



# ANNUAL REPORT

# 2024



# CONTENTS

Message from the Executive Director	1
Mapping SCPH's Presence in 2024	4
2024 Planetary Health Summit and 6 <sup>th</sup> Annual Meeting (PHAM 2024)	8
The Story We're Writing Together	12
SCPH in the Media	13
Messages from our Partners and Friends	15
Our Team (Stories)	16
What's Cooking in 2025?	19
Who to Connect with at SCPH	22
Appendix: List of Events, Publications, Speaking Engagements	23





## Message from the Executive Director

Welcome to our third Annual Report.

Let me begin by thanking everyone who has worked with us over the last twelve months. Special thanks are due to the many organisations and individuals who helped us host the first Planetary Health Summit and 6th Annual Meeting (PHAM2024) in Malaysia, and to Asia for the first time. The success of this meeting was captured in the Kuala Lumpur Call to Action issued at the end of the event, and the Planetary Health Roadmap and Action Plan, which was adopted in the final plenary session, which several hundred people around the planet are now working on implementing. At the end of the meeting, I asked our friends at Erasmus University in the Netherlands, as the hosts of PHAM2025 to hold us all to account to deliver – and so the heat is on – demonstrating progress on action points by October is one of our top priorities. The Roadmap is a true example of “evidence to action” and brings with it a huge burden of responsibility on us all.

With the growth of our team over the last three years, we have been able to offer increasing support to and engagement with policymakers, notably the Malaysian Ministry of Health (MOH), the Ministry of Natural Resources and Environmental Sustainability (NRES) and the Ministry of Higher Education (MOHE). Regionally we used the follow up period after PHAM 2024 to re-engage the South and Southeast Asia Planetary Health Alliance Network and to work with its members in starting to think through what meaningful policy engagement looks like in our region; who to work with, what the priorities need to be, and how to tap into some of the brilliant work that is already underway by partners.

Within Malaysia, we are steadily advancing our efforts in partnerships with the Ministry of Higher Education and through the maturing of the important and groundbreaking mandatory course on planetary health for all students at Sunway University (MPU), as well as fostering collaborations that strengthen our educational and research outputs.

On the research front we continued to publish in both scientific and non-scientific media. Read more about some of the research findings later in this report and see how we are using that research and evidence to inform action. Our support for the National Planetary Health Action Plan (NPHAP) underscores this evidence to action drive, and we call for the Plan’s robust and serious implementation to drive meaningful action here in Malaysia.

Engagement with ASEAN on climate, peace and security, in cooperation with our friends and colleagues at the S Rajaratnam School of International Studies at the University of Singapore, helped to raise the profile of the relationship between these three phenomena at the policy level, and our work here will continue into 2025 when Malaysia assumes chairmanship of ASEAN.

But we need to go further. We will be bolder in confronting Malaysian based fossil fuel companies, and their supply chain partners, as well as pushing the message that the use of fossil fuels is about all of us and the choices that **we** make – from how much **we** travel, to the car **we** drive, to the plastic bag **we** mindlessly make use of and then throw away. We recognise the role state oil has played in our journey towards becoming a high-income nation but will continue to press for a much swifter transition to renewables. Other nations have shown this is possible.

I'm humbled that our Centre is earning recognition as a globally acknowledged leader on the relationship between the health of the planet and health of human civilisation. As we increased our engagement in multilateral and international initiatives, we were able to amplify impact on planetary health discourse and action. This is one avenue for change but places an even greater onus on us to step up and lead – continually striving to connect knowledge and action and to rapidly enhance partnerships where it is obvious that joint action is both appropriate and essential. For example, the Planetary Health/One Health debate needs to be brought to a conclusion. We will work with our friends and partners across the Planetary Health Alliance on this, and with the World Health Organisation and other partners to try and move beyond debates that do not accelerate systems change. Planetary health is an end goal – and if we get it right, we will accelerate the attainment of the sustainable development goals our nations have endorsed.

As the planetary crisis deepens, and as we see an intensification in populist rhetoric and rising concerns around changes in weather, extreme heat, plastic pollution in our oceans and in our bodies, and rates of illness climbing as we pump yet more fossil fuel emissions into the atmosphere, it's clear that we cannot rest. But to be effective we need to be able to better understand each other's viewpoints and work towards collective action – across politics, academia, education, communications, with civil society and with the business community – all drivers of economic progress and all with a stake in making a safer, more secure, cleaner and greener future for us and our children and grandchildren. We need to support policy makers with evidence and action and, as a university entity, mobilise young people. Raising the profile of the important work that we are supporting in Ipoh as it sets its sights on becoming a fully regenerative economy by 2027 has been a priority during the last 12 months.

As we look to 2025 and beyond, and the start of implementing our new three-year workplan the path ahead remains fraught with challenges. From escalating conflicts to worsening ecosystem degradation, these crises collectively threaten planetary health, making our mission more critical than ever. While we continue to expand, to increase our reach, make our research and advocacy both more sophisticated and more joined up, we need to make sure that we are taking time for introspection and consolidation. That includes supporting and drawing on the skills and capacities of the

broader university, as well as engaging with other universities and think tanks across our part of the world. I am excited that we have been invited by the UN Development Programme's Human Development Report Office to work with them on the next UN Human Development Report.

As a proud citizen of Malaysia and of ASEAN I am convinced that Malaysia's chairing of ASEAN in 2025 presents a pivotal opportunity to embed planetary health principles into regional policies and frameworks, leveraging this leadership role to drive transformative change. We will need to work hard on this to help our partners and ourselves be positioned to support the Association in a year when the landscape looks complicated, where the planetary health crisis is deepening and where the capacity of our governance institutions to respond needs to be strengthened.

