



**YOUNG EXPERTS**  
TECH FOR HEALTH

# HUMANS *of* DIGITAL HEALTH





**Grace Isong Akpan**  
**Social Worker**

Nigeria



*my country*

Lack of inclusion of LGBTQI+ individuals in the healthcare service delivery in Nigeria; Digital health as a solution

*my story*

<https://www.youtube.com/watch?v=tbghW72SB14>

*view my story*

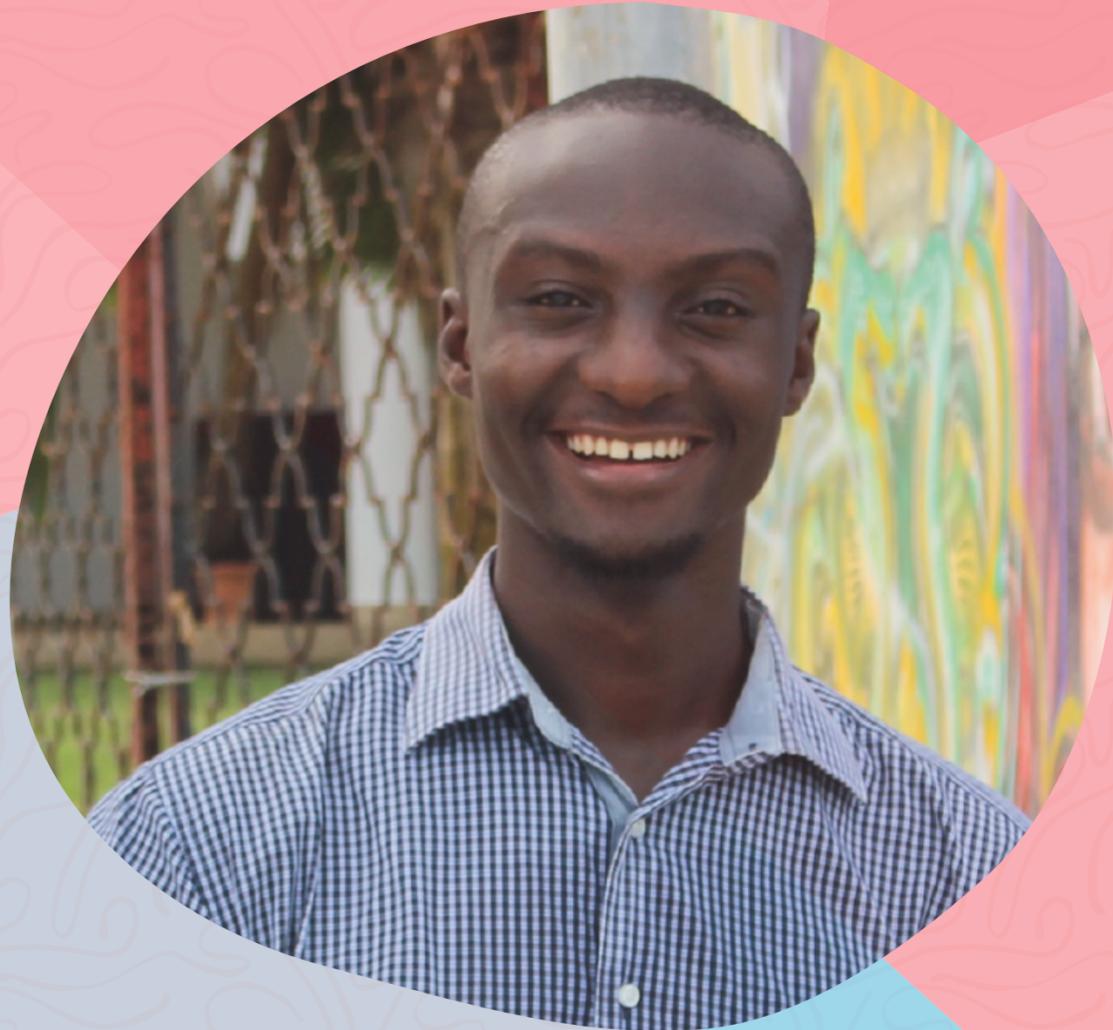
LGBTQI individuals in Nigeria are especially vulnerable to discrimination in healthcare, from humiliation and harassment to denial of necessary medical care. To avoid mistreatment, LGBTQIA+ people delay and sometimes forgo medical care, increasing their risk of further physical and mental health conditions like depression, chronic diseases, substance use, and suicidality. In my story, we hear from the LGBTQI community how digital health could help provide them with important health information and reduce the discrimination they face.

