



Governing health futures 2030: Growing up in a digital world

THE LANCET & FINANCIAL TIMES COMMISSION

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YOUNG EXPERTS' TECH FOR HEALTH

Digital Health Webinar Series: Digital Health 101 for Youth Advocates

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CONTENT

1. Definitions of digital health, including examples of how digital platforms are being utilized to support health outcomes (particularly young people's)
2. Benefits/opportunities and risks/challenges in digital health



Digital health - narrow & broad definitions

“The field of knowledge and practice associated with any aspect of adopting digital technologies to improve health, from inception to operation.”

WHO. Global Strategy on Digital Health

“The convergence of the digital and genomic revolutions with health, healthcare living and society.”

Paul Sonnier. The fourth wave: digital health

Digital health interventions



ICT applied to health systems:

- Health informatics
- Telemedicine
- Mobile health (mHealth)
- eHealth
- Diagnostics

Emerging and frontier technologies:

- Sensors
- Internet of things (IoT)
- AI
- Genomics
- Big data
- Robotics

Self management/promotion:

- Websites
- Digital platforms
- Apps
- Wearable devices



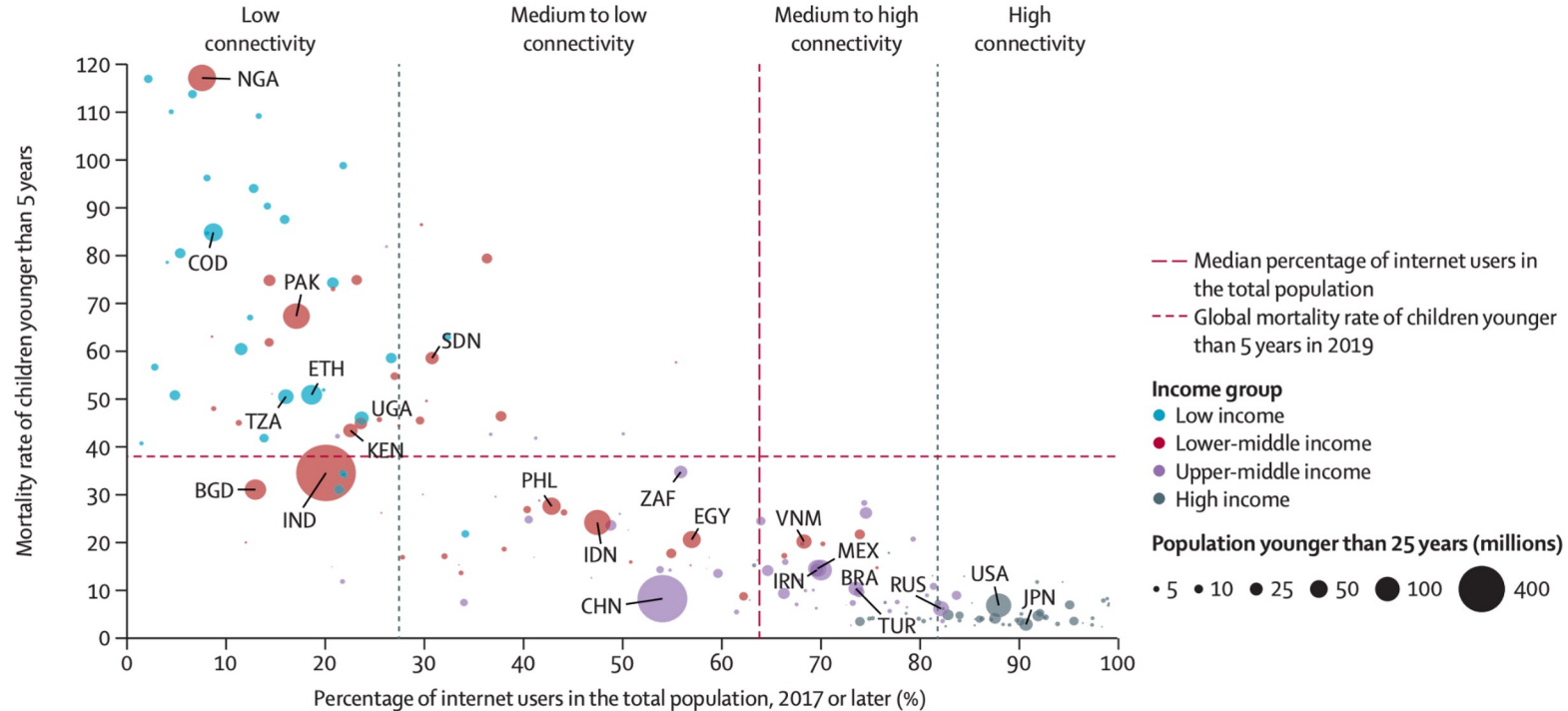
Benefits/Opportunities in Digital health

- ✓ Expanded access to health care to historically marginalized communities
- ✓ Prevention before treatment is needed
- ✓ Digital health technologies can reduce inefficiencies, improve access, reduce costs, and increase quality
- ✓ Improved patient health outcomes through personalized treatment plans
- ✓ Improved diagnoses through machine learning algorithms





Barriers to digital health: Connectivity



Mortality rates of children younger than 5 years and access to the internet. From The *Lancet* and *Financial Times* Commission on Governing Health Futures 2030 report, p19.



Barriers to digital health: Lack of trust



Image credit: Ingram Pinn / Financial Times

- Misinformation
- Surveillance
- Commercialisation
- Data extraction
- Opaque AI
- Digital harms
- Technology-facilitated abuse
- Power imbalances



Barriers to digital health: Health workforce capacity



- Gaps in digital literacy and skills (and hybrid skills-mix)
- Digital health not part of pre/in-service training
- DHIs not designed with users
- Weak incentive structures



Risk/Challenges in Digital Health

1. Privacy (Hacking medical Devices remotely)
2. Data Governance
3. Ethical challenges
4. Regulating adaptive AI algorithms, privacy breaches, ransomware attacks on hospitals,
5. Bioterrorism through digital health technologies



Digital health innovation challenge



Issues for consideration:

- What problem do you want to solve? What kind of problem is it (technical, political, etc)?
- Are digital interventions the right solution?
- Who are the potential users? Who might they not be suitable for?
- Who will be involved in designing and testing the solution?
- How will you avoid inequities, discrimination, etc?
- What barriers might prevent the solution from being adopted or scaled up?
- How will the solution help or hinder the current workforce? What would they need / need to know to be able to effectively incorporate the solution into their work?

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RECOMMENDATIONS FOR ACTION

01

Address the role of digital technologies as determinants of health

02

Build a governance architecture that fosters trust

03

Govern health data to increase its public value

04

Invest in the enablers of digital transformations for public health



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