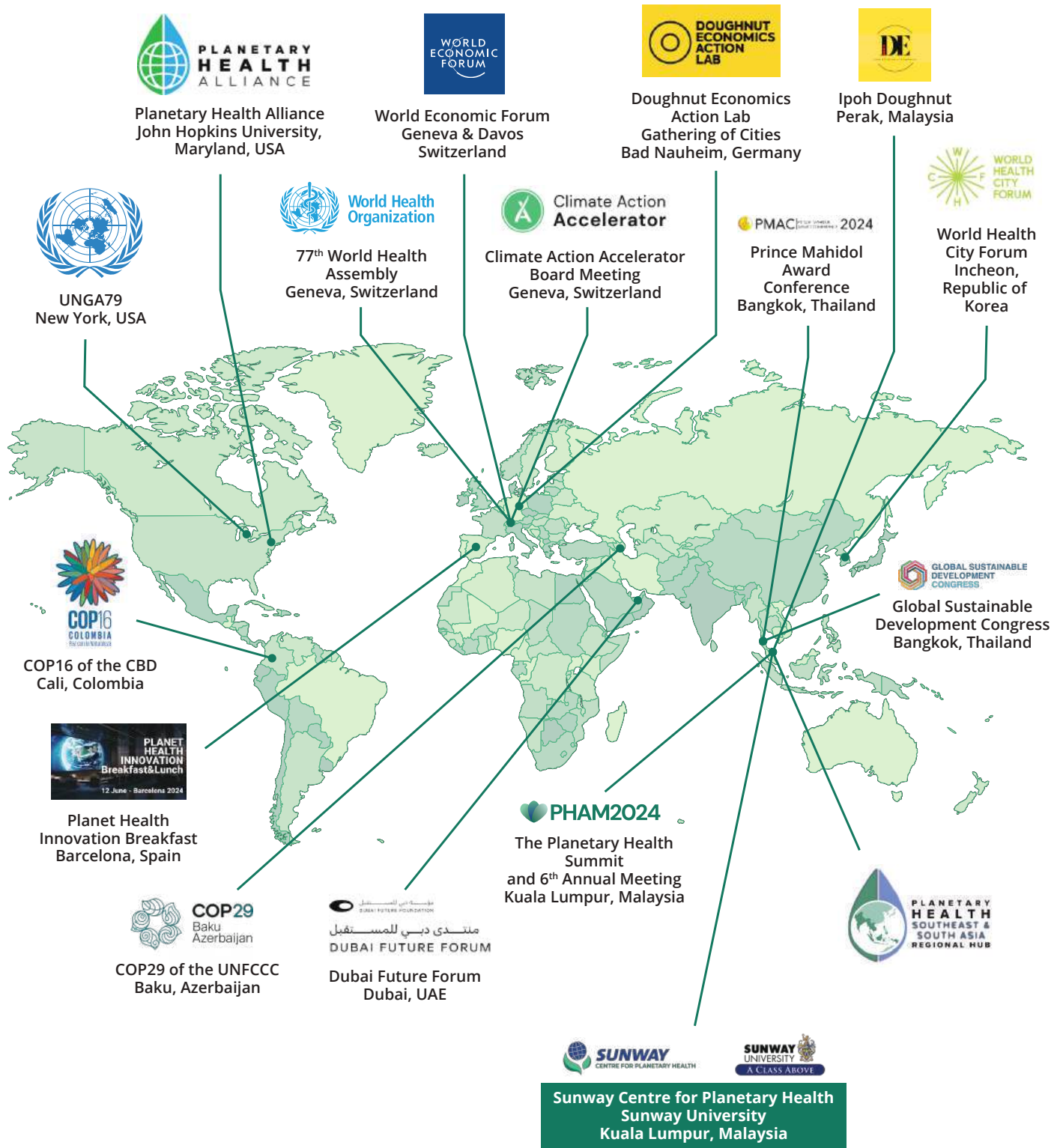
Friends, for the Centre 2024 was a year of growth and development. We have several achievements tucked under our belt. But the prognosis for 2025 is that there is much to do. Early this year, the World Meteorological Organisation announced 2024 as both the hottest year on record and the first time we had crossed the 1.5 degrees Celsius limit. While we need a ten year increase to declare a formal rise in temperatures above 1.5 C, the writing is on the wall, and we must do everything to stop this from happening. The Earth Commission's planetary health check indicated we have less than a decade to limit global warming before being at risk of triggering cascading tipping points.

With these pressing challenges, it was thus a highlight close to the end of the year to be awarded a generous grant worth RM17 million from *Fondation Hoffmann* to help us advance some of our work from 2025 to 2027. This grant, combined with the generosity of Sunway University in hosting us and covering our operating and core staff costs means that we have the means to amplify our work going forward – and for this I am sincerely grateful.

In closing thank you once again for your support to our work – whether financial, moral, strategic or operational. And a final thanks you to the amazing team I am lucky enough to work with at the Centre – they are, quite simply, incredible examples of what it means to be a planetary health believer!

Prof. Dr. Jemilah Mahmood

# Mapping SCPH's Presence in 2024



## Around the World

In service of planetary health, SCPH has established a consistent presence among global thought leaders, engaging in multinational processes and influencing positive change in collaboration with the Planetary Health Alliance, and a robust network of partners. From the Global Sustainable Development Congress held in Bangkok where SCPH presented the Planetary Health Roadmap: a strategic framework for global action, to hosting sessions at both the 29<sup>th</sup> Conference of the Parties to the UN Framework Convention on Climate Change (COP29 of the UNFCCC) in Baku, Azerbaijan and COP16 of the 16<sup>th</sup> Conference of the Parties to the Convention on Biological Diversity (COP16) in Cali, Colombia.

- At COP29, SCPH spoke at 2 panel sessions, providing substantive inputs to a discussion on finding solutions to planetary uncertainties, hosted at the Malaysia Pavilion; and sharing views on advancing climate literacy to advance sustainable healthcare, held at the World Health Organization's Health Pavilion.
- At COP16, SCPH hosted a side event which delved into the technical but important subject of planetary health and international law, focusing on digital sequence information coherence at a time when access and benefit sharing (ABS) is increasingly fragmented and incoherent.
- At the World Economic Forum (WEF) the Executive Director co-chairs the Climate and Health Initiative which brings together the public and private sectors to advance knowledge, mitigation and adaptation actions needed to protect humans from the impact of climate change. The Centre is also working with WEF to advance circularity and responsible resource use through the Global Future Council on Responsible Resource Use.
- At the Dubai Futures Forum, held in November, and the largest gathering of futurists on the planet, SCPH led on the insertion of planetary health into the discourse, connecting minds around future threats and the related opportunities to protect the planet and humanity.

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## In the Region

With its home base in Malaysia, a rising economy in Southeast Asia, SCPH is recognised as an important regional centre for planetary health and serves as an active member of numerous overlapping regional communities.

- SCPH co-hosted the Asia Regional Workshop on Climate and Health Co-benefits with the UN University's International Institute for Global Health at our home university in Malaysia.
- The Centre participated in the Nurture South-East Asia Forum held at Nottingham University, the Just Transition Forum Asia 2024 co-hosted by the Regional Climate and Energy Project of Friedrich-Ebert-Stiftung (FES) Asia and Climate Action Network Southeast Asia (CANSEA) and conducted an interactive workshop at the inaugural Regional Health Summit co-hosted by the Well Being Project and Impact Hub Malaysia.
- SCPH is the convenor of the Planetary Health Alliance (PHA) South and Southeast Asia Regional Hub, facilitating collaboration and knowledge sharing among the planetary health community in this region.