*what inspired me?*

 **Grace Isong Akpan**

 **@Gracelsong\_**

*connect with me*



**Clifton Afande  
Sigari**  
**Digital Marketing and  
Software Design**

Kenya



*my country*

My story focuses on the mental health issues young people face and how to help using digital platforms

*my story*

<https://www.youtube.com/watch?v=niDv8wy9NaY>

*view my story*

I held conversations with my peers and realized they were going through so many physical and emotional health challenges and didn't have enough psychological support at their disposal. So I imagined a health application that my peers and other young people can use in the comfort of their homes and in all confidentiality to seek the support they need.

*what inspired me?*

 @cgariette

 Clifton Afande

 @cgariette

*connect with me*



**Anjelou Marie Estrella**

**Senior Implementation Manager - reach52**

Philippines



*my country*

Demonstrating how our digital health platforms are being used to improve health services in lower-resource settings

*my story*

<https://www.youtube.com/watch?v=uVuHluWLSQ&t=42s>

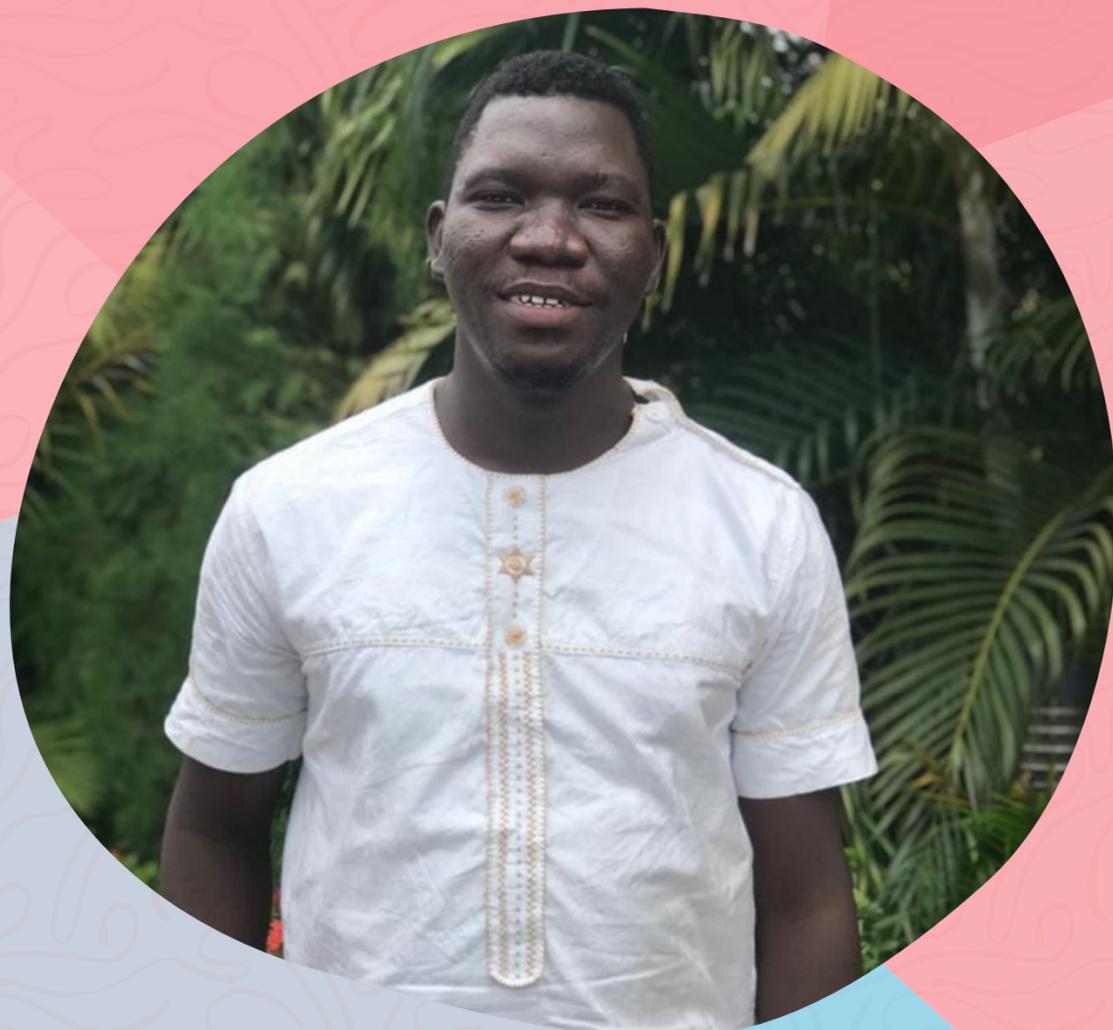
*view my story*

Digital solutions are critical in improving the healthcare system in developing countries. Most of the communities I am working with are based in rural areas where access to healthcare services is limited. As a public health advocate, I want share the positive impact of utilizing technology in service delivery network.

*what inspired me?*

-  **anjeloumarie.estrella**
-  **@anjelouestrella**
-  **Anjelou Marie Estrella**
-  **@hamjelou**

*connect with me*



**Samuel Nii  
Lartey Lamptey**  
**Social Worker**

Ghana



*my country*

Using interactive theatre performances to empower young people to access information on reproductive health on their mobile phones

*my story*

<https://www.youtube.com/watch?v=CfCbteABlwg>

*view my story*

