



HEALTH AND WELLNESS WEEK

30 JANUARY-5 FEBRUARY 2022

What if the health of others became our number one priority?

Prospects for humanity

With the Covid-19 pandemic being only one of the many global health challenges facing the world, what are our future prospects when it comes to physical and mental health across the globe?

FOCUS	WORLD MAJLIS TOPIC	DESCRIPTION	DATE
PEOPLE	The Chemistry of Happiness Mental health and the science of happiness <i>Co-curated with UK</i>	One in four people suffers from mental health issues every year. Will the stressors of the Fourth Industrial Revolution era, alongside the threat of a global pandemic, exacerbate this by making us more isolated from human contact? What factors contribute to happiness and mental wellbeing? Will the solutions we seek come from technology too?	Thursday 10th Feb '22
PLANET	Healthier World, Healthier People Healing our planet to improve human health	Our planet, much like ourselves, is a living, breathing thing. We depend on one another for our health and well-being. In the past year we have witnessed several examples of nature's growing responses to human activities – from raging wildfires, to insect invasions and global pandemics – that affected the health of entire communities at unprecedented scale and frequency. If as humanity we can have such a significant impact on the planet, what are the things we can do to affect it positively, and in turn support our own wellbeing?	Sunday/ Tuesday/ Thursday 30th Jan/1st/3rd Feb '22
INNOVATION	At the Speed of Life The future of faster and safer medical innovations <i>Co-curated with USA</i>	The COVID-19 pandemic has challenged healthcare systems around the world, and forced the medical industry to prove its dramatic capacity to accelerate innovations. What lessons have been learned in the process, on how to accelerate new medical innovations while ensuring their safety? What implications will this have for the health challenges of the future?	Sunday/ Tuesday/ Thursday 30th Jan/1st/3rd Feb '22
NEXT GEN	A Good Place to Work Balancing personal and professional lives	Health and success seem to be almost universal aspirations. But shouldn't we consider them intertwined? The coronavirus pandemic has finally accelerated the adoption of new work practices. How could we go further to include health and personal balance in companies' policies? How can companies, cities and states include health and wellness as a key performance indicator? What if employees' physical and mental health improvement was also a driver of economic performance? How does the next generation envision their future work-life balance?	Sunday/ Tuesday/ Thursday 30th Jan/1st/3rd Feb '22
WOMEN	A Cure for Inequality Addressing everyone's needs in healthcare	Women comprise an estimated 70 percent of the 43 million healthcare employees around the world. As consumers, they are the main health administrators for families and communities, making four-fifths of health-related purchases. Yet today's health system is gender-biased in its institutional structure, and women are inadequately represented in positions of influence and leadership. How can we highlight the importance of gender equality and women's empowerment in the health sector? How can we combat the harmful social norms that women face that affect both physical health and mental well-being? How can we recognise female health workers for their achievements and advocate women's leadership in the health sector? How should we promote gender-inclusive healthcare systems, pharmaceutical research, and regulations?	Monday 31st Jan '22