## HEALTH CARE SYSTEMS DECARBONISATION

Health Care Without Harm (HCWH) and Arup authored a report revealing that if the global healthcare sector was a country, it would be the fifth largest emitter of greenhouse gases on the planet. Recognising the importance of supporting ongoing efforts by the Ministry of Health, SCPH, HCWH- SEA and Centre for Sustainable Medicine, National University of Singapore engaged with the Ministry to conduct a series of workshops, empowering hospital administrators across the country to understand their facilities' carbon footprint, and how they can accurately measure and reduce it.

## IPOH DOUGHNUT ECONOMICS

Ipoh Doughnut Economics is a transformative project for the city of Ipoh, Perak using the Gross Domestic Product (GDP)-alternative economics framework, Doughnut Economics. The project aims at shifting the narrative for Ipoh, a former tin mining city, to becoming a regenerative and community-centred city by 2027.

In 2024, closer collaboration was forged between SCPH and our project partners, Institut Darul Ridzuan (IDR) and the City Council, Majlis Bandaraya Ipoh (MBI). As the knowledge partner, SCPH led stakeholder engagements; six community consultations and workshops and nine mentoring sessions that align the principles of Doughnut Economics with existing frameworks currently being implemented by MBI. We are proud to have co-drafted the "Ipoh Doughnut: City Portrait in Action" – also known as the Ipoh Doughnut Action Plan – that downscales the global Doughnut Economics framework into a city-wide action plan with seven key demonstrator projects across three themes: regeneration, planetary health, and community empowerment.

We look forward towards documenting the knowledge gained throughout Ipoh's journey to implement and live within the Doughnut to inform the state of Perak's larger plans to adopt Doughnut Economics in other municipalities. Most importantly, we are excited to work more closely together with our partners and the people in Perak so that this vision can be co-created together!

## CLIMATE FINANCE

At the Sustainable and Responsible Investment Conference (SRI) 2024 hosted by the Securities Industry Development Corporation (SIDC), SCPH delivered the keynote address on Planetary Health and Humanity, closely aligning with the theme of the conference, Investing in Human Wellbeing and the Planet. Moving forward, SCPH will be collaborating with SIDC in strengthening health indicators for Environmental, Sustainability and Governance (ESG) reporting for the private sector.

## PHAM 2024 in numbers



PHAM 2024 hosted

**1,086**  
delegates from

**67**  
countries



**547**  
international  
delegates

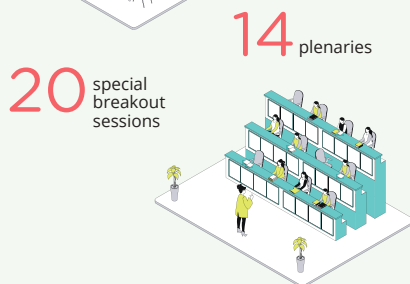


**539**  
Malaysian  
delegates

The program agenda included ...



**2** spotlight  
sessions



**14** plenaries

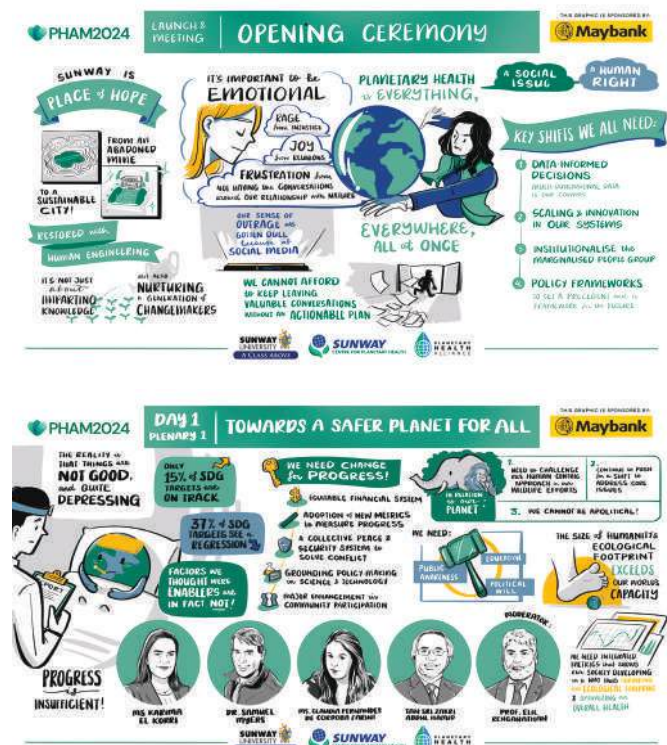
**20** special  
breakout  
sessions

# 2024 Planetary Health Summit and 6<sup>th</sup> Annual Meeting (PHAM 2024)

## Pre-PHAM

For us PHAM was special not only because it was the first time it was held in Asia, but because in addition to organising the event, we wanted it to ensure that the meeting laid the ground for enhanced continuity in the journey to planetary health and that space was provided to ensure that the theme of the conference “From Evidence to Action: Confronting Reality” could be fully realised. So, we upped our ambition and sought consensus through pre-conference consultations and with the guidance of a strong, dedicated and dynamic programme committee, to developing a Planetary Roadmap that can be used by anyone to help answer the question “What can we do to help resolve the crisis we are facing?” Did we succeed? Read ahead!