This idea was inspired by the recent increase in teenage pregnancy cases in Ghana. One of the many causes of teenage pregnancy in Ghana is the lack of timely and accessible information for young people. So my story focuses on how my team and I use interactive theatre performances to show teenagers how they can access reproductive health information and services via mobile health applications.

*what inspired me?*

 **Samuel Lamptey (Nii Lante)**  
 **@sam\_lamp**  
 **@SamuelLamptey**

*connect with me*



**Dr. Priyansh  
Shah**  
**Medical Doctor**

India



*my country*

Strengthening  
rural cardio  
healthcare system

*my story*

[https://www.youtube.com/  
watch?v=sQpWHbLlukE](https://www.youtube.com/watch?v=sQpWHbLlukE)

*view my story*

Inequitable access to health services between rural and urban India inspired my story. We are currently working on deploying digital ECG machines at Primary and Community health centers across India. This will provide access to ECG and specialist doctors at the peripheries. We are in the process of deploying over 100 machines in the next month which will provide access to almost 3 million people in rural areas.

*what inspired me?*

 @priyansh\_shah

 Priyansh Shah

 @Priyansh\_Shah56

*connect with me*



**Kalala Roland Kongolo**  
**Medical Student & Co-Founder - Medicab**

Democratic Republic of Congo



*my country*

Using technology and AI to strengthen Medical Emergency transport in Africa to reduce maternal and child death

*my story*

<https://youtu.be/DBcuW4w0Y9I>

*view my story*

We got inspired from a true story of a women losing her child because the lack of ambulances. I wished to show how technology, AI and digital tools can solve such problems and improve quality of life.

*what inspired me?*

-  **Roland Kongolo**
-  **@Roland Kongolo**
-  **Roland Kongolo**
-  **@motombay**

*connect with me*



**Shannon Thom**  
**HIV Program Coordinator**

Canada



*my country*

My project explores some of the positive functions of social media for youth mental well-being, which tend to be rarely discussed in the mental health space

