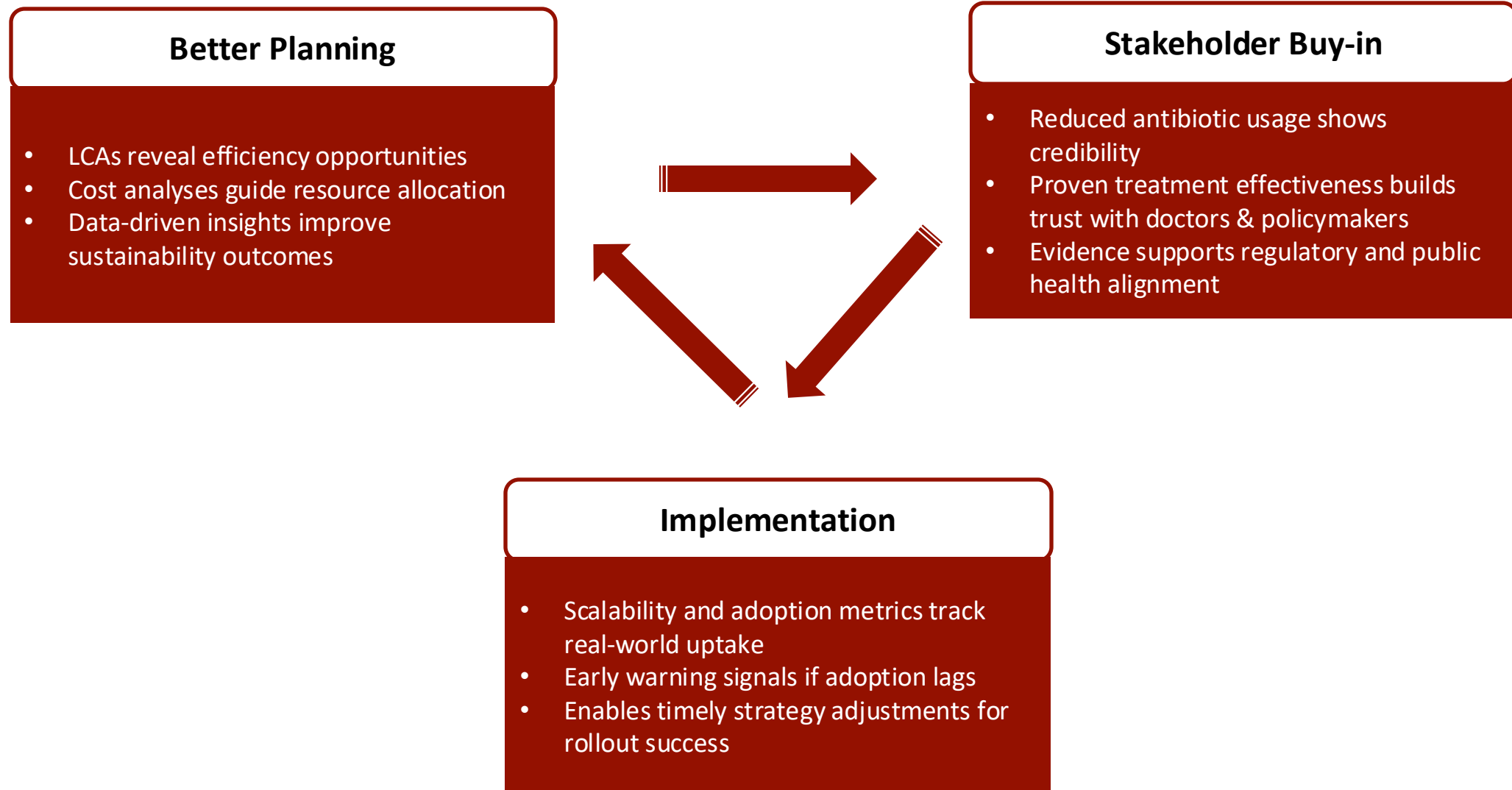
3. **Carbon & Water Intensity** → responsible essential oil production
4. **Cost per Treatment** → affordability across healthcare systems, key for scalability