## PHAM 2024



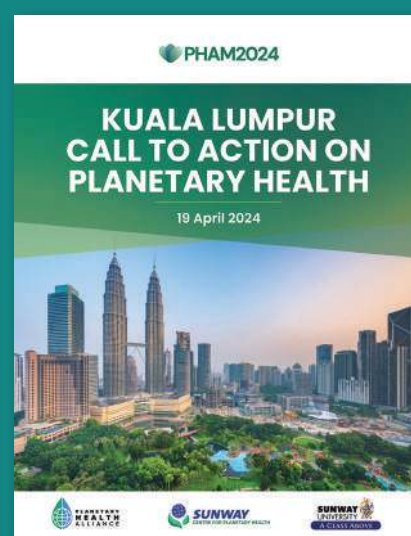
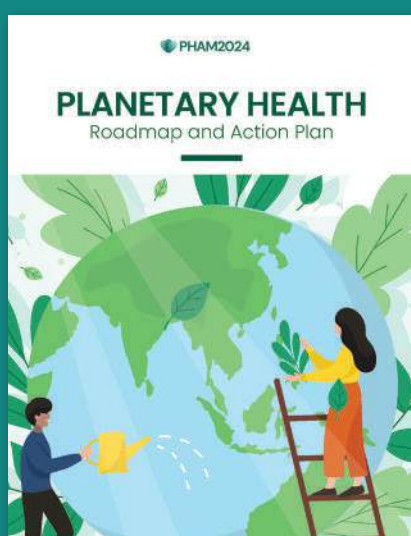
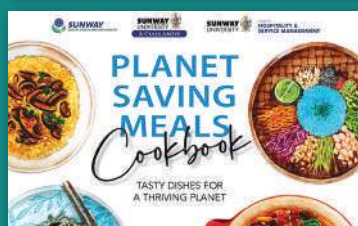
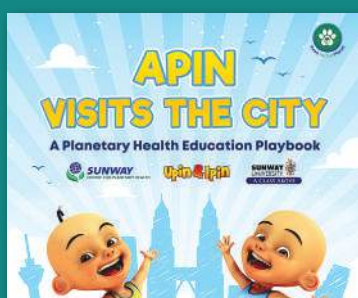
## THE HIGHLIGHTS

The opening ceremony on 16 April included speeches from our distinguished guests, including Datuk Seri Dr. Dzulkefly bin Ahmad, the Minister of Health Malaysia and Mr. Haoliang Xu, United Nations Under-Secretary-General and Associate Administrator of the UN Development Programme.

Plenaries and special breakout sessions revolved around making progress in addressing the four themes of Governance, Education, Business and Communications that are the four focus areas of the roadmap.

The meeting also:

- Launched two books – a planetary health themed playbook called “Apin in the City” and the Gourmand Award-winning Planet Saving Meals recipe book
- Adopted the Planetary Health Roadmap and Action and agreed on the importance of the Action Plan being implemented, with the Erasmus School of Health Policy and Management, organisers of PHAM2025, agreeing to hold us all to account to deliver by the time the next meeting is held in October 2025 in Rotterdam, Netherlands.
- Adopted the Kuala Lumpur Call to Action. Building on the São Paulo Declaration, this Call to Action committed stakeholders to advancing evidence-based solutions for human and planetary well-being, fostering collaboration to support a planetary health-informed successor to the 2030 Agenda. By prioritising human health and recognising the interdependence with natural systems, participants agreed to utilise the Planetary Health Roadmap to expand the movement’s reach. Research and evidence will be aligned with the roadmap’s action plan, and clear communications will engage all parties in co-creating a transformative shift in how humanity interacts with nature and one another.







- In addition to the main events, we hosted two Experiential Excursions (Rimba Ilmu and Jungle School) and three workshops:
  - Workshop for Journalists on Understanding and Reporting Climate, Air Pollution and Health where 30 journalists were provided with the opportunity to sharpen their reporting skills on these important issues.
  - Decarbonising Health Systems Workshop. The Sunway Centre for Planetary Health (SCPH), Health Care Without Harm–Southeast Asia (HCWH) and Ministry of Health (MOH) collaborated on a series of workshops focusing on decarbonising the healthcare sector, engaging MOH staff from various departments, equipping them with foundational knowledge and skills in decarbonisation strategies
  - Faith for the Planet Workshop. The Sunway Charter “Faith in Action Addressing Planetary Health Challenges through Spiritual Leadership” was discussed at the Faith for the Planet Workshop and an agreed text was completed by the end of 2024. The Charter will be released globally in early 2025.





## POST-PHAM

Our focus was on action, and so there's been a lot of work going on since PHAM through implementation of the Action Plan with six working groups that will report back on the results of the implementation plan at PHAM 2025. These working groups are engaged in taking forward six streams of work:

- Measuring Planetary Health
- Governance for Planetary Health
- Education for Planetary Health
- Communicating Planetary Health
- Planetary Health Governance, and
- Mainstreaming Planetary Health

Please get in touch with us if you are interested in these areas of work and have expertise that you think you may be able to offer.

Weblink:

[Planetary Health Roadmap and Action Plan](#)

### A Fulbright Scholar's PHAM Journey

From January to August 2024, the Sunway Centre for Planetary Health hosted its first Fulbright Scholar, Matthew Carvalho, based at Georgetown University in the United States of America. As part of his research project, entitled *Embedding Planetary Health in Law through Transnational Education*, in partnership with Sunway University, Monash University Malaysia, and Universiti Malaya, Matthew led the Governance Working Group for the drafting of the Planetary Health Roadmap and Action Plan.

Through this process, he convened legal and governance scholars from around the world to determine how planetary health might be used as a mechanism to inform global governance processes. The convenings resulted in Section 4.1 of the Planetary Health Roadmap: *Reimagining Global Governance Institutions Fit for the 21st Century and Beyond*.

The Planetary Health Roadmap is positioned to be a guiding document for moving forward planetary health-informed governance and has seen headway leading to PHAM2025 next October.

*"The Sunway Centre for Planetary Health prides itself on being a place that invests in the knowledge of the next generation, and my time as a Fulbright Scholar with the team is a testament to this forward-looking approach. I will forever be thankful for the care and support SCPH and Dr. Jemilah have shown me, and I am proud to take what I have learned on the ground in Kuala Lumpur to move forward global governance reform for the years to come."*



# The Story We're Writing Together

From Evidence to Action is a key focus for SCPH's research. We tried to bridge the gap between knowledge and action through research that will not only answer key knowledge gap but also be impactful beyond the academic community. One example is the research on food and diets of Malaysians.

Together with colleagues from the School of Medical and Life Sciences and the Jeffrey Cheah Institute, our researcher, explored whether Malaysian diets are healthy and sustainable, using the Planetary Health Diet as our framework. It is a dietary guideline designed to improve the health of the population whilst reducing greenhouse gas emissions and other negative environmental impacts caused by how our food systems operate.

Malaysian diets did reasonably align to the Planetary Health diet, with low intake of red meat and dairy. However, our diets are high in empty calories from refined grains, added sugars, and ultra-processed foods, particularly among those facing food insecurity. Our research argues that making access to nutritious foods, such as whole grains, legumes, fruits, and vegetables, easier is important in tackling food insecurity in the country.

