



DIGITAL
TRANSFORMATIONS
FOR HEALTH LAB

GOVERNING HEALTH FUTURES 2030

Shaping our health futures

Regional Youth Champions
Impact Report 2024-2025



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Foreword

We, the Regional Youth Champions (RYCs) of Digital Transformations for Health Lab (DTH-Lab), close our 2024–2025 term with deep pride in what was accomplished. We reflect on our achievements and look towards shaping future RYC cohorts as a key component of DTH-Lab's work with youth as co-creators and partners in governing health futures.

As the third cohort of RYCs, we look forward to this programme running for years to come so other youth may have similar opportunities to meaningfully co-create their health futures. We are grateful to funding organizations such as Fondation Botnar that recognize youth changemakers and make roles like this possible. We are eager to continue our relationship with DTH-Lab as RYC alumni and will continue to amplify the needs of young people from our regions.

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Context

Young people make up nearly 23 per cent of the world's population (World Bank, 2022) and in regions like Asia-Pacific and sub-Saharan Africa youth under 30 make up 60 and 70 per cent of the population, respectively (UNESCAP; UNFPA, 2025). Youth are the primary users of digital technologies – from smartphones and mental health chatbots to telehealth apps and AI-powered diagnostics – yet, too often they are excluded from the governance and decision-making processes that shape their present health realities as well as health futures (The Lancet and Financial Times Commission, 2021).

Youth are facing rising mental health needs, inequities in sexual and reproductive health and rights, growing digital divides between urban and rural communities and the existential crisis of climate change (DTH-Lab, 2025). Digital first health systems are being heralded as solutions to accelerate Universal Health Coverage (UHC) by 2030, but without equity, youth inclusion and accountability, these same systems could widen disparities (DTH-Lab, 2024).

“I want to thank DTH-lab for its way of engaging with youth – filled with trust and respect and giving us a platform for change.”

Alfredo Lorenzo Sablay
Eastern and South-Eastern Asia

Unlike traditional organizations, DTH-Lab places trust and autonomy in youth. DTH-Lab is distinct in how it centres youth as leaders, not just participants or passive beneficiaries. Each year, DTH-Lab selects a cohort of Regional Youth Champions (RYCs) to bring critical insights to the Lab's projects and to elevate its youth engagement work. The Lab entrusts RYCs by providing autonomy, flexibility and a stipend for their contributions. DTH-Lab recognizes young people as knowledge producers, advocates and leaders in their own right.

During this cohort term, RYCs shaped digital transformations of health through three areas of impact: governance, research and network building.



Governance: shaping health policy through intergenerational exchange

01



Throughout the year, RYCs contributed to key global and regional governance spaces across the health and the digital ecosystem (Annex 1, Annex 2). European youth developed a declaration presented to European Union (EU) decision-makers;¹ African RYCs produced key messages with regional partners on digital literacy, trust and access shared with regional partners;² and MENA, sub-Saharan Africa and Latin America RYCs came together to explore ways of improving AI literacy within the future health workforce.³ Across all of these spaces, RYCs positioned themselves as active contributors rather than passive observers. Through these efforts, youth priorities were not only heard but embedded in governance conversations, supporting agendas that reflected equity, participation and youth well-being.

In December 2024, the RYC from North America and Europe met with Theodoros Rousopoulos, the President of the Parliamentary Assembly of the Council of Europe (PACE), at the European Youth Centre in Budapest. During a preparatory meeting for the upcoming study session on digital citizenship for health, the President had an intimate discussion with the team of facilitators to exchange ideas and perceptions on youth engagement in Europe and the growing importance of young people involved in shaping youth futures and opportunities and risks in our digital world.



¹ [Digital citizenship for health: Overcoming challenges for youth](#) presented during the Council of Europe's Digital Citizenship Education Forum, Session IV: Promoting active participation: youth-led initiatives in practicing digital citizenship (27 May at 15-17.00 Strasbourg, Francefor)

² See Annex 2 - DTH-Lab key messages shared during International Federational Medical Students' Association African Regional Meeting , RPSA International Pharmaceutical Symposium and International Pharmaceutical Students' Federation Panamerican Region office meeting

³ Digital Health Panel (31 May 2025, online) interregional collaboration within IPSF, bringing together EMRO, AFRO and APRO regional offices, alongside international collaboration with IFMSA Americas.

