

Appendix 2

Additional guidelines Healthy Future

The Healthy Future theme encompasses both mental and physical health focusing primarily on the social determinants and cultural contexts of health: understanding and changing systems that undermine health, from structures and policies to behaviors and beliefs. The Healthy Future theme has identified two sub-themes: (1) Towards a healthy diet for all and (2) Stress & the intergenerational transmission of health and (un)healthy behaviors.

Additionally, from 2024, the Healthy Future theme would like to emphasize the global health perspective as applied to the two themes described above. This perspective can help to extend our knowledge about safeguarding health and well-being across borders, recognizing its social value and promoting well-being and a healthy future for all. The two sub-themes offer guidance for project proposals for Seed Grants. However, project proposals are not required to fall into these categories.

Sub-theme: Towards a healthy diet for all

A healthy diet is fundamental to human health. However, eating a healthy diet in our current food system is made difficult by factors such as the high cost of healthy food, the abundance of unhealthy choices, the marketing of unhealthy food and more. An unhealthy diet can lead to diseases such as obesity and type 2 diabetes. Additionally, our food system contributes to environmental degradation and places unfair demands on developing countries. Therefore, a healthy and sustainable food system is essential for a healthy future. This sub-theme seeks to explore the drivers and barriers to accessing healthy food and to identify policy solutions for creating a healthier food environment.

Sub-theme: Stress & the intergenerational transmission of health and (un)healthy behaviors

A small portion of families experience a disproportionate burden of mental and metabolic health issues, including depression, anxiety, addiction, conduct problems, diabetes, obesity, and dental problems, resulting in significant patient suffering and societal costs. These issues often intersect with societal factors such as class, gender, and race, and can be exacerbated by discrimination. Furthermore, these health conditions and unhealthy behaviors tend to persist within families and are transmitted across generations. This sub-theme aims to investigate the risk factors and mechanisms of intergenerational transmission of health and health behavior within families facing high cumulative risk and to develop effective interventions.