We propose that the Planetary Health Diet guideline is a useful framework for Malaysian policymakers and relevant implementers such as government departments and NGOs to assess, address, and monitor the impact of food systems and national guidelines on health of the people and our planet, ensuring that current food systems meet current needs within planetary boundaries.

In education, a key highlight for SCPH in 2024 is the Planetary Health Playbook. Through interactive exercises and narrative-style content, the Planetary Health Education Playbook series aims to educate children aged 7 to 9 about planetary health. The first book in the series (launched at PHAM 2024, supported by Bank Islam Malaysia Berhad), which features well-known characters from the renowned Upin and Ipin animated series by Les' Copaque Production, is available in print and e-book formats in both Malay and English. An Indonesian language version set to be released later.

The Playbook addresses issues such as healthy habits, nutrition, appropriate waste management, and other environmentally friendly practices. The playbook was included in activities during Global Doughnut Day 2024, which was held in one of the schools in Ipoh, and fifty (50) number of students participated. Interactive stations based on the contents on the book were facilitated by team members from SCPH and the Ipoh Doughnut Economics Centre (IDEC).

# SCPH in the Media



## Media and Public Relations Highlights

Three years after its establishment, the Centre further solidified its position as a planetary health thought leader. Malaysian publications including Astro Awani, The Edge, BERNAMA, while internationally we received media coverage through Al Jazeera, Devex, Nikkei Asia among others, all of which featured the Centre's research and advocacy initiatives. Contributions from our experts—ranging from opinion pieces to interviews on television and podcasts—extended our reach, enhancing public discourse on environmental and health issues.

Our presence on social media has also been an important factor in amplifying our message, fostering meaningful conversations, and engaging diverse audiences. This multi-channel strategy not only broadened awareness but reinforced the Centre's credibility and influence as a leader in planetary health.



◀ Conducted 15 interviews with thought leaders and media outlets globally



◀ Featured in 45 media stories, showcasing our impact to the community



▲ Published 19 opinion articles across print and digital platforms



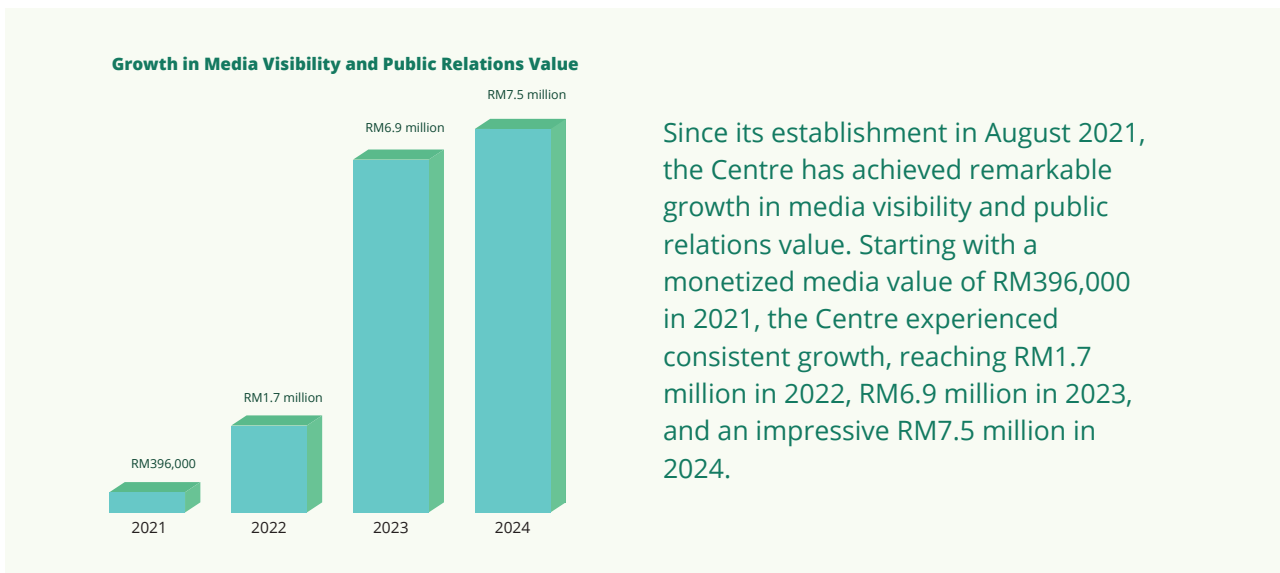


◀ Reached 1,000 Instagram followers, with active engagement on Facebook, X, and LinkedIn

## Advancing Advocacy and Influence Through Media

In 2024, the Centre leveraged a variety of media platforms to communicate research, advocate for policy reform, and inspire informed public dialogue. This reflects our mission to drive systemic change for a healthier planet and communities through collaboration and action. By prioritising transparency and accountability, our extensive media presence underscores the Centre's commitment to impactful, research-driven advocacy and its vision for a sustainable future.

## Media Coverage: Growth and Impact



This rapid progression reflects the growing recognition of the Centre's leadership in addressing planetary health challenges and its expanding impact on shaping public awareness and discourse. The continued success of our media outreach serves as a testament to the Centre's pioneering efforts in promoting health and sustainability.

# Messages from our Partners and Friends



**Dr. Erin Hughey**  
Deputy Executive Director  
Pacific Disaster Centre

*In a world faced with rapid change, Sunway Centre for Planetary Health is leading the way to protect the health of the planet, and all its inhabitants into the future—and we should all be following! Focused on building a healthier and safer world through research, policy, and innovation, SCPH is finding a way, despite the challenges, to make major advancements towards mainstreaming planetary health initiatives. SCPH is the premier example of how to effectively apply research through meaningful communication to effect change, gain advocacy, and create policy.*

*We thank the SCPH team for its unwavering commitment to building a just society. It is why we are committed to our ongoing collaboration. Together, we will continue our work to address critical challenges through innovative solutions!*



**Dr. Unni Krishnan Karunakara**  
Interim Director  
UNU-IIGH

*Our collaboration with Sunway University on the Asia Regional Workshop was characterized by an ambitious yet practical approach to organization. Sunway efficiently managed multiple partners and demands to advance a progressive climate change and health agenda. Overall, Sunway's involvement contributed to the successful execution of the workshop, providing a solid foundation for transformative action.*



**Ralph Mpofu**  
Catalyst: Partnerships,  
Programs & Community  
Impact Hub

*Our collaboration with the Sunway Centre for Planetary Health has been a great example of partnerships for good. Together, we have achieved significant strides in engaging young people and exploring the critical role of businesses in advancing the well-being of people and the planet.*