In Bangkok, at the Prince Mahidol Award Conference (PMAC) in February, RYC^s stressed that digital health transformations cannot be a one-size-fits-all approach. For regions marked by vast geographies, fragile infrastructure and acute climate crises, governance must reflect the realities of connectivity gaps, cultural diversity and climate vulnerability. Looking ahead to ASEAN 2026,⁴ RYC^s underscored the need for regional governance models that place youth at their centre.

Alongside religious leaders, United Nations (UN) agencies, academics and global tech representatives, RYC^s contributed to the *Final Statement on AI and Children* at the Pontifical Academy of Sciences in March 2025 (Pontifical Academy, 2025). These inputs highlighted the risks of bias, the need to protect youth data and the importance of youth inclusion in AI governance. The final statement reflects these themes, proving that youth perspectives can shape ethical frameworks at the highest levels.



In advance of the ECOSOC Youth Forum, the RYC for Latin America and the Caribbean moderated a session at the Caribbean Youth Dialogues 2025 in preparation of the ECOSOC Youth Forum.⁵ At the ECOSOC Youth Forum in April 2025, RYC^s engaged directly with the World Health Organization (WHO) Youth Council and UN Youth Delegates, drawing attention to the trust deficit

that exists between young people and institutions. During the Sustainable Development Goal 3 (health and well-being) plenary, the RYC for Australia, New Zealand and Oceania took the floor and emphasized that digital first health systems must be transparent, rights-based and accountable if they are to deliver on the promise of UHC by 2030.

⁴ See <https://asean2026.gov.ph/about/>

⁵ 26-27 March 2025 <https://www.cepal.org/en/events/caribbean-youth-dialogues-2025-preparation-ecosoc-youth-forum>

“I thank DTH-Lab for the opportunity to connect the vast spots around the Pacific to create a network that I hope to continue collaborating with after my term as an RYC.”

**Leonardo Bolstad (Reo Aoki)
Australia, New Zealand and Oceania**

Through participation in the WHO Youth Council, DTH-Lab RYCs continue to amplify the priorities outlined in the Youth Declaration on Creating Healthy Societies, which was co-authored by the previous cohort (WHO YC, 2024). This has involved working group activities focused on promoting health education and literacy, ensuring accessible and sustainable healthcare and transforming and elevating youth leadership. As the only Youth Council member organization focused on the digital transformation of health, RYCs advocate for initiatives that account for the profound direct and indirect effects of digital on young people and institutional youth representation in digital health policymaking, calling for formal and lasting mechanisms rather than one-off consultations.

Within DTH-Lab, an RYC representative joined DTH-Lab’s Steering Committee. Through biannual meetings, the RYC shared updates on progress in research, youth engagement and participation. The discussions helped create a spirit of intergenerational exchange within the governance structure and strategic direction of the Lab. Holding a permanent seat on the Steering Committee, RYCs are empowered to share their projects, outputs and ideas with the other members.

“DTH-Lab embodies the power of co-creation, whether it is with professionals, institutions or youth. It strives to create a dialogue between diverse stakeholders so adequate solutions can be found for current and future generations of digital citizens.”

**Charlotte Thibault
Europe and Northern America**



Recommendations

RYCs recommend that organizations working with youth consider the following recommendations in shaping health policy through intergenerational exchange.

1. Advance equity-first operations

- Resource multilingual engagement and rural/offline inclusion (Short Message Service (SMS)/Unstructured Supplementary Service Data (USSD), community radio, offline toolkits).
- Embed rights-based AI and privacy-by-design in all youth-facing digital health pilots.
- Publish youth-readable Data Protection Impact Assessment summaries.

2. Increase youth integration in governance structures

- Establish formal youth seats in AI and digital health policy processes (e.g., U.S. Department of Health and Human Services (HHS); Health Canada; European Commission; Association of Southeast Asian Nations (ASEAN); regional health ministries).
- Establish better relations with regional partners to improve the integration of the work of the Lab and role of RYCs. For example, the work of Africa CDC Digital Health, mainly with Africa Digital Health Network and the Youth In Digital Health Network, as well as WHO AFRO could be great opportunities to amplify and collaborate on shared agendas.
- Create standing youth advisory mechanisms for design and evaluation beyond one-off consultations.