*my story*

<https://yet4h.org/wp-content/uploads/2021/11/YET4H-Storyboards.pdf>

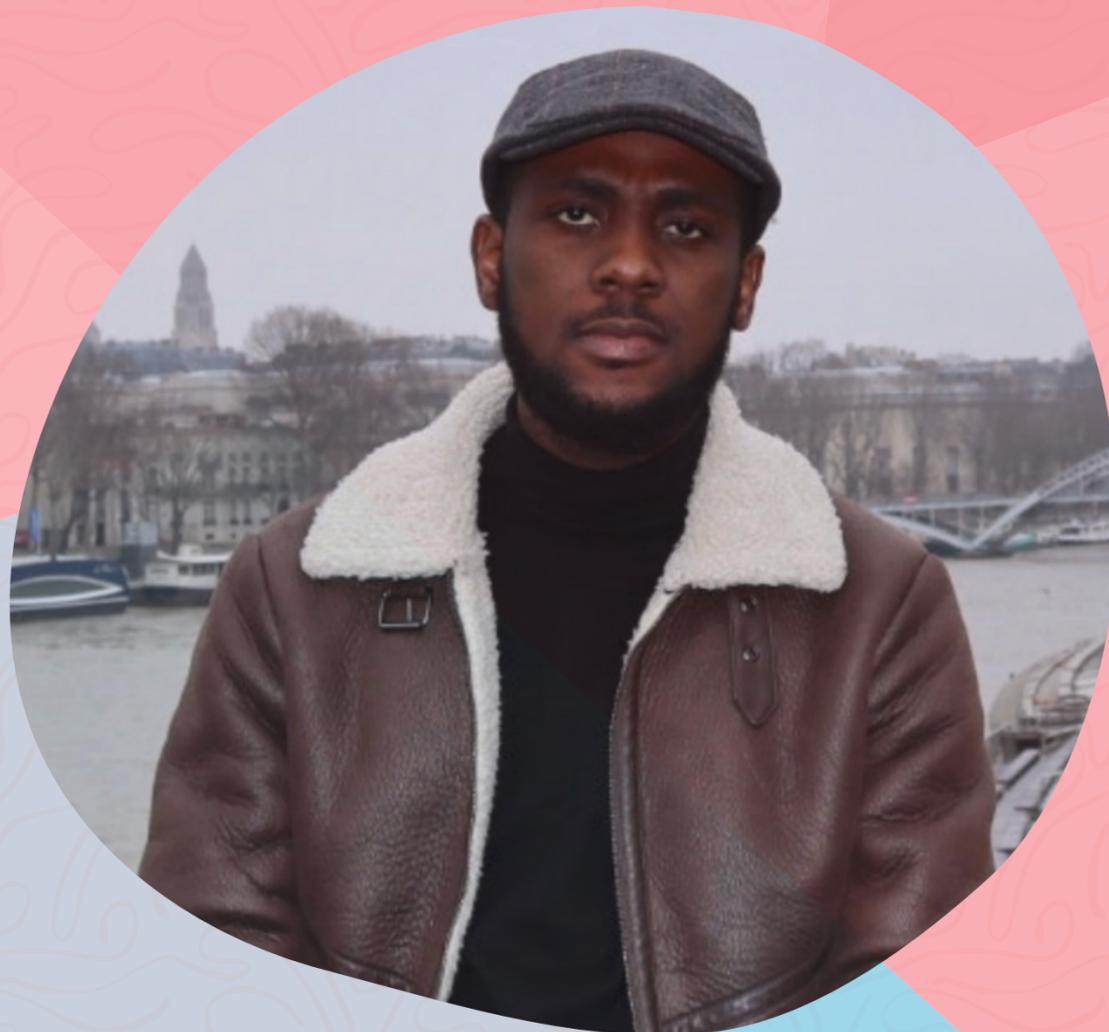
*view my story*

For me, digital health is not only about cutting-edge technology and gadgets that facilitate medical care, but also the many ways in which everyday technologies affect our health more holistically. Digital technologies are a determinant of health that impacts everyone, and these impacts are highly contextual.

*what inspired me?*

 **@\_shannonthom**

*connect with me*



**Ernest Kyei**  
**Research Assistant**

Ghana



*my country*

Creating stress-free  
access to quality  
health care

*my story*

[https://www.youtube.com/  
watch?v=2V\\_wzYOvqvA](https://www.youtube.com/watch?v=2V_wzYOvqvA)