*Interventions such as the Climate Courage Workshop have been instrumental in empowering young people to better understand and address the challenges posed by the climate crisis while fostering awareness and action on progressive planetary wellbeing engagement.*

*As we look ahead to 2025, we are excited to strengthen this partnership, amplify our shared impact, and create lasting change. With continued collaboration, we are confident that together we can make a meaningful difference. Let's make impact happen!*

# Our Team (Stories)

## Interns Don't Grow On Trees



L-R: Prof. Mahendhiran Sanggaran Nair, Aina Aaliyah, Prof. Sibrandes Poppema

### Aina Aaliyah Kamarulzaman

International and Strategic Studies,  
Universiti Malaya

At first, I was intimidated. I wasn't well-versed in public health or environmental action, areas of work unlike my background, which is in political science and grassroots work. Still, the Centre took a chance on me. The flat hierarchy here surprised me: no need for formal titles, even with PhDs! Conversations with supervisors, managers, even the Executive Director, were easy. I've gained skills, confidence, and a more planetary health-aligned lifestyle, thanks to my supportive "work family."

### Haziman Abdul Rahman

Political Science and International Relations,  
University of Westminster

My time at the Sunway Centre for Planetary Health reshaped how I view climate care. As part of the team, I witnessed the power of teamwork and resilience. Everyone contributed unique skills, ensuring success. May SCPH continue leading Malaysia to better climate understanding. Let's start at home and show the world that Malaysia not only cares but also champions meaningful change.

L-R: Haziman Abdul Rahman, Revan Lim Tai – Jie



### Annabelle Marusic

MPH in Public Health at Karolinska Institutet, Sweden

As a Research and Advocacy Intern at SCPH, I collaborated in the publication of a systematic review on climate adaptation strategies in Malaysia. I assisted in the preparation of the Planetary Health Annual meeting where I got the amazing opportunity to meet multidisciplinary experts from all over the globe. I gained valuable experience in communication, advocacy strategy, and planetary health, further strengthening my passion for environmental and public health policy.

L-R: Annabelle Marusic, Siti Hannah Ariff, Dr. Fatimah Ahamad





▲  
L-R: Reginald,  
Prof. Dr. Jemilah Mahmood, Ian

## Reginald Wilmer Erone

The Sunway Centre for Planetary Health is more of a family than an organisation. As an international student, settling in a new academic environment was not the easiest but settling in the new working environment came easy for me. I felt more needed than wanted in a surrounding where I could learn, network and grow as a person and as a collective with the colleagues I completed different tasks with. My perspective on the way I personally see the environment we live in changed, learning that it is not just how we live our lives but how we live in a way that will allow future generations to also enjoy the beautiful ecosystems of our planet.

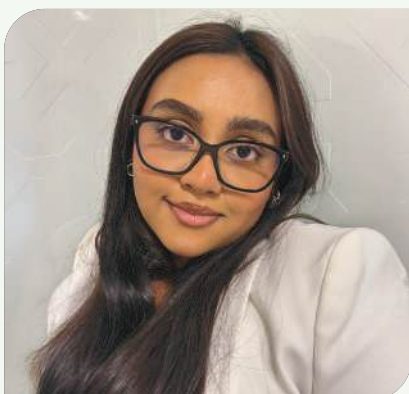
## Kyeyune Ian Victor

My experience at the Sunway Centre for Planetary Health was very enriching with a variety of different personalities to learn from and most importantly the warmth at the workplace that facilitated my learning curve as an intern. The investment of efforts from everyone to ensure that I comfortably performed my tasks with a kind understanding there is room for mistakes only made me better and kept me constantly motivated. The professional and life values bestowed onto me and the experiences I shared with my colleagues are the values and experiences I will forever hold closely to my heart.

## M Arsalan Mujaddadi

Master of Engineering Business Management, Faculty of Artificial Intelligence, University Technology Malaysia

I had the privilege of being part of the organising team for the Planetary Health Summit and 6th Annual Meeting. It was an incredible experience coordinating discussions on sustainability and global health. The event brought together experts and innovators, fostering impactful collaborations. I am proud to have contributed to such a meaningful platform promoting solutions for a healthier planet and future.



## Yazmine Hanna

I've had the blessing to work with such kind and welcoming people who were patient in educating me and left me knowledgeable in this field, and I'm forever grateful. I've learnt so much and it has left me eager, wanting to learn more about Environmental Health. Thank you for such a developmental experience and for altering me to be more mindful in everything I do.

## Our Ipoh Doughnut Team

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### Sharifah Husna Syed Zainal Yussof

Research Assistant

Just as interns do not grow on trees, nor does experience. At the Sunway Centre for Planetary Health, I was able to turn theories into practices from years of tertiary education. SCPH also provided me with opportunities to grow and expand my knowledge as well as to share that knowledge with others. The supportive and friendly staff helped me in overcoming work-related challenges with good food and laughter. As an SCPH staff working remotely from Ipoh, I have never felt any distance working with them though we are miles apart. All in all, SCPH taught me to break through my shell and make changes through planetary health, one step at a time.



### Nurul Hamizah Nor Ahmad Kefli

Project Coordinator

Ipoh – Kuala Lumpur is just like a second home to me. Working remotely can be a little tough for someone who is a “people” person but so glad I am still able to come to KL office once awhile and meet my dearest colleagues at SCPH who welcome me very warmly. As someone who never used to carry water bottles and reusable plastic bags anywhere, after joining SCPH, because of the culture of sustainability, I started to change as well. I am so grateful to be a part of this team!



# What's Cooking in 2025?

Over the past four years, we have experienced significant growth, change, and impact. As a solutions-focused movement and a trusted, if occasionally critical, stakeholder, the Centre has shown resilience, innovation, and strategic focus. In 2025, we face an important opportunity to strengthen our organisational identity and enhance our core capacities through deliberate focus and internal alignment. Our 2025 strategic roadmap is carefully crafted to advance our mission, grounded in our commitment to creating meaningful change at national, regional, and global levels.