Research: building youth-authored discourse

02



RYCs amplified the concerns of youth from their regions, shaping narratives and producing knowledge (Annex 3). Through mentorship, collaboration and trust, DTH-Lab created space for RYCs to generate and amplify evidence that will inform the discourse of digital health governance and shape health policy.

Using the regional findings from building a digital first health system with youth, RYCs focused their regional efforts on shared health priority areas according to the young people consulted (DTH-Lab, 2025). In South Asia, this meant sharing challenges in sexual and reproductive health and rights (SRHR). In sub-Saharan Africa, it involved partnership development to overcome digital health literacy barriers as well as language inclusion gaps.⁶ In MENA, the focus was on data privacy and gatekeeping. While in Oceania and Latin America and the Caribbean the emphasis was on connectivity and the climate-health-digital nexus. These enquiries reflected a shared commitment to grounding global conversations in local realities.

“The opportunity DTH-Lab gives RYCs to lead projects with diverse youth in their regions with trust and confidence is really amazing.”

Lynn-Everdene Akisarli
Sub-Saharan Africa

Together, RYCs co-authored a PLOS Digital Health paper on digital citizenship, health and environmental resilience (Eldeeb et al., 2025). This was not only a milestone for the cohort but also a tangible demonstration that youth can shape scientific discourse by bringing lived perspectives into peer-reviewed scholarship. RYCs also joined an editorial mentorship programme through DTH-Lab’s partnership with PLOS Digital Health, acquainting them with an often closed-off system and building capacity and skills in scientific review committees. Through this programme, RYCs worked with the PLOS Digital Health editorial board via mentorship opportunities from experienced academics. This included training and guidance in engaging in peer review as well as opportunities to serve as reviewers on articles submitted to the journal.



⁶Focus Group Discussion with YLabs held in Kinyarwanda with local youth from surrounding areas near Kigali.

In advance of the United Nations General Assembly, the RYC for Central and Southern Asia shared a blog post on how youth and digital gaps threaten the success of the UN declaration on noncommunicable diseases and mental health with a direct call to decision-makers: “As Member States work on the final Political Declaration, they need to go from general goals to specific promises that recognize digital factors as important health drivers, as well as young people as co-creators” (Khan, 2025).

RYCs authored four regional case studies featured in Building a Blueprint for Digital First Health Systems: Findings from Regional Youth Workshops and Focus Group Discussions (DTH-Lab, 2025). The cases examined how young people are shaping equitable digital health ecosystems across diverse regions: exploring the use of digital mental health platforms in North Africa and West Asia; the role of digital health literacy in improving access and participation in sub-Saharan Africa; the integration of SRHR into digital first health systems in Central and South Asia; and the digitalization of primary health care led by youth community health workers in Africa.

What makes building youth-authored discourse unique is that it is hard to do. There are substantial barriers in place for young people to publish their perspectives, research or lived experiences. Although evidence is needed to inform policy, today’s evidence is peer-reviewed and expensive to publish. RYCs are contributing to a future where policymakers can find peer-reviewed papers, opinion pieces, official statements and case studies written by young people themselves. Moreover, these efforts promote the inclusion of voices that may have otherwise been unheard or hard to reach by tapping into RYCs’ regional networks, promoting a more inclusive and accessible pool of evidence to inform health policy and future research.

“I’d like to thank DTH-Lab for giving us the autonomy to lead and design our own activities and for offering us support.”

Salman Fitrat Khan
Central and Southern Asia

Recommendations

RYCs recommend that organizations working with youth consider the following recommendations in building youth-authored discourse.

Promote youth-led research, writing and evidence building

- Expand youth-authored collections and pair each publication with policy briefs and explainer visuals.
- Commission regional rapid reviews on key issue areas to youth such as SRHR, mental health and climate-health-digital intersections to inform global and regional agendas.
- Provide more editorial opportunities to young people under 30 years of age.

Network building: amplifying youth voices through partnership and advocacy

03



One of the primary roles of an RYC is to ensure that messages from global policy connect to youth at the regional level and, equally important, that the voice of youth from the region reaches global spaces.

