

# Newsletter

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هشتمین نشست منطقه‌ای مجمع جهانی سلامت  
7<sup>th</sup> World Health Summit Regional Meeting  
Tehran University of Medical Sciences  
KISH ISLAND, I.R. IRAN | 29-30 April 2019

Newsletter 7<sup>th</sup> World Health Summit Regional Meeting in Kish Island - April 2019



## First Ever Student Pre-Event Creates WHS Student Network



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## Student Program at 7th World Health Summit Regional Meeting

# First Ever Student Pre-Event Creates WHS Student Network

The Student Pre-Event of 7th World Health Summit (WHS) Regional Meeting, which was held for the first time in the WHS 10-year history at Kish International Convention Center on 28 April, es-

tablished its international medical student network. The event actually set up the student networking meeting of the M8 Alliance.



Tehran University of Medical Sciences (TUMS) is the only member of the M8 Alliance in the Middle East and North Africa (MENA) region hosting the 7th World Health Summit Regional Meeting in Kish Island, a tourist Iranian resort in the Persian Gulf.

TUMS, together with 24 other pioneer universities, academies and research institutions from across the world, has been a member of the M8 Alliance since 2016.

The M8 Alliance of Academic Health Centers, Universities and National Academies acts as an academic think-tank for WHS.

The M8 Alliance Student Network promotes collaboration among a large group of academic institutions committed to improving global health. Working together with economic decision-makers, its primary goal is to develop science-based solutions to health challenges all over the world. The student networking meeting enables students of various medical and health sciences from all 25 members to work together and get acquainted with the global health challenges in practical terms.

"Health science students are the most important stakeholders of healthcare and play a major role in addressing its main challenges," the M8 Alliance said in a video statement to students present at the Kish International convention Center.

It added: "Due to the valuable missions of the M8 Alliance and endless potentials of health science students, establishing an official student organization within the M8 Alliance can accelerate our path toward the vision we have in mind for global health."

The alliance believes that establishing the student network can lead to multiple desirable outcomes, namely promoting students' voice and their advocacy capacity, facilitating the development of multifaceted student-run global health research projects run or facilitated by students, promoting joint activities between the M8 Alliance partners and student bodies, training future leaders, promoting student mobility and interna-



tionalization.

"There is still a long way ahead, but we can achieve many things by combining the enthusiasm and ambition of health science students," the statement added. "Together, we can build an efficient, sustainable and exemplary student network."

WHS Founding President Professor Detlen Ganten praised the idea of WHS student networking meeting and showed his happiness by saying: "You have an Adrenalin Center here in Kish. This event for me is an adrenaline event," he declared with a smile.

He was referring to Adrenalin Center in Kish where students attended a Virtual Reality (VR) game event on Sunday evening.

The Student Pre-Event aims to:

- \* Prepare the students through workshops for



the main event

- \* Act as the primary group, working to develop the idea of the M8 Alliance Student Network

The WHS Regional Meeting in Kish, which will open Monday 29 April 2019, includes six main themes as listed below:

- \* Health in Uncertain Situations
- \* Global Health in a Transitional World
- \* Sustainable Health Development
- \* Non-Communicable Diseases (NCD) & Mental Health
- \* Planetary Health
- \* Medical Education

The students on Sunday attended workshops in alignment with the scientific themes of the main meeting so that every student could find an opportunity to receive some initial training about that theme.

***The Student Pre-Event is intended to mobilize health students and train them as future health leaders of the world in the 21<sup>st</sup> century***

Edmund Oklah, a student from Ghana, said the Student Pre-Event "exposes us to certain world programs."

"Here, they don't teach us about curriculum, anatomy and diseases. We've learned those issues in our university classes. Instead, they inform us about what's going on around the world in terms of health issues," he told the Newsletter. Oklah argued that student networking meeting is of paramount importance since they get the chance to communicate with global experts in their area

of expertise.

Ayisha Abobakr Sedigh, another student from Ghana, called the student meeting a "chance to work with other students."

"The more we are exposed to such conferences, the more we learn. Students can change the world. We are the future health leaders. Here, we can sit down, share ideas and find solutions to problems and situations that are going on in different parts of the world," she said.

Sedigh believed that the conference in Kish "gives Iran a good exposure. Most people in my country don't know Iran. I go back to our country and tell the people in Ghana that Iran is much better and more developed than many people usually assume."

