

Expo 2020 Dubai Programme for People and Planet

WORLD MAJLIS AGENDA

HEALTH AND WELLNESS WEEK



DATE

Thursday February 10th, 2022
UK National Day at Expo 2020

TIME

09:30 – 11:30 AM UAE

VENUE

United Kingdom Pavilion

THE TOPIC

THE CHEMISTRY OF HAPPINESS

Mental Health and the Science of Happiness

In collaboration with the United Kingdom

One in four people experience mental illness every year. As a vital component of overall wellness, fundamental to our ability to think, act, react, and enjoy life, it is critical we understand the factors that contribute to mental wellbeing.

The physical isolation enforced by the pandemic along with uncertainty about the future have meant challenging times for many people around the world. Combined with the stressors of the Fourth Industrial Revolution, social and economic transformations would seem to be impacting individual happiness and mental wellbeing as never before.

According to the WHO, "Health is a state of complete physical, mental and social wellbeing, and not merely the absence of disease or infirmity." Yet the true prevalence of mental health disorders globally remains poorly understood. Moreover, stigma and discrimination can result in a lack of access to care and services. What are the factors that contribute to a state of wellbeing? How can we ensure that they are accessible to everyone on the planet? Can technology help us?

- Is the way we live today bad for our mental health?
- Is there a happiness formula?
- What can we do to enhance mental health throughout the world?
- How can technology be part of the solution?

MODERATOR

Elise Labott

Founder and CEO, Zivvy Media



Elise Labott is the founder and CEO of Zivvy Media, a digital platform engaging a Gen Z audience on global issues. She is an adjunct professor at American University's School of International Service and a guest host at Sirius XM.

Elise is a leading journalist on foreign affairs, whose work appears in Politico Magazine, The Guardian, and Foreign Policy. As Global Affairs Correspondent for CNN for two decades, she covered seven Secretaries of State and reported from more than 80 countries. Elise is a global ambassador for Vital Voices and serves on the advisory council of Global Kids-DC, a program which introduces high school students in underserved communities to international affairs. She is also a member of the Council on Foreign Relations.

PARTICIPANTS

HE Hessa Bint Essa Bhumaid

Cabinet Member, Minister of Community Development, UAE



On 19 October 2017, Her Excellency Hessa Bint Essa Bhumaid, Cabinet Member Minister of Community Development was handed over her duties to begin a comprehensive diversified community sustainable development and wellbeing for all the members of the community: family, childhood, youth, senior citizens, people of determination and transit from community welfare to sustainable development.

Prior to this, Bhumaid was Assistant Director General for Government Services in the Prime Minister's Office at the Ministry of Cabinet Affairs and Future. Her Excellency oversaw the Emirates Government Services Excellence Program aiming to raise the efficiency of government services delivery.

Her Excellency supervised Government Services Factory launch focusing on training government authorities on how to implement services design mechanism. She also supervised Customers' Satisfaction and Happiness Project about all government services.

She was the General Coordinator of Sheikh Khalifa Government Excellence Program, Executive Director of Excellence Sector, Executive Director for Institutional Support Sector, Assistant Director General for Government Services Sector and Supervisor of UAE Government Leadership Program to sustain government premium leaders at the first and second levels.



Dr Alex George

Doctor, author, and Youth Mental Health Ambassador for the Government of the United Kingdom

Alex works in A&E as an emergency doctor and has become a well-known and respected figure amongst healthcare professionals in the UK, bringing the nation accessible and reassuring advice directly from the frontline. His first book, *Live Well Every Day* was published May 2021 and is a Sunday Time's Number 1 Bestseller.

Alex is on a mission to make mental health education compulsory in schools, and has become prolific throughout the UK in his campaigning with charities such as YoungMinds, Anna Freud Centre & Mind, with a goal to ensure mental health sits alongside the likes of Maths and English on the curriculum. Alex has now been appointed by the Prime Minister as Youth Mental Health Ambassador to the government.

Alex is a resident presenter on ITV's Lorraine, and this year presented his first full length documentary for BBC One and Children Need, *Dr Alex: Our Young Mental Health Crisis*.



Elisha London

**Entrepreneur and Global Mental Health advocate
CEO and Founder, Prospira Global, UK**

Elisha London is an entrepreneur and global mental health advocate. She is now the CEO and Founder of Prospira Global providing advice to global companies, philanthropists and investors on private sector action on mental health. She is also a World Economic Forum Young Global Leader. Across her career she has worked for a number of organisations including The World Bank, PwC, Sydney Opera House, The Oaktree Foundation and was the founding UK Director of Global Citizen. Following her own experience of mental ill health she was appointed as the Campaign Director of the Heads Together campaign spearheaded by the Duke and Duchess of Cambridge and Prince Harry. In 2017 Elisha founded United for Global Mental Health with her founding team and was UnitedGMH's first CEO until 2021.