“Every space is an opportunity for impact and DTH-Lab embodies that. I am grateful for the opportunity to push the digital health agenda and connect with people around the world.”

Tamoy Campbell
Latin America and the Caribbean

RYCs viewed network building as a core mechanism for equity by acting as multipliers and messengers.

With a combined digital channel following of over 40,000 people (Annex 5), RYC shared regular updates, opportunities and calls to action within their networks (Annex 4) and through the #MyHealthFutures youth network.⁷

The #MyHealthFutures youth network was established in 2021 during *The Lancet and Financial Times Commission on Governing health futures 2030* and has become an increasingly important central channel for amplifying global digital health discussions among youth. During the RYC's term, the #MyHealthFutures community expanded substantially: from 829 in October 2024 to 1897 by September 2025. In addition, RYC noted a rise in young people familiar with the network. This growth demonstrates

the reach, scale and scope of youth-led communication by DTH-Lab.

In 2025, RYC initiated a fireside chat series on the #MyHealthFutures youth network. Building on an idea from the previous RYC cohort 2023-2024, the fireside chats aimed to bring together leading experts, policymakers, researchers and young digital health champions to discuss thematic areas of interest within the digital transformation of health. RYC launched a survey to assess the network and then organized a pilot series of two short, capacity building sessions: on digital health vs. digital transformation of health and on soft skills needed in the professional space and how to land a role. These sessions were moderated by an RYC and met youth in a digital space they visit frequently.

In addition to the fireside chats, RYC organized an event on International Youth Day (IYD) 2025 called 'Inside the Lab'. Centring around the IYD 2025 theme, "Local Youth Actions for the SDGs and Beyond", the webinar spotlighted current RYC and alumni local actions. Held in advance of the open RYC call for applications, the webinar also provided space for prospective applicants to converse with RYC directly.

⁷ <https://www.dthlab.org/myhealthfutures-youth-network>

Beyond social networking and exchange, RYC^s built enduring relationships with youth-led and youth-serving organizations that improve the sustainability of their collective impact. RYC^s strengthened existing DTH-Lab partnerships and forged new collaborations with the International Federation of Medical Students' Associations (IFMSA), the International Pharmaceutical Students' Federation (IPSF), the Federation of African Medical Students' Associations (FAMSA), the WHO Youth Council, the Official Children and Youth Constituency of the United Nations Framework Convention on Climate Change (UNFCCC/ YOUNGO), the Pacific Youth Council and the Global Shapers Community. Although DTH-Lab has collaborated with IFMSA and IPSF informally in the past, this year those relationships were formalized through official Memoranda of Understanding (MOUs) – securing sustainable partnerships with the future global health workforce for years to come. New relationships were initiated through invitations for DTH-Lab to participate in major regional events, including the first Africa Youth Health Summit, the African Public Health Students Network

Conference, the European Medical Students Association, the European Pharmaceutical Students' Association and the Pharmaceutical Students Federation of West Africa Conference.

In support of the development of a digital first health system blueprint that reflects the needs of youth, RYC^s moderated seven focus group discussions, providing space to hear from key interest groups and building bridges across geographies and disciplines. These collaborations included: Africa CDC, International Lesbian, Gay, Bisexual, Transgender, Queer & Intersex Youth and Student Organisation (IGLYO), European Patients forum (EPF), YOUNGO, SpeakUp Africa, YLabs CyberRwanda, United for Global Mental Health and Orygen.

RYC^s held an open call for participation on the #MyHealthFutures youth network for youth living in Europe to join a capacity building innovation space. RYC^s facilitated a study session on digital citizenship for health in partnership with the Youth Health Organization (YHO) and in collaboration with the Council of Europe.



Through this five-day co-creation space, thirty youth across Europe strengthened their capacity in digital, health and civic spaces and created solutions aimed at creating bridges between youth champions and decision makers.⁸ RYCs supported participants from the study session to create a youth authored statement on *Digital citizenship for health: Overcoming challenges for youth* (DTH-Lab, 2025b).

RYCs built cross-regional collaborations that demonstrated how joint leadership across linguistic and cultural lines can amplify impact. For instance, RYCs from sub-Saharan Africa and the Middle East co-organized consultations that bridged anglophone, francophone and Arabic-speaking youth networks – translating materials, aligning priorities and ensuring that language was not a barrier to participation. Collaborations between regions such as sub-Saharan Africa and South Asia connected different health priorities – digital literacy, sexual and reproductive health and data governance

– into shared frameworks for equity and access that they both amplified at regional discussions and convenings.