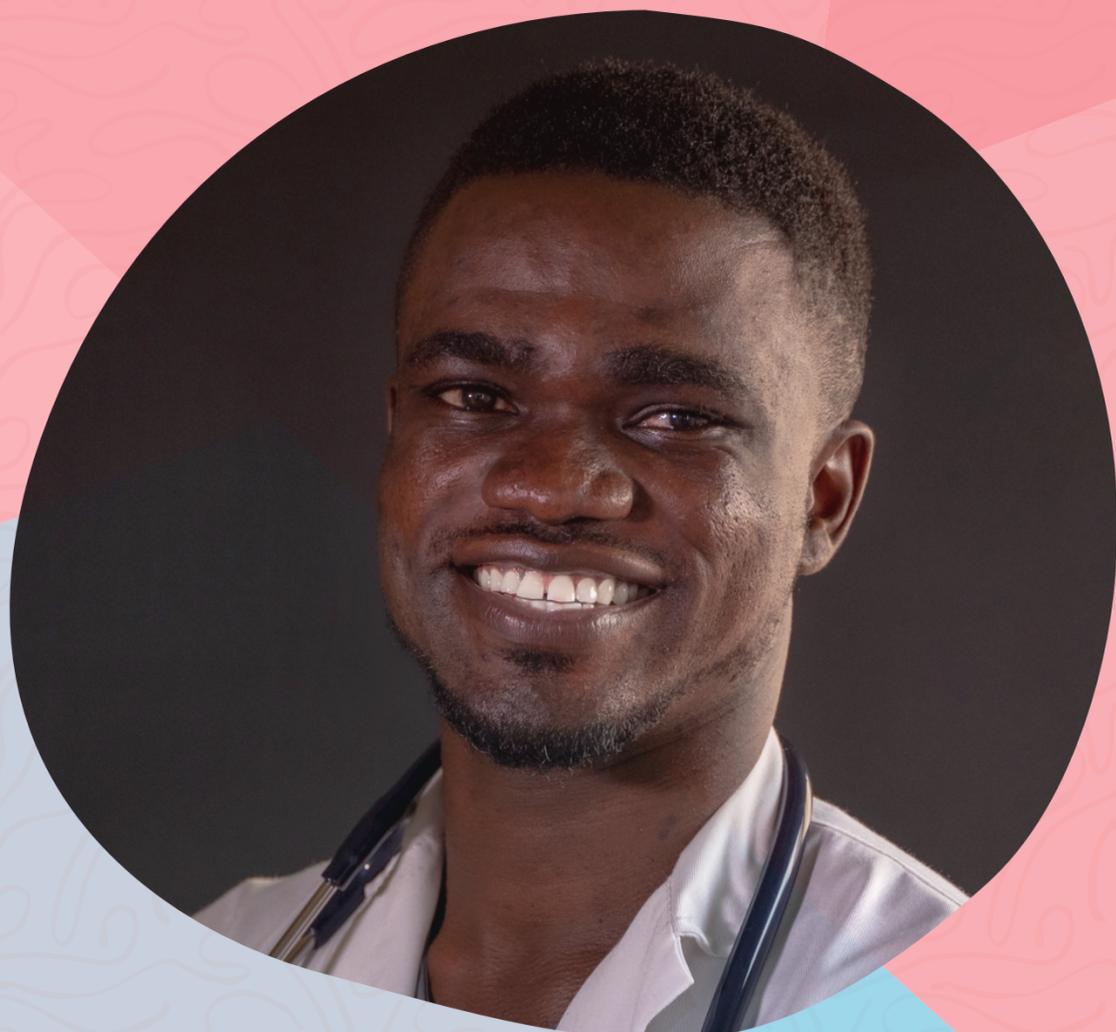
*view my story*

The struggles immigrants and other natives have to go through to get health care in different countries due to inaccessible health history, language barrier, the wrong diagnosis inspired my idea. My story imagines a digital health application, where all my medical history is stored. I can then share this information with any health worker who can access accurate medical records and provide me with the correct diagnosis.

*what inspired me?*

-  **Ernest Ohene Kyei**
-  **@ernest\_kyei\_official**
-  **Ernest Kyei**
-  **@Ohene\_Dextro**

*connect with me*



**Dr. Gideon  
Assan**  
**Medical Doctor**

Ghana



*my country*

Digital innovations for achieving Universal Health Coverage (UHC 2030) - The Ghana Story

*my story*

<https://www.youtube.com/watch?v=m6RaMXoNoY4>

*view my story*

First, to place the digital health ecosystem in Ghana in focus on attracting the necessary policy interventions and investments and second so that other young people, especially entrepreneurs, are inspired to go into digital health to help build a more holistic, equitable health system in Ghana.

*what inspired me?*

-  **Assan Gideon**
-  **@dr.assan**
-  **Gideon Assan**
-  **@gid\_gido**

*connect with me*



**Tanvi Nair**  
**Content & Strategy**  
**Manager**



*my country*

Exploring the impact of social media on the mental health of young Indian women and girls

*my story*

<https://www.youtube.com/watch?v=UaZiNiNtHEA>

*view my story*

Experiences of women around me, my friends, colleagues, acquaintances, mine too. While social media is wonderfully used as a tool for networking, connection and business, the mental health impact on women in India has largely gone unaddressed. It is only fair that we bring to the forefront, stories and experiences of these women to a global platform.

*what inspired me?*

 **@tanvi\_unladylike**

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*of* **DIGITAL**  
**HEALTH**

**info@yet4h.org**

*contact us*