Farnam Mohebi, one of the student leaders, said the student meeting in Kish "trains future health leaders of the world."

Seyed Ali Mirshahvalad, another student leader, called the student meeting "a gateway from the academic world to the practical world of health and medicine."

Mirshahvalad said the student networking meeting "gives powers to students so that they become the arm of the global health."

The Student Pre-Event, at the end of the day, adopted a primary draft of its constitution – also called Proposed Manual – determining the guidelines for students to attend World Health Summit meetings.

Some 200 students of medical and health sciences, 40 of them foreign students, were among those attending the Student Pre-Event meeting.



**World Health Summit Founding President Detlev Ganten:**

**We Accept Whoever Wanting to Really Participate in Endeavor for Global Health**



Founding President of the World Health Summit (WHS) Detlev Ganten took to the podium on Sunday 28 April 2019 at Kish International Convention Center to address dozens of scientists, health experts as well as Iranian and international students who had gathered to attend the Student Pre-Event. The 78-year-old scientist remembered the very first days of the WHS in 2009 when he founded it in Berlin with the backing of German Chancellor Angela Merkel. He explained that he came up with the idea of launching the summit because he recognized the importance of the role played by science and health both in his native Germany and around the globe.

Ganten wished for more people to be enthusiastic about those subjects and looked for a sustainable and long-term event that would outlast any presidents and chancellors.

"The essence of science is independence, and it welcomes all forms of criticism and self-criticism," he told the audience, adding that the WHS has always aimed to be an establishment of a group of people that work to improve global health and advise national governments and international organizations. "We are accepting whoever that wants to really participate in the endeavor for global health."

The scientist then elaborated on Tehran University of Medical Sciences (TUMS) joining the M8 Alliance, saying he was impressed with the progress made by TUMS when he got to know more about its operations.

Ganten said he immediately thought that TUMS could become a full-fledged member of the M8 Al-

liance and "soon became an active member."

He insisted that WHS regional meetings are truly regional and largely independent from the global event in how they are organized.

The scientist commended the fact that the 7th WHS Regional Meeting is organized with an Iranian perspective.

"You can copy somethings from other countries, but at the end of the day you need to be original about the traditions of the host region," he said.

The WHO Founding President said regional meetings need to address the specific health needs of the region.

Lastly, Ganten addressed the scores of multinational students present at the event.

"If we continue on this path and you guys join forces, together we could achieve many wonderful things," he said.

The WHS meets annually in the German capital Berlin in October.

Held once a year, the WHS has grown into the world's most prominent forum to address global health issues.

In addition to annual meetings, WHS holds a yearly regional meeting which is hosted by one of its member universities.

In the WHS 2018, TUMS was chosen to host the 7th Regional Meeting (29th and 30th of April 2019) in Kish Island.

The first Regional Meeting was held in Singapore in 2013. São Paulo (Brazil), Kyoto (Japan), Geneva (Switzerland), Montreal (Canada), and Coimbra (Portugal) have hosted it each year in the following years.





پروگرام دانشجویی پیش رویشتهای سلامت  
The Student Pre-event of  
the 7th World Health Summit  
Regional Meeting

M8 Alliance

# Student Program at 7th World Health Summit Regional Meeting

*The Student Pre-Event adopts a primary draft of its constitution determining the guidelines for students to attend World Health Summit meetings*



## Selected Student Projects Unveiled at Exhibition

An exhibition of student projects was organized on Sunday 28 April 2019 at Shayan Hotel in Kish Island.

A total of 44 student projects from 15 universities across the world had been submitted in the past couple of months. The projects were evaluated by experts prior to the meeting in Kish. Finally, 6 projects were chosen by the selecting com-



mittee. But only 5 of those projects were unveiled on Sunday.

Each of the five students, whose project was selected, was given 10 minutes to elaborate on his or her work. Students and other participants also were given 5 minutes to pose questions to the students leading the projects.

Here are the five selected projects:

1. Iran International Public Health Summer School

This project was introduced by Ali Ganjizadeh, a student of Tehran University of Medical Sciences (TUMS).

It's a gamification project teaching children how to contain diseases. The project provides an opportunity for children to fight the spread of

diseases through a game and bring health to themselves and their families.