Through advocacy, amplification and network building with youth and youth-led organizations, RYCs improved the visibility of DTH-Lab within and beyond youth communities. More importantly, RYCs demonstrated that youth leadership is not abstract or symbolic; it is tangible, connected and capable of shaping global and regional conversations in lasting ways.

“Youth in my region are willing to integrate and advocate for digital health systems in their work. What they need is support from higher decision-making levels.”

Othniel Nimbabazi
Sub-Saharan Africa

Recommendations

RYCs recommend that organizations working with youth consider the following recommendations in amplifying youth voices through partnership and advocacy.

Advocacy and communication

- Convert long-form outputs into infographics, reels and one-pagers targeted at key stakeholders including ministers, funders and youth networks.
- Translate outputs from English into other languages.
- Maintain a “materials that travel” repository of statements, slides, briefs and quotes for fast deployment that youth can turn to.

⁸ Study session, Digital citizenship for health: Empowering young people to co-create tools and innovate solutions, held from 17-21 February 2025 at the European Youth Centre Budapest <https://www.coe.int/en/web/youth/-/digital-citizenship-for-health-empowering-young-people-to-co-create-tools-and-innovate-solutions>

Enablers and challenges

The DTH-Lab RYC programme offers practical skills, applicable knowledge, resources and opportunities to shape the current status quo and future of health governance. But the methods and foundational values within which DTH-Lab operates create an unsurpassed experience for youth champions. Through collaboration, creative outlets, unwavering guidance, flexibility and trust, DTH-Lab actually partners with youth in ways other organizations need to learn from.

“DTH-Lab engages young people in a way I have never seen before. It puts RYCs in a seat of agency and having that experience has been transformative.”

Sohayla Eldeeb
Europe and Northern America

Beyond DTH-Lab, youth still face institutional and structural challenges that decision makers must address in order to support youth as active contributors and digital citizens for health who have the skills, resources and opportunities to shape health policy.

These challenges include:

- 1. Exclusion from country-level governance:** youth consistently demonstrate their unmatched energy and capacity in shaping health, but remain excluded or not meaningfully engaged by decision-making bodies.
- 2. Gaps in infrastructure and affordability:** this leads to brain drain, urban-rural divides, offline populations and poor opportunities to gain digital health literacy.
- 3. Lack of appropriate compensation:** youth and young professionals do not have the financial means to absorb participation costs, which leads to youth from more privileged backgrounds joining regional and global convenings.
- 4. Trust deficits and gatekeeping:** there is a rise of mistrust in the democratic institutions designed to protect youth's shared values.
- 5. Sustainability:** short project cycles coupled with uneven handovers and exclusive language barriers are impeding youth from contributing to long-term goals.



The nature of change

Although impact can be challenging to measure, RYCs create positive change in shaping equitable and inclusive health futures with and for youth. This report demonstrates the shared efforts of RYCs and DTH-Lab in improving the representation of youth voices across regions, innovative modalities and concrete outputs.

- 1. Representation:** The RYC cohort achieved geographic balance, with representation from the Pacific islands to the Maghreb, with messaging distributed across linguistic and socioeconomic contexts.
- 2. Diversity of modalities:** 40 per cent of RYC engagements were in multi-stakeholder events, 35 per cent in webinars and 25 per cent in research or co-creation activities.

3. Cumulative reach: 1,800 direct youth engagements, with tens of thousands more indirectly through partner dissemination channels and institutional networks.

4. Durable outputs: Research and policy documents remain accessible and citable beyond the term, solidifying youth presence in formal digital health governance.

“I really cherish the amount of trust and patience from DTH-Lab. I recommend all organizations to follow the same protocol when working with youth in projects.”

