



PMAC | PRINCE MAHIDOL
AWARD CONFERENCE **2026**

PS 1.3

**THE ROLE OF FAMILY, COMMUNITY, AND SUPPORTIVE ENVIRONMENTS
AMID DEMOGRAPHIC SHIFTS**

| BACKGROUND

Demographic shifts—including population aging, changing household structures, declining fertility, and increased urbanization—are reshaping the foundational roles of family, community, and care environments across societies. These transitions pose profound implications for social cohesion, caregiving responsibilities, intergenerational relationships, and the design of health and social services.

Traditionally, families and communities have served as the primary sources of emotional, physical, and financial support throughout the life course. However, modern dynamics such as smaller family sizes, migration, and rising dependency ratios are straining these informal support systems. Meanwhile, communities are increasingly called upon to create inclusive, age-friendly, and resilient environments that promote well-being and enable people of all ages to thrive.

This session explores how families, communities, and the broader social environment can be strengthened and reimaged to support population health and social equity amid demographic change

| OBJECTIVES

This session explores innovative, inclusive, and equity-driven approaches that strengthen the role of families, communities, and supportive environments across the life course. The session highlights diverse models from mental health systems, palliative care, digital health, and age-friendly design — emphasizing how demographic transitions can be met with compassionate, community-rooted strategies.



Panelist

Dinesh Arora

Principal Health Specialist

Asian Development Bank
Philippines

Dr. Dinesh Arora is a physician and public health specialist with over 20 years of experience leading transformative health reforms across South and Southeast Asia, Central, West and East Asia, the Middle East, and North Africa. A Chevening Scholar with a master's in Economics, he is currently pursuing a doctorate in Health Policy at Johns Hopkins University.

Renowned for evidence-based approaches to complex health challenges, he overhauled Kerala's health services in India, pioneered the world's largest publicly funded health insurance program, and as Founding Deputy CEO of India's National Health Authority, helped establish the Ayushman Bharat Digital Health Mission.

At the Asian Development Bank, Dr. Arora manages a diverse portfolio across Türkiye, Azerbaijan, Pakistan, Mongolia, the People's Republic of China, India, Bangladesh, Indonesia, spanning health systems strengthening, pandemic preparedness, climate and health, vaccine and regulatory capacity, One Health, digital health, and early childhood development. His work emphasizes scalable, sustainable reforms that integrate innovation, financing, and governance to improve population health outcomes globally.