2. Mouth Cancer Action (Blue Mouth Action)

This project was carried out by Maryam Hosseinzadeh, another TUMS student. Hosseinzadeh launched a campaign to raise public awareness about dental diseases.

3. Red Exir

The project has focused on increasing public information about HIV infection (AIDS). Helia Ashourizadeh, a student of Shahid Beheshti Medical University, is leader of this campaign.

4. Phoneix breast cancer support

Iranian student Shima Esfandi-



ari, who suffered from breast cancer herself, launched a campaign to combat breast cancer.

A student of Kermanshah University of Medical Sciences, Esfandiari decided to support those suffering from breast cancer.

After being cured, she organized training classes to raise public awareness about breast cancer.

The project also raises funds to support efforts combating breast cancer.

5. African Community Health Trust (AHT)

This project is about volunteer groups in Zimbabwe who provide free medical services (dental or general services) to poor people.

Rangarirai Makuku, a TUMS student, is leading the efforts.

6. Increasing knowledge and Awareness about Anti-microbial Resistance

This project is headed by Twinamasiko Nelson, a student from Makerere University in Uganda. He didn't show up at Sunday's event.

A selecting committee \_ comprising experts from Switzerland, Italy, Singapore and Iran's TUMS \_ will choose the best out of the five projects.

The top project will be awarded on 30 April 2019 during the closing ceremony of the 7<sup>th</sup> World Health Summit Regional Meeting in Kish.

## Marathon Competition

At 06:30 on Tuesday morning (30 April 2019), a marathon competition will be held in Kish Island.

Dariush Grand Hotel will serve as the competition center.

The race starts at Dariush Grand Hotel and ends at Sahel Square, both in eastern part of the Kish Island.

Let your participation in the marathon be a nice break in your life.

You can, if you like, come just to participate in the race but you can also easily combine the race with a few days of other wonderful experiences in Kish.

The marathon competition is held to remember victims of massive floodings in March across Iran that left dozens of people dead.

## Morning Practice

Every day at 06:30, during the three-day conference (the one-day Pre-Student Event and the two-day 7<sup>th</sup> World Health Summit Regional Meeting in Kish), morning practice will be in motion in all the four hotels (Dariush, Shayan, Vida and Kourosh) hosting the conference participants.

A coach from the Kish Sports Organization will lead the practice for 20 minutes. The program will end at 07:00 hours.

It's known to everybody that morning practice creates a positive and purposeful day since your morning sets the tone for the rest of the day.

A meaningful morning practice acts as a buffer between getting up and starting your day. It puts you in the right atmosphere to walk out and face the world.

Experts argue that the best way to wake up your body is through exercise. Once you do morning practice, you would feel more focused, patient and peaceful.

Exercise will get your blood flowing. It also makes you feel more energized. You become much more intentional and productive.

After the morning practice, it's time to take a shower, get dressed and have a good breakfast. Then, it's time to start the working day.



## M8 Alliance Members Convene to Discuss Kish Regional Meeting, Future Plans





## Parallel Student Workshops Discuss Major Global Health Issues

The first-ever Student Pre-Event of the 7th World Health Summit Regional Meeting at Kish International Convention Center organized five workshops centered around the main themes of the conference.

All five parallel workshops included an introductory lecture by health experts in the relating subject, followed by gamified group activity and group reflection on discussed subjects. The activities in question were in the form of policy groups where each participant would assume the role of an entity addressing or reacting to a health issue.

The parallel workshops addressed the main topics to be discussed in panels and plenaries during the two-day regional meeting (29 & 30 April 2019).

Their main aim was to better acquaint international students with the major themes of the conference and better prepare them for the experience of the main conference to be held in the ensuing two days.

By taking part in active decision-making, participants were meant to practice effective cooperation and decisive leadership with the aim of alleviating global health issues.

All five workshops were held simultaneously. Students were asked to either stick with what their pre-chosen coaches had recommended, or go with a workshop they believed suited the students best.

The coaches told the students the priorities of the global health and also discussed the health challenges ahead in the 21<sup>st</sup> century.



Farnam Mohebi, a student of Doctorate of Medicine at the Tehran University of Medical Sciences (TUMS) said students obtained the most information from their coach and learned more about team work.

"The workshops were intended to get students reach a general level of understanding on various health issues and gain practical experience," she told the Newsletter.