El Ghali Ouali Alami
Northern Africa and Western Asia



Impact by numbers

Regions represented

7



70



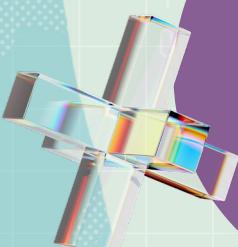
Total activities

Approximate youth reached (directly)

1,800



40,600



Combined network

Policy / official venues engaged

19



9



Written outputs

Ways forward

Although this report documents accomplishments through numbers and outputs, such measures do not compare to the genuine experiences RYCs have gained as valued members of DTH-Lab. On an individual level, this role solidified RYC's professional and personal trajectories, leading several champions to shift careers or pursue additional degrees.

“Through the RYC programme, I realized the unseen impact of the tools we rely on daily. It changed my career, my direction and the way I see my role in shaping the world. It pushed me toward governance and the desire to create systems that truly protect people.”

Maryam Sherif
Northern Africa and Western Asia

On a community level, shared experiences create a multiplying effect that ripples through networks and communities, in turn, sharing knowledge, generating curiosity and deepening the invested interest of youth and decision makers at the global and regional levels in co-creating equitable and inclusive digital transformations for health.

The indirect impact from RYC's genuinely positive experiences with DTH-Lab is immeasurable. RYC's have witnessed first-hand how organizations should be working with youth – as co-creators and partners in creating desired change.

This cohort proved that youth can do more than raise their hands; they can write, research, convene and govern. DTH-Lab gave them the necessary trust, flexibility and resources to do so.

Our collective legacy is clear: youth are not just part of the digital future of health; we are actively shaping it.



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Annex 1

RYC engagement mapping from November 2024-November 2025

Annex 2

Events joined by the RYCs from November 2024–November 2025

	Name	Abbreviation	Dates	Location
1	29th Conference of the Parties of the United Nations Framework Convention on Climate Change	UNFCCC COP29 (COP29)	11-23 November 2024	Baku, Azerbaijan
2	Pre IFMSA Regional Meeting, Is there a place for digital health in the Agenda 2030	PRE ARM	10-12 December 2024	Victoria Falls, Zimbabwe (Hybrid)
3	Digital Health & Climate Meeting Series	n/a	27 January -25 March	Virtual
4	Prince Mahidol Award Conference 2025	PMAC 2025	28 January - 2 February 2025	Bangkok, Thailand
5	Raisina Dialogue	Raisina Dialogue	5-7 March 2025	New Delhi, India
6	Workshop on Risks and Opportunities of AI for Children organized by the Pontifical Academy of Sciences, in collaboration with the World Childhood Foundation		21-22 March 2025	Vatican
7	United Nations ECOSOC Youth Forum	UN ECOSOC Youth Forum	15-17 April 2025	New York, United States of America
8	World Health Summit Regional Meeting 2025	WHS Regional Meeting	25–27 April 2025	New Delhi, India
9	DTH-Lab fireside chat on Digital health vs. digital transformations for health		30 April 2025	Virtual on #MyHealthFutures youth network
10	14th RPSA International Pharmaceutical Symposium	RPSA IPSF	8-10 May 2025	Kigali, Rwanda

	Name	Abbreviation	Dates	Location
11	DTH-Lab fireside chat on Soft Skills needed in the professional space and how to land a role		15 May 2025	Virtual on #MyHealthFutures youth network
12	78th World Health Assembly	WHA78	19–27 May 2025	Geneva, Switzerland
13	Council of Europe's Digital Citizenship Education Forum, Session IV: Promoting active participation: youth-led initiatives in practicing digital citizenship		27 May 2025	Strasbourg, France
14	Digital Health Panel Session organized by IPSF Pan-America		31 May 2025	Virtual
15	IPSF African Pharmaceutical Symposium Leaders In Training	AfPS LiT	25-27 July 2025	Harare, Zimbabwe
16	Inside the Lab, International Youth Day event organized by DTH-Lab		12 August 2025	Virtual
17	Africa HealthTech Summit	AHTS 2025	13-15 October 2025	Kigali, Rwanda
18	UNICEF Australia Pacific Youth Climate Dialogue	UNICEF APYCD	27-29 October 2025	Canberra, Australia
19	Digital Health Week session on Youth Perspectives on Advancing Digital Citizenship for Health		3 November 2025	Virtual

