

Middle East Health & Wellness: Unpacking Viral Mental Health, Health Tech, and Digital Health

Global Health · Answer Key · 4 Questions

1. Which Egyptian personality is recognized as a mental health ambassador in the Middle East for founding the EMPWR platform?

- A) Nelly Karim
- B) Ally Salama**
- C) Hend Sabry
- D) Menna Shalaby

2. Saudi Arabia-based startup Metafare is integrating which advanced technologies to deliver interactive wellness experiences, including physical fitness and mental health support?

- A) Blockchain and IoT
- B) Virtual Reality (VR) and Artificial Intelligence (AI)**
- C) 3D Printing and Robotics
- D) Nanotechnology and Gene Editing

3. What is the name of the national program launched in the UAE to promote healthy lifestyles and combat obesity among school students?

- A) FitKids Initiative
- B) HealthyFuture Program
- C) Masar Project**
- D) WellnessJourney

4. Which program in Saudi Arabia focuses on lifestyle modification to prevent or delay Type 2 diabetes?

- A) Sahha Program
- B) Tawazon Program**
- C) Afia Initiative
- D) Hayat Project