Each coach, she said, helped students level up the subjects and entered into specific discussions.

Some 30 coaches led about 100 students at the five workshops.

The coaches consisted of experienced and skilled students.



## Global Health in a Transitioning World

The first workshop concentrated on the issue of global health in a transitioning world. World Health Organization (WHO) representative, Christoph Hamelmann, was on hand to take the students in a journey through changes in global health that are not limited to any particular government or country.

These changes include global warming, wars and natural disasters to name a few.

Hamelmann also dedicated a portion of his time to discuss recent massive floodings in Iran that affected two-thirds of the country, incurring heavy human and financial costs.

The gamified activity for this workshop had the participants forming groups to address the issues of "food security impact of agricultural technology adoption under climate change" through studying micro-evidence from Niger.

They assumed the identities of a variety of stakeholders, including a minister of health and a head of a non-governmental organization, to draft a policy statement.

## Medical Education

TUMS deputy for education Amir Ali Sohrabpour took participants on a tour of how a functioning medical education system should operate.



Seyed Ali Mirshahvalad, another student leader, called the student meeting "a gateway from the academic world to the practical world of health and medicine." He said the student networking meeting "gives powers to students so that they become the arm of the global health."



Farnam Mohebi, one of the student leaders, said the student meeting in Kish "trains future health leaders of the world."

For the policy simulation game, students took on characters to draft a unified statement that would endorse investments in family planning with the aim of stimulating socio-economic development in Africa.

"The evidence shows that family planning has far-reaching health and development benefits, particularly in countries with low contraceptive use" was the main message participants were meant to take away from the group work.



## Health in Uncertain Situations

Participants in the workshop were coached to focus on a host of issues including unforeseen events taking place during and after natural disasters, immigration, asylum-seeking, and



health concerns in mass gatherings such as major religious gatherings.

Their policy group focused on retention of health workers in rural and remote areas in an imaginary country. The policy brief was addressed to policymakers, their support staff and other stakeholders with an interest in the addressed problem.

In this vein, participants played the roles of several ministry leads, including ministers of health, economy, education and agriculture. One participant also assumed the role of a provincial governor to include the impact of provincial leadership in addressing health issues.

## Planetary Health

The planetary health workshop was spearheaded by TUMS scientific board member Ali Ardalan, assisted by the university's head of the environmental group Abbas Ostad Taqizadeh and medical sciences doctorate student Ramesh Aalipour. The workshop was mainly focused on the biggest issue threatening the health of the planet: climate

change.

The workshop started by charting the process of climate change and how it affects the planet.

"From the beginning of the time human beings were created on earth until 2015, we lost 28 percent of the world's jungles and forests. But it is projected that we will lose half that amount, 14 percent, just in the short time between 2015 and 2050," Ardalan said in describing the environmental impact of climate change.

The workshop then called on all participants to pitch in and discuss all the different ways climate change is affecting our planet. Students discussed a wide range of issues, from health impacts to political and economic ramifications of global warming.

Workshop organizers chose to focus on a timely subject for the policy brief and called on their participants to focus on the issue of climate-induced migration in the West African Sahel. The brief discussed migratory movements prompted by climate change and their possible links to instability and conflict along with discussions on migration flows across the Mediterranean Sea.

## Non-Communicable Diseases (NCDs) and Mental Health

TUMS designated the head of its Non-Communicable Diseases (NCD) research center Farshad Farzadfar to educate the participants of the final workshop of the day.

Among other things, the workshop dealt with Iran's efforts in line with achieving Sustainable Development Goals (SDGs) set out by the United Nations.

"Unless we change the landscape and we change the behavior of the people working in the system, we cannot hope to fully achieve the goals defined by the UN and the World Health Organization (WHO)," warned Farzadfar, TUMS associate professor of epidemiology and member of science board.