Annex 3

RYC authored outputs from November 2024–November 2025

Associated to	Title	Authors	Link
1 Council of Europe Study Session	Digital citizenship for health: Overcoming challenges for youth	Stella Goeschl, Whitney Gray, Salman Fitrat Khan, Anna Liakopoulou, Charlotte Thibault	https://www.dthlab.org/articles/digital-citizenship-for-health-overcoming-challenges-for-youth
2 PLOS Digital Health	Combating non-communicable diseases in a digital world: Youth shaping the future through digital citizenship for health	Salman Fitrat Khan, Regional Youth Champion Central and Southern Asia (2024–2025)	https://journals.plos.org/digitalhealth/article?id=10.1371/journal.pdig.0000854
3 PLOS Digital Health	Empowering sustainable futures: The role of digital citizenship for health in healthcare and environmental resilience	Sohayla Eldeeb, Salman Fitrat Khan, Lynn-Everdene Bufo Akisar, Charlotte Anne-Marie Helena Thibault, Maryam Sherif, El Ghali Ouali Alami, Alfredo Lorenzo Recio Sablay, Leonardo Bolstad (Reo Aoki)	https://journals.plos.org/digitalhealth/article?id=10.1371/journal.pdig.0000828
4 DFHS Blueprint Case Studies	Why Gen Z in WANA is choosing digital first health: A case for accessibility, privacy and AI-powered personalization'	Maryam Sherif, Regional Youth Champion North Africa and Western Asia (2024–2025)	https://www.dthlab.org/articles/regional-findings-on-digital-first-health-systems

Associated to	Title	Authors	Link	
5	DFHS Blueprint Case Studies	Digital health literacy: A key to unlocking youth inclusivity in sub-Saharan Africa's digital first health systems	Akisarl Lynn-Everdene, Regional Youth Champion sub-Saharan Africa (2024–2025)	https://www.dthlab.org/articles/regionalfindingsondigitalfirsthealthsystems
6	DFHS Blueprint Case Studies	Centring sexual and reproductive health and rights in digital first health systems in Central and Southern Asia	Salman Fitrat Khan, Regional Youth Champion Central and Southern Asia (2024–2025)	https://www.dthlab.org/articles/regionalfindingsondigitalfirsthealthsystems
7	DFHS Blueprint Case Studies	Engaging youth as Community Health Workers to foster the digitalization of primary healthcare in Africa	Othniel Nimbabazi, Regional Youth Champion sub-Saharan Africa (2024–2025)	https://www.dthlab.org/articles/regionalfindingsondigitalfirsthealthsystems
8	Pontifical Academy of Sciences	Risks and Opportunities of AI for Children: A Common Commitment for Safeguarding Children Statement by the Pontifical Academy of Sciences, Casina Pio IV, Vatican City, March 24, 2025	Participants including Sohayla Eldeeb, Regional Youth Champion Europe and North America (2024–2025)	https://www.pas.va/en/events/2025/ai_children/final_statement.html
9	Blog for consideration at the UNGA	Youth and digital gaps threaten success of UN declaration on NCDs and mental health	Salman Fitrat Khan, Regional Youth Champion Central and Southern Asia (2024–2025)	https://www.dthlab.org/articles/youth-and-digital-gaps-threaten-success-of-un-declaration-on-ncds-and-mental-health

Annex 4

Affiliated youth networks of Regional Youth Champions

Networks / organizations	Website
1 Asia New Zealand Foundation	https://www.asianz.org.nz/
2 United Nations Association of New Zealand (UNANZ)	https://www.unanz.org.nz/
3 French Aotearoa Science Technology and Innovation (FAST!)	https://www.francenzst.org/
4 IEEE	https://www.ieee.org/
5 International Federation Medical Students' Association (IFMSA)	https://ifmsa.org/
6 National Youth Commission Mental Health Youth Hub	https://nyc.gov.ph/youth-hub
7 UNDP Movers Programme	https://www.undp.org/malaysia/blog/young-people-moving-make-difference
8 UNDP Youth Empowerment in Climate Action Platform	https://www.yecap-ap.org/
9 InciSioN Global	https://www.incisionetwork.org/
10 World Medical Association Junior Doctors Network	https://www.wma.net/junior-doctors/
11 YOUNGO The official children and youth constituency of the United Nations Framework Convention on Climate Change (UNFCCC)	https://unfccc.int/topics/action-for-climate-empowerment-children-and-youth/youth/younago

