

## **PS 3.5**

**GENERATION NOW: YOUTH LEADERSHIP AT THE NEXUS OF HEALTH,  
GENDER, AND THE ENVIRONMENT**

## | BACKGROUND

Today's world is home to the largest generation of young people, presenting an unprecedented opportunity to harness a demographic dividend for sustainable development. Yet, realising this potential demands urgent investment in health, education, and rights, especially for girls, young women, and vulnerable communities. Gender equality is critical not only for individual empowerment but also for unlocking broader social and economic progress.

Children and youth are disproportionately vulnerable to the escalating impacts of planetary health challenges, such as climate change, biodiversity loss, and pollution. These crises undermine their rights to health, education, and well-being, and disproportionately affect girls and young women through compounded risks. However, young people are not merely passive victims: they are active agents of change, advocating for transformative action at the intersections of gender, health, and environmental justice.

This youth-led session will explore the interconnectedness between demographic transitions, gender dynamics, youth empowerment, and planetary health. It will elevate youth voices, spotlight innovative youth-led solutions, and call for policy actions that centre equity, rights, and intergenerational justice.

## | OBJECTIVES

- To explore how structural and environmental determinants, including climate change, disproportionately impact the health and well-being of youth and children.
- To showcase innovative youth-led and youth-centred approaches that promote planetary health and health equity.
- To discuss how investing in youth today, through education, health, and governance, can unlock the demographic dividend for a more just and sustainable future.
- To promote youth leadership by highlighting youth-led initiatives and solutions that address the intersections of health, rights, and environmental justice.
- To foster intergenerational dialogue to bridge young people's and policymakers' perspectives and commitments for more inclusive and equitable policy responses.



Speaker

## Rebecca Kausa

*National Advocacy Coordinator*

Amref Health Africa-YACT  
Zambia

### Ms. Rebecca Kausa

Rebecca Kausa is a dedicated public health advocate and the National Advocacy Coordinator for Amref Health Africa's Youth in Action (YACT) program in Zambia. With a background in Sociology and Human Rights, Governance and Development. She possesses over 5 years of experience in designing and implementing youth-led advocacy strategies focused on health equity, sexual and reproductive health and rights (SRHR), gender equality, and climate action.

At Amref Health Africa-YACT, Rebecca empowers a network of young leaders to influence policy and drive community-level change. She has been instrumental in campaigns that bridge the critical nexus of health, gender, and environmental justice, advocating for policies that are inclusive of young people's voices, particularly young women and girls.

Her work is characterized by a deep commitment to community-centered approaches and ensuring that youth are not just beneficiaries but active architects of their health and future. She is a recognized voice in national and regional forums on issues of adolescent health and youth participation in the Sustainable Development Goals (SDGs).

Rebecca is thrilled to contribute to PMAC 2026 to share lessons from the Zambian context and amplify the call for intergenerational collaboration in navigating global demographic transitions.