Growth & Adoption

5. **Scalability & Uptake** → Measures how widely the solution can be deployed and adopted

How These Metrics Support the Project



Takeaway Brochure & Resource Hub

- Easy overview of the protocol
 - Access to sourcing links
 - Implementation video
 - For public & professionals
 - Featured at the next NAHA conference in October 2025
- (see more in the appendix)



SOURCES / REFERENCES

AMR, a Global threat

- Antimicrobial Resistance (AMR) Facts Sheet [Antimicrobial resistance](#)
- UN General Assembly: <https://www.who.int/news-room/events/detail/2024/09/26/default-calendar/un-general-assembly-high-level-meeting-on-antimicrobial-resistance-2024#:~:text=The%20second%20High%2DLevel%20Meeting,leading%20to%20illness%20and%20deaths.>
- 2019 CDC report: https://www.cdc.gov/antimicrobial-resistance/data-research/threats/?CDC_AAref_Val=https://www.cdc.gov/drugresistance/biggest-threats.html
- Surveillance and disease data for AMR: <https://www.ecdc.europa.eu/en/antimicrobial-resistance/surveillance-and-disease-data>

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Antibacterial Essential Oils

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- Antimicrobial activity of some essential oils: <https://www.mdpi.com/2305-6320/4/3/58>
- Antimicrobial stewardship in wound care: https://www.researchgate.net/publication/343641607_Antimicrobial_stewardship_in_wound_care
- Future of wound care: https://www.researchgate.net/publication/314936758_Future_of_wound_care
- Transparent Reporting for Essential oil and Aroma Therapeutic Studies: <https://www.arqat.org/>

Antibacterial Essential Oils

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- Antimicrobial stewardship in wound care: https://www.researchgate.net/publication/343641607_Antimicrobial_stewardship_in_wound_care
- Future of wound care: https://www.researchgate.net/publication/314936758_Future_of_wound_care
- Transparent Reporting for Essential oil and Aroma Therapeutic Studies: <https://www.arqat.org/>
- Effectiveness of aromatherapy for prevention or treatment of disease, medical or preclinical conditions, and injury: protocol for a systematic review and meta-analysis | Systematic Reviews | Full Text

Potential Hazards

- American Lung Association <https://www.medicalnewstoday.com/articles/326732>

Mitigation Strategies

- Essential Oil-Based Bioherbicides: Human Health Risks Analysis: [mdpi.com/1422-0067/22/17/9396](https://www.mdpi.com/1422-0067/22/17/9396)
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- Essential oils: a systematic review on revolutionizing health, nutrition, and omics for optimal well-being: <https://www.frontiersin.org/journals/medicine/articles/10.3389/fmed.2024.1337785/full>
- An Overview of the Potential Therapeutic Applications of Essential Oils: <https://pmc.ncbi.nlm.nih.gov/articles/PMC7866131/>
- Essential Oils and Health: <https://pubmed.ncbi.nlm.nih.gov/32607090/>

Essential Oils Costs & benefits

- <https://www.who.int/indonesia/news/detail/20-08-2024-deaths-due-to-amr-estimated-to-reach-10-million-people-by-2050--ministry-of-health-and-who-launch-national-strategy>
- Antimicrobial Resistance (AMR) Facts Sheet [Antimicrobial resistance](#)

Spike Lavender

- [Lavender Production, Products, Markets, and Entertainment Farms](#)
- [Spike Lavender Essential Oil Organic - French Lavandula Latifolia](#)
- [All About Spike Lavender | Pranarôm](#)

Essential oils and the circular economy

- [Essential Oils and the Circular Bioeconomy.pdf](#)
- [Sustainable Practices in Essential Oil Production: From Farm to Bottle – Triefta Aroma Nusantara | A Way to go Nature](#)
- WHO (2024) – AMR High-Level UN Meeting
- CDC (2019) – Antibiotic Resistance Threats Report
- AstraZeneca & WWF (2020) – Pharma Water Risks
- USGS (2018) – Pharmaceuticals in Water
- BMC (2006) – Antibacterial Activity of Plant Oils
- MDPI (2017) – Essential Oils Antimicrobial Properties
- ResearchGate (2020) – Antimicrobial Stewardship in Wound Care
- PubMed Central (2021) – Removal of Pharma Residues
- Harvard Health (2011) – Drugs in Water
- CDC One Health (2024) – Antibiotic Resistance in Water

