



PMAC PRINCE MAHIDOL
AWARD CONFERENCE **2026**

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**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.



Moderator

Anita Soina

Founder

Restoration Warriors Africa
Kenya

Anita Soina is a climate change and community development advocate from the Indigenous Maasai Community of Kenya . She is the founder of Restoration Warriors africa a youth led community of passionate changemakers restoring ecosystems and championing communities. She is also the founder of the Soina foundation that works to empower indigenous, rural and marginalized communities for community development through Access to Education , WASH services and building climate resilience with storytelling and intergenerational dialogue at the centre of achieving the same. She served as the Global Youth Champion for UN Hosted Partnerships , Sanitation and Water for All in the 2023/2024 period. Soina has used her digital platforms as an SDGs creator and influencer to not only showcase the global community challenges and their victims but to also tell the powerful stories of how those greatly affected by these challenges are playing a huge role in providing solutions. She has participated in various high level events and conferences. In the 2022 Kenya's general election, she unsuccessfully ran for office becoming the youngest candidate for position of member of parliament at the age of 21 in a Green Party while green parties are not popular in her region.

She earned her Bachelor of Arts in Public Relations and Corporate Communications from Multimedia University of Kenya and is now pursuing Masters of Arts in Community Development at Daystar University.