With a spirit of optimism and excitement, final preparations are underway for HUBweek 2018, Boston’s annual innovation festival co-founded as a civic collaboration of Harvard University, Massachusetts General Hospital (MGH), MIT and The Boston Globe. Last year, 50,000 people attended HUBweek with attendees coming from Boston, throughout the U.S. and countries all over the world.

This year’s HUBweek theme is “We the Future,” with programs scheduled Oct. 8-14 on the MGH campus and in Boston on City Hall Plaza. Keynote speakers include: Walter Isaacson, celebrated author and historian; Maureen Dowd, New York Times columnist; Ruth Pointer, singer-songwriter; Yeonmi Park, CEO and president of Freedom for North Korea; and Tye Brady, Amazon Robotics chief technologist. HUBweek will feature provocative speaking forums, a large exhibit hall, startup competitions, networking receptions and live performances highlighting the intersection of art, science and technology.

Embracing the “We the Future” theme, the MGH will focus much of its programming on young people, their health challenges, science education and their emerging role as community activists during this challenging period in history.

The MGH Research Institute will reprise its lively American Idol-style science communication competition. This year the event features Boston Public School students as contestants, including science stars from the James P. Timilty Middle School.

MGH will host sessions about addiction and recovery in young adults, the connection between sleep and obesity in children and present a Morning Workout and Mindfulness program for children and their parents. The MGH Clay Center for Young Healthy Minds is hosting programs on parenting when pot is legal, TV watching for teens and 2-year-olds, and parenting a politically active teenager in the age of social media.

The MGH will convene an important community discussion in historic Faneuil Hall on the student-led movement against gun violence. Special guest David Hogg – a survivor of the Marjory Stoneman Douglas High School shooting and co-founder of March for Our Lives – will join Chana Sacks, MD, of the MGH Department of Medicine and co-founder of the MGH Gun Violence Prevention Coalition, and moderator Rev. Mariama White-Hammond, pastor at Boston’s New Work AME Church.

Register for a free HUBweek pass and see the full HUBweek schedule at www.hubweek.org.
SAFETY WORKING GROUP MEETING
OCTOBER 9 | 1:00 P.M. – 2:15 P.M.
THE HUB AT CITY HALL PLAZA

In light of the COVID-19 pandemic, Mass General Hubweek will host a meeting to discuss how health care providers and patients work together to develop individualized care. The meeting will be led by experts in precision medicine and will focus on historical disparities in research, the importance of inclusion, and will highlight the All of Us Research Program, aimed at partnering with 1 million people nationwide to accelerate research. The session will also focus on the challenges and opportunities of making “All of Us” work for all of us.

Speaker: Jonathan Jackson, PhD, Partners HealthCare Engagement (CARE) Research Center; Scott Weiss, MD, Partners HealthCare Engagement (CARE) Research Center; Joe Iraheta, The Neighborhood Developers Center for Personalized Medicine; and Martha Kane, PhD, MGH Center for Personalized Medicine.

MHG CLINICIANS ARE ACTIVE THROUGHOUT HUBWEEK

Peter L. Slavin, MD, MGH president, will welcome attendees at the Panuel Hall program about ending gun violence with March for Our Lives co-founder David Hogg on Oct. 14.

Katrina Armstrong, MD, MGH physician-in-chief, will discuss the future of academic medicine in Hubweek’s Hall of the Future on Oct. 10.

Anne Eden Evins, MD, Center for Addiction Medicine, is a panelist on implementing the state’s new recreational pot law on Oct. 10.

Margaret Baim, NP, Katherine Rosa, NP, and Darshana Mehta, MD, from the Benson-Henry Institute for Mind Body Medicine, will lead daily meditation and mindfulness sessions, Oct. 10-12.

David Y. Ting, MD, MGPO chief medical information officer, is a panelist on an Oct. 9 talk about improving patient safety.

Alister Martin, MD, Emergency Medicine, and Helen Ross, MD, Department of Psychiatry, are leading sessions at Hubweek’s first “Change Maker” conference Oct. 8-9 - a multidisciplinary experience to build community, inspire, plan and problem-solve for the future. Conor Evans, MD, Wellman Center for Photomedicine; Jayashree Kalpathy-Cramer, PhD, Radiology; and Patrick Purdon, PhD, Anesthesia, Critical Care and Pain Medicine, also are part of the Change Maker conference.

DEPRESSION, HEART HEALTH AND YOUR BRAIN: WOMEN AT RISK
OCTOBER 12 | 11:00 A.M. – NOON
THE HUB AT CITY HALL PLAZA

Experts predict that co-occurring major depression and heart disease will be the greatest cause of disability worldwide by 2020 - and women face twice the risk of men. Why is it that the co-occurrence of depression and heart disease affects women disproportionately? Jill Goldstein, PhD, MGH Women, Heart and Brain Global Initiative, will discuss the developing therapeutics and policy initiatives to tackle this daunting public health challenge, which has major economic implications impacting health and health care today and in the future.
Morning workout/Morning mindfulness – for kids and parents
10:00 A.M. – 11:00 A.M. | THE HUB AT CITY HALL PLAZA

New research from MassGeneral Hospital for Children shows that one hour of exercise at least three days per week is important in improving well-being and maintaining a healthy body weight. An initiative of the Reebok Foundation, the BOKS (Build on Our Kids Success) morning exercise program is being used in more than 3,000 elementary and middle schools in the U.S. and other countries. Parents and children are encouraged to join this special demonstration of exercise and mindfulness led by Elsie M. Taveras, MD, MGH Department of Pediatrics, and Rana Chudnofsky, MGH Benson-Henry Institute for Mind Body Medicine.

Generation activist
11:00 A.M. – NOON | THE HUB AT CITY HALL PLAZA

The tragic shooting at Marjory Stoneman Douglas High School in Parkland, Florida gave voice to teen survivors and paved the way for a nationwide, student-led March for Our Lives. From gun control and Black Lives Matter, to immigration and climate change, have children lost their innocence? Have youth been pressured into taking responsibility for things adults should be leading? Gene Beresin, MD, Steve Schlozman, MD, and Ellen Braaten, PhD, from the MGH Clay Center for Young Healthy Minds, debate the benefits, risks and overall impact of activism on adolescence in a world of 24/7 digital media.

TV watching for teens and 2-year-olds
NOON – 1:00 P.M. | THE HUB AT CITY HALL PLAZA

From official guidelines for little ones, to best practices for older kids and teenagers, Gene Beresin, MD, MGH Clay Center for Young Healthy Minds, delves into common parental concerns about TV watching and our children. How does television affect the brain, how much is too much, and when and how do we set limits? Join the conversation about promoting healthy young minds in a digital world.

Kids, sleep, and obesity: Understanding the connection
4:00 P.M. – 5:00 P.M. | THE HUB AT CITY HALL PLAZA

According to the Centers for Disease Control and Prevention, 1 in 5 children in the U.S. is overweight or obese. Genetics, diet and physical activity all play a role in this epidemic – but so does lack of sleep. Studies have shown that toddlers who do not get enough sleep, have trouble either falling asleep or sleeping through the night are at greater risk for childhood obesity. Fatima Cody Stanford, MD, MGH Weight Center, leads this discussion.

REGISTER FOR A FREE HUBWEEK PASS ONLINE.
For more information, visit www.massgeneral.org/hubweek.