## National Landscape

At the national level, we'll be focusing on:

- The National Planetary Health Action Plan, which was close to being finalised by the end of 2024. A plan is only as good as the way in which it is implemented which is why we will be investing considerable effort supporting the roll out of the plan in 2025. As the first such plan ever it's important that we help our governmental, non-governmental and business partners ensure that it is a success and demonstrates added value through meaningful change. As a longer-term goal we hope that similar plans can be developed and implemented across the ASEAN region and beyond in due course.
- National developmental frameworks such as the 13<sup>th</sup> Malaysia Plan to prioritise health co-benefits and is informed by wellbeing economics. This also includes closer engagement with the private sector to integrate planetary health considerations in their Environmental, Social, and Governance (ESG) standards and reporting.
- Advancing values-based, experiential learning via interactive and immersive programmes such as the Urban – Nature Learning Experience (UNLEARN).
- Malaysia's Higher Education Blueprint 2025-35 which is being developed by the Ministry of Higher Education is a great opportunity to influence the inclusion of sustainability and planetary health into university curricula nationwide. Sunway University is well represented on the Technical and Higher Education Councils, the latter of which both our Executive Director and founding President Tan Sri Jeffrey Cheah sit on.

## ASEAN Regional Engagement

At the regional level, we'll be focusing on:

- Advocating for governance mechanisms that support access to a safe, clean, and healthy environment as a human right.
- Highlighting human health, where, during Malaysia's ASEAN chairmanship in 2025, we are well-placed to make significant contributions in key areas.
- Artificial Intelligence: Advocating for ethical and inclusive AI development, with a potential focus on the evolution of "pro-social AI".
- Exploring and advocating for Climate, Peace, Security (CPS) as a regional agenda towards mitigating systemic regional climate risks and as a narrative for planetary health-informed humanitarian action.

## Global Engagement and Advocacy

Our global engagement strategy focuses on:

- Making sure that the complementary functions of planetary health with other frameworks and approaches such as the SDGs and One Health are well established and understood.
- Advancing planetary health as a narrative that addresses inter-linkages, builds coordination, and navigates geopolitical nuances across global governance frameworks. This also means SCPH's continued participation in Conferences of the Parties (COPs) and other relevant intergovernmental fora.
- Holding global leaders accountable for prioritising human health as a strong factor to consider in pushing for fossil fuel non-proliferation and harmful effects of fossil fuels and their by-products.

## RESEARCH AT SCPH IN 2025

Planetary health research is at the forefront of understanding the complex interconnections between human health and the environment. One of the key aspects of planetary health is the recognition that human activities, such as deforestation and pollution as well as economic and social systems have significant impact on human health. SCPH's research will focus on research that aligns with the six proposed action streams identified in the Planetary Health Roadmap and Action Plan (Table 1).



TABLE 1. CURRENT AND FUTURE RESEARCH WORK LED BY SCPH OR IN COLLABORATION WITH OTHER PARTNERS

PH ACTION PLAN*	RESEARCH PROJECT	LEAD	ACTIONABLE OUTCOMES
Mainstreaming Planetary Health	Eco-anxiety and sustainable food practices	SCPH	Pilot study with the goal of informing broader solutions to tackle eco-anxiety and cultivate pro-environmental behaviours to improve human and environmental health
Mainstreaming Planetary health	Tertiary Student Exposure to PM2.5: Will Intervention Campaign Significantly Reduce Traffic Related Air Pollutants in Campus?	SCPH	A preliminary study aiming to assess the impact of social media campaigns in reducing air pollution and provide recommendations to academic institutions and NGOs.
Measuring Planetary Health, Building Holistic Governance	Transforming Tasik Cermin into a Doughnut Destination: Assessing the Applicability of the Doughnut Economics -	SCPH	The outcome will guide sustainable tourism development that balances economic growth, human well-being and environmental health
Communicating Planetary Health	Regional Hub for Asia Climate Change and Health Consortium	Monash University	A hub that aims to support the research that promotes climate literacy, community empowerment and response, and health system strengthening with particular attention to climate-vulnerable groups
Building Holistic Governance	Indo-Pacific Initiative for Sustainable Animal Health Cooperation	Griffith University	Prioritise animal health governance as a sustainable development priority and engagement with stakeholders to ensure recommendations lead to action.
Measuring Planetary Health	Securing the Resiliency and Sustainability of Royal Belum Forest against the Impact of Climate Change	University Malaysia Kelantan	Contributing to the project by using bioacoustics to assess the health of the environment
Measuring Planetary Health	Rantaian Urban Green Spaces (RUGS)	Malaysian Nature Society	A multi-stakeholder collaboration for the connectivity of the urban green spaces in Klang Valley for urban wildlife conservation and improving city living through restoration, biodiversity research, and community engagement
Measuring Planetary Health,	Locally led East Asian Flyway Acoustics (LEAFA)	K. Lisa Yang Center for Conservation Bioacoustics	Establish a regional conservation program of migratory birds in the East Asian-Australasian Flyway.

\* PH Roadmap Action Plan:

- Measuring Planetary Health
- Planetary Health Governance

- Education for Planetary Health
- Communicating Planetary Health

- Planetary Health Governance, and
- Mainstreaming Planetary Health

## Education

### UNLEARN

SCPH will be launching an experiential learning short course taking place in Malaysia's unique natural ecosystems. Through the engagement of the five senses, this immersion programme encourages participants to explore the planetary health framework and values system to create a safe and just space for all life on earth. By learning from and with nature, participants will discuss pressing planetary health issues and recognise the urgent need and their role in protecting both people and the planet.

# Who to Connect with at SCPH

GET INVOLVED - Do you know ways in which you can best support the planetary health movement together with our centre?

**Participate in research/data surveys, exchange expertise or queries on educational programme:**

CHIEF SCIENTIST:

Dr. Fatimah Ahamad

[fatimaha@sunway.edu.my](mailto:fatimaha@sunway.edu.my)

**Partnership/sponsorship opportunities, co-hosting programmes:**

HEAD OF PARTNERSHIPS and PROGRAMMES:

Nazia Ahmad

[naziaa@sunway.edu.my](mailto:naziaa@sunway.edu.my)

**Policy work, advocacy, or strategic initiatives:**

HEAD OF POLICY, STRATEGY AND ADVOCACY

Saidatul Maisarah Faiesall

[maisarahf@sunway.edu.my](mailto:maisarahf@sunway.edu.my)

**Communications and media relations:**

COMMUNICATIONS MANAGER

Laila Iskandar

[lilai@sunway.edu.my](mailto:lilai@sunway.edu.my)

Interested in participating in events organised by SCPH: Follow us at @SunwayCPH

If you are someone who does not fall under any of the above-mentioned categories but would still like to explore the ways you can get involved, do reach out to us via email [scph@sunway.edu.my](mailto:scph@sunway.edu.my). Let's stay connected!