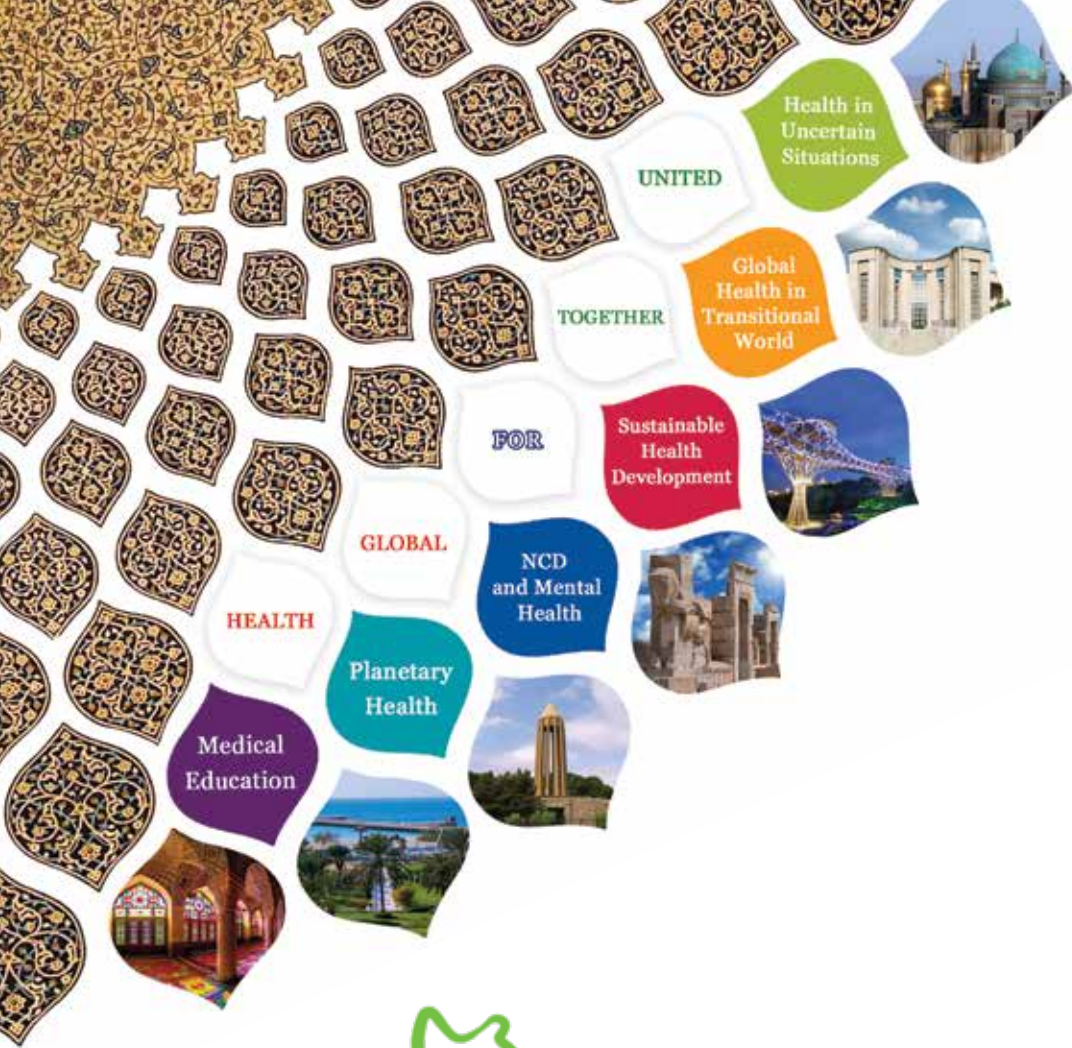
For policy brief, the international students present at the workshop were called to pitch in on how a healthy city can be built, a city that has clean air and water that can accommodate a long healthy life for its citizens.



## Kish Island Welcomes Guests to 7th World Health Summit Regional Meeting







WORLD  
HEALTH  
SUMMIT



TEHRAN UNIVERSITY  
OF  
MEDICAL SCIENCES

**M8Alliance**  
Academic Health Centers, Universities and National Academies



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**7<sup>th</sup> World Health Summit Regional Meeting**  
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## Sponcerd By:



Islamic Republic of Iran  
Vice Presidency for  
Science and Technology



Islamic Republic of Iran  
Vice Ministry of Health  
and Medical Education



National Institute for  
Health Research



## Produced by:

IRAN EUR★PE

**Business Digest**

Iran Europe Business Digest Magazine

Managing Director: Mehdi Poshtkouhi

Executive Manager: Majid Tavalla

Editor-in-Chief: Ali Akbar Dareini

Art and Graphic Designer: Maryam Hemmatian

Printed by: Salar Chap