



Health, Hope, and Resistance in an Age of War, Inequity, and Ecological Breakdown

Juan Garay - SHEM's co-chair



The recent U.S. military invasion of Venezuela is not an isolated episode, but a stark expression of a broader global dynamic in which geopolitical power, fossil fuels, militarism, and speculative finance converge. As with Ukraine and the Middle East, the language of "security" masks interventions that protect strategic resources and economic interests while eroding international law, peace, and human dignity. Beyond immediate destruction, these dynamics carry a deeper and less visible cost: the progressive erosion of healthy life expectancy for present and future generations. Climate change, driven largely by fossil fuel dependency and reinforced by militarised economies, is not only an environmental crisis but a massive health crisis. Wars over oil and geopolitical dominance directly intensify this injustice by increasing emissions, destroying ecosystems, and diverting resources away from adaptation and public health. At the same time, a parallel and equally lethal process is unfolding. For younger generations, these realities are profoundly corrosive. They face a future shaped by climate instability, permanent conflict, precarious livelihoods, and political systems increasingly captured by financial interests. It is in this context that the Sustainable Health Equity Movement (SHEM) situates its work — not as a grand solution or centralized authority, but in deliberately humble terms. SHEM seeks to gather concerned citizens, activists, scientists, and health and social workers who are willing to analyse these harmful dynamics honestly and to act upon them. The movement recognises that many of today's dominant economic and political structures are not merely inefficient, but actively destructive to health, equity, peace, and the living world. SHEM therefore calls for conscious disobedience to these "evil dynamics" — not through violence, but through ethical refusal and constructive alternatives. These ideas will be articulated and debated at the upcoming SHEM Assembly, where participants will present a strategy rooted in health equity, grassroots autonomy, open knowledge, and global solidarity without domination. In an age where war, inequity