# Appendix: List of Events, Publications, Speaking Engagements

CATEGORIES	DATE	NAME OF EVENT	VENUE
Centre Activities and Events	15 – 19 January	World Economic Forum Annual Meeting	Davos, Switzerland
	31 January	Planetary Health Talk and Activities	Virtual
	3 February	Post COP28 Forum	Sunway University
	5 – 9 February	Asia Regional Workshop on Climate and Health Co-benefits	Sunway University
	16 – 18 February	Youth Advocacy Training with UNICEF	Virtual and Sunway University
	20 February	Fireside Chat with Sonny Bill Williams	Sunway University
	26 – 27 February	Workshop series on Decarbonising Healthcare Sectors in Malaysia	Sunway College
	16 April		
	15 – 18 July		
		• Workshop 1	
		• Workshop 2	
		• Workshop 3	
	16 – 19 April	2024 Planetary Health Summit and 6 <sup>th</sup> Annual Meeting (PHAM 2024)	Sunway University
	13 – 14 July	Policy Bootcamp	Sunway International School
Centre Speaking Engagements	9 August	Youth Townhall and Community Sports Day	Sunway University
	12 August	International Youth Day Townhall and Diplomacy Training	Universiti Malaya
	8 September	Cyclothon 2024: Pedal for the Planet	Kuala Lumpur
	19 – 20 October	Supported Malaysia Stop Waste Trade Coalition and Greenpeace Malaysia in organising 'Journey to end Plastics Pollution'	Pavilion Bukit Jalil Exhibition Centre
	11 November	Climate Courage Workshops	University Malaya Taman Tugu
	6 December		
	13 November	Global Doughnut Day	SK Marian Convent Ipoh
	15 – 19 January	World Economic Forum Annual Meeting	Davos, Switzerland
	15 February	Frontiers Planet Prize: Presentation and Discussion of Shortlist	Virtual
Centre Speaking Engagements	26 February	Presentation for Japan External Trade Organisation (JETRO)	Virtual
	13 March	The Global Engagement & Empowerment Forum on Sustainable Development, South Korea	Yonsei University, Seoul, Korea

CATEGORIES	DATE	NAME OF EVENT	VENUE
Centre Speaking Engagements	14 March	Association of Pacific Rim Universities (APRU) Workshop Japan	Tohoku University, Japan
	20 March	WHO Western Pacific Regional Office (WPRO)	Virtual
	18 April	Ipoh Doughnut Economics - PHAM 2024	Sunway University
	24 April	British Red Cross International Strategy	Virtual
	7 May	Indo-Pacific Initiative for Sustainable Animal Health Cooperation	Virtual
	28 May	Recorded speech for MERCY Malaysia International Humanitarian Conference 2024 (MMIHC)	Virtual
	28 – 29 May	Global Forum on Islamic Economics and Finance	Kuala Lumpur Convention Centre
	4 June	Ministry of Natural Resources and Environmental Sustainability (NRES) Townhall	Dewan Baiduri, Menara PETRA, Putrajaya
	20 June	Sustainable and Responsible Investment Conference 2024	Securities Commission Malaysia
	27 June	UNDP Baku Kapuscinski Development Lectures	Baku, Azerbaijan
	2 July	Dinner Talk – Diploma in Diplomacy for Ministry of Foreign Affairs	Four Seasons Hotel Kuala Lumpur
	13 July	World Doctors Day	Virtual
	23 July	Médecins Sans Frontières (MSF) Expert Panel	Virtual
	17 August	Youth Sustainability Forum 2024 Recorded Speech	Virtual
	1 September	Pan-Pacific and Southeast Asia Women's Association	Kuala Lumpur
	7 September	United Nations General Assembly Science Week	Virtual
	15 September	John Hopkins University Faculty Dinner	Baltimore, USA
	September 16 – 17	Saudi-Spanish Center for Islamic Economics and Finance (SCIEF) Sustainability Conference 2024	Virtual
	25 September	The International Conference on Humanities Education (ICHE) 2024	Universiti Malaya
	7 October	Malaysia Urban Forum	Auditorium, Dewan Sri Penang
	8 October	13th Malaysia Plan Keynote Speech	Ministry of Economy
	15 October	Sunway Innovation Forum Keynote Address	Sunway Leadership Centre
	24 – 30 Oct	COP16 Delegation for Planetary Health	Cali, Colombia

CATEGORIES	DATE	NAME OF EVENT	VENUE
Centre Speaking Engagements	27 October	KPJ Hospital Speech	Virtual
	28 October	Digital Press Conference for the Launch of the “10 New Insights in Climate Science” Report	Virtual
	6 November	Cambridge University Speech	Cambridge, England
	13 November	World Cities Forum	Seoul, Korea
	14 November	COP29 Malaysia Pavillion	Virtual
	19 – 20 November	Dubai Future Forum	Dubai, UAE
	22 November	COP29 WHO Health Pavillion	Virtual
	26 November	Bernama TV “The Nation” Interview	Wisma Bernama
Centre’s Participation in Conference & Workshops	22 – 27 January	Prince Mahidol Award Conference	Bangkok, Thailand
	22 – 24 April	World Health Summit Regional Meeting	Melbourne, Australia
	13-15 May	Expert panel meeting on Indo-Pacific Initiative for Sustainable Animal Health Cooperation (IPI-SAHC) with Griffith Asia Institute	Sunway University
	27 May – 1 June	77th World Health Assembly	Geneva, Switzerland
	3 – 13 June	60th Subsidiary Bodies Meeting to the UN Climate Conference	Bonn, Germany
	10 – 13 June	Times Higher Education – Global Sustainable Development Congress (GSDC) 2024	Bangkok, Thailand
	12 June	Planet Health Innovation Breakfast	Barcelona, Spain
	14 – 15 September	Knowledge partner for Local Conference of Youth (LCOY)	Menara KBS, Putrajaya
	21 – 28 September	Participated in New York Climate Week	New York City, USA
	23 – 30 September	Participated in the UN General Assembly	New York, USA
	8 – 12 October	Doughnut Economics Action Lab (DEAL) Gathering	Trinkkulage, Bad Nauheim Germany
	24 October	Hosted a side session at COP 16 Convention on Biological Diversity on ‘Planetary Health and International Law: DSI Coherence in a time of ABS Fragmentation’	Cali, Colombia
	1 November	Hosted a side session at 6th Green Hospitals Asia Conference on ‘Planetary Health in Practice’	Hai Phong, Vietnam
	6 December	Hosted a session at HEARTH Summit	Taman Tugu, Kuala Lumpur

## Centre Publication Highlights

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