Glen Stollery

CEO, Les Mills International for the Middle East, India and Africa, New Zealand

Glen has run fitness related businesses his entire adult life ever since leaving university when he founded his own sport nutrition company in New Zealand. He operated that as CEO for approximately a decade, building it to the largest sport nutrition company in the country before selling it to a pharmaceutical company. Thereafter he stayed on as Managing Director to launch the brand into Australia.

Glen moved to Dubai originally in 2013 establishing the Les Mills businesses here in the Middle East, as well as establishing the global offices in India, China, Japan, and Brazil.



Professor Gal Yadid

**Head of the Laboratory of Neuro-psychopharmacology,
Bar-Ilan University, Israel**

Prof. Gal Yadid is the Head of the Laboratory of Neuropsychopharmacology, Bar Ilan University, Israel. Prof. Yadid's research group focuses on developing personalized pharmacological, non-pharmacological (DBS) and cell therapy modalities of reward-related-psychiatric-diseases: drug addiction, depression, and PTSD, using behavioral models in combination with neurochemical, molecular, epigenetic, microbiome, computational and nanotechnology methods, in a bi-directional approach.

Shifting from reactive to proactive-integrative strategy, Prof. Yadid promoted new-therapeutic-strategies and R&D of new potential medications, in collaboration with pharmaceutical companies and the clinics. Prof. Yadid's findings were published more than 130 manuscripts including 5 patents.

VIRTUAL PARTICIPANTS



Dr Natalie Lotzmann

Global Vice President People & Operations, SAP SE, Germany

Dr. Natalie Lotzmann, Global Vice President People & Operations at SAP SE, is a Medical Doctor with an MBA, Chief Medical Officer and heading Global Health, Safety & Well-Being and co-leading SAP's Global Pandemic Task Force. From 2003-2011, she established and led SAP's Diversity Management.

Her main focus today, within the highly dynamic environment of IT industry, is on fostering productivity and a culture of innovation, prevention of work-related illness, coping with stress, imbalance and mental burden. She develops concepts, programs and innovative KPIs for maintenance of mental health, well-being and productivity at the workplace, and runs internal health support programs.

Her work has been recognized with numerous awards, including acknowledgement for "Health", "Diversity" and "Equality" as part of the Great Place to Work Awards, the "Diversity-as-Chance" Award, the MUWIT Training Award for the innovative training program "Encouraging Female Talent and "Gender Differences in Business", as well as several Move Europe Awards and Corporate Health Awards.

From 2013-2019, Dr. Lotzmann was appointed as "Ambassador for Health" of the National Initiative "New Quality of Work" (INQA) by the Federal Ministry of Labor and Social Affairs in Germany. She also holds an active engagement chairing the network "Enterprise for Health" in Germany and is member of the Supervisory Board of Zentralinstitut für Seelische Gesundheit, the University Hospital for Psychiatry in Mannheim.



Professor Vikram Patel

**Pershing Square Professor of Global Health;
Wellcome Trust Principal Research Fellow, Harvard Medical School,
USA**

Professor Patel co-leads the GlobalMentalHealth@Harvard initiative. His work has focused on the burden of mental health problems, their association with social disadvantage, and the use of community resources for their prevention and treatment.

He is a co-founder of the Movement for Global Mental Health, the Centre for Global Mental Health (at the London School of Hygiene & Tropical Medicine), the Mental Health Innovations Network, and Sangath, an Indian NGO which won the WHO Public Health Champion of India prize.

He is a Fellow of the UK's Academy of Medical Sciences and has served on the Committee which drafted India's first National Mental Health Policy and the WHO High Level Independent Commission for NCDs.

He co-led the Lancet Commission on Global Mental Health & Sustainable Development and the Lancet-WPA Commission on Depression; he currently serves as co-chair of the Lancet Citizens Commission on Reimagining India's Health System.

He has been awarded the Chalmers Medal, the Sarnat Prize, the Pardes Humanitarian Prize, an Honorary OBE and the John Dirk Canada Gairdner Award in Global Health. He has been awarded Honorary Doctorates from Georgetown University, York University and Stellenbosch University. He was listed in TIME Magazine's 100 most influential persons of the year in 2015.