APPENDIX

Poster Presented at the NAHA conference October 2025

- Please use the QR code to open the brochure



- About the NAHA conference <https://conference.naha.org/>

Impact Project MIT Professional Certificate Program in Sustainability
By Cécile Ellert, Céline Barthes, Chairali Kerkale

Answering Global Bacterial Multi-Resistance with Sustainable Preventive Solutions

REMINDER – Key Points of our project

Objectives: Our project aims to combat global antimicrobial resistance (AMR) through the democratization and sustainable use of natural aromatic compounds—primarily essential oils—as preventive and complementary alternatives to synthetic antibiotics.

Scope:

- Healthcare sector: Antibiotic resistance in wound care and disinfectants (beginning up to 50% of hospital costs).
- Agricultural sector: Antibiotic use in 50% of poultry and 10% of swine.
- Environmental sector: Antibiotic resistance in 10% of wastewater treatment plants (WWTPs).
- Community sector: Antibiotic resistance in 10% of households (e.g., France, India, Brazil).
- Sustainable Practices: Focus on high-impact and replicable strategies across SDGs (Health, Sustainable Consumption, Climate Action, etc.).
- Zero-Waste Strategy: Sustainable packaging and distribution to ensure low carbon footprint and high accessibility.

Background and context

- AMR kills 1.27 million/year today → 10 million by 2050, surpassing cancer.
- \$1 trillion in extra healthcare costs.
- Global threat, unequal impact.

Bacterial multi-resistance is a public health concern caused by:

- Overuse of antibiotics in humans & livestock
- Incomplete treatments → resistant strains
- Environmental release via wastewater
- Genetic bacterial mutations

What is at stake

SDG 3 – Health at Risk (UN Sustainable Development Goal 3)

- Treatments are failing
- Higher mortality & costs
- Surgeries less safe

(SDG 9 – Industry, Innovation & Infrastructure (UN Sustainable Development Goal 9))

- Industry pushed toward sustainable practices
- Innovation in natural alternatives is urgent
- Healthcare must adapt to resistant infections

Necessity and Intention of our solution

We have created an **Educational & Clinical Guide** “**Essential Oil Resource Pack for Preventing and Combating Antimicrobial Resistance**”

- To translate scientific research on essential oils into practical, educational tools.
- Pilot-tested with health professionals and the public, then refined for broader use.

This brochure is both a reference document and a participatory tool to support sustainable strategies against antimicrobial resistance.

Please use this QR code to upload the **Resource Pack** and our complete research work. Please use and share!

Our project aims to combat global antimicrobial resistance (AMR) through the democratization and sustainable use of natural aromatic compounds—primarily essential oils—as preventive and complementary alternatives to synthetic antibiotics.

Join the effort to combat global AMR—discover the Essential Oil Resource Pack

Societal Costs and Benefits of Natural Aromatic Compounds vs Antibiotics

	Antibiotics	Essential Oils
Benefits	<ul style="list-style-type: none">• Healthcare system & productivity• Rapid treatment and recovery• Significant economic productivity increase (benefit not commented)	<ul style="list-style-type: none">• Lower consumption of water and natural resources• Support sustainable local farming (fair-trade practices)• Provides safe, non-resistance methods for prevention and treatment
Costs	<ul style="list-style-type: none">• Antimicrobial Resistance (AMR): Higher costs of treatments and hospitalizations, 100,000 deaths per year in 2019 (100,000 deaths per year in 2019)• Over-prescription: Overuse of antibiotics in humans and livestock• Environmental impact: Antibiotic release through wastewater	<ul style="list-style-type: none">• Regulatory Claps: Lack of scientific evaluation, therapeutic, insufficient safety and efficacy data, Approval and labeling challenges• Environmental impact: Risk of overharvesting, land degradation, water pollution, pollution

MIT Professional Education