Networks / organizations		Website
12	The Climate Reality Project Philippines	https://climatereality.ph/
13	Loss and Damage Youth Coalition	https://ldyouth.org/
14	Healthcare Without Harm Southeast Asia	https://asia.noharm.org/
15	MoreViralThanTheVirus	https://mvttv.co/
16	Asian Medical Students' Association, Philippines	https://amsa-international.org/
17	Asian Medical Students' Association International	https://amsa-international.org/
18	European Pharmaceutical Students' Association	https://www.epsa-online.org/
19	Stanford Climate and Health	https://stanfordclimateandhealth.stanford.edu/
20	Zero Hour	https://thisiszerohour.org/
21	Jamaica Youth Advisory Network	https://youthadvocateja.org/
22	National Secondary Students Council	https://moeyyouth.80gigs.com/youth_programmes/national-secondary-students-council/
23	Youth Jamaica	https://youthjamaica.gov.jm/
24	UNESCO Caribbean	https://www.unesco.org/en/fieldoffice/kingston
25	Technology Innovation and Entrepreneurship Center - Innovation Ambassador (TIEC - IA)	https://tiec.gov.eg/English/Programs/TIEC-IA/Pages/default.aspx
26	Ambassador of Google Women Techmakers	https://www.technovation.org/women-techmakers/
27	She Code Africa (SCA)	https://shecodeafrica.org/
28	Women Empowering Nations - Member	https://www.wenations.org/
29	Women in AI	https://www.womeninai.co/
30	Climate Change AI	https://www.climatechange.ai/

Networks / organizations		Website
31	Global Shapers Fez Hub	https://initiatives.weforum.org/fez-hub/
32	EU Jeel Connect	https://south.euneighbours.eu/eu-jeel-connect/
33	International Federation of Liberal Youth	https://www.ifly.com/
34	Friedrich Naumann Foundation for Freedom - Morocco	https://www.freiheit.org/morocco
35	Youth 4 Sustainability - UNDP Morocco	https://www.y4s.ae/
36	World Summit Awards	https://wsa-global.org/
37	Global Landscape Forum	https://www.globallandscapesforum.org/
38	Global Week for Action on NCDs	https://actonncds.org/
39	Global Health Corps: A Next Gen Leadership Accelerator	https://ghcorps.org/
40	Africa CDC Youth	https://youth.africacdc.org/
41	International Pharmaceutical Students' Federation (IPSF)	https://www.ipsf.org/
42	IPSF AfRO - African Regional Office	https://afro.ipsf.org/
43	Impact Axis	https://www.impact-axis.org/
44	Edumail	https://www.facebook.com/people/Edumail/100063571451445/?mo#
45	Open Dreams NGO	https://www.open-dreams.org/
46	UNFPA SafeSpace Cameroon	https://cameroon.unfpa.org/fr/news/unfpa-safe-spaces-provide-training-vulnerable-women-and-girls
47	Cameroon Medical Students Association (CAMSA)	https://camsa-cm.org/
48	Federation of African Medical Students Association (FAMSA)	https://famsanet.org/

Annex 5

Social media following from all RYCs (extracted 12.11.2025)

Name	Instagram	LinkedIn	Individual Total
Leonardo Bolstad (Reo Aoki)	1305	1890	3195
Sohayla Eldeeb	3122	1936	5058
El Ghali Ouali Alami	2980	1481	4461
Maryam Sherif	0	4808	4808
Tamoy Campbell	2294	2433	4727
Lynn Everdene Akisarlı	255	665	920
Othniel Nimbabazi	0	4327	4327
Charlotte Thibault	1127	1843	2970
Alfredo Lorenzo Sablay	1599	1482	3081
Salman Fitrat Khan	2407	4670	7077
Total	15,089	25,535	40,624

About DTH-Lab

DTH-Lab is a global consortium of partners working to drive implementation of The Lancet and Financial Times Commission on Governing Health Futures 2030's recommendations for value-based digital transformations for health co-created with young people. DTH-Lab operates through a distributive governance model, led by three core partners: Ashoka University (India), DTH-Lab (hosted by the University of Geneva, Switzerland) and PharmAccess (Nigeria).

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Ilona Kickbusch, DTH-Lab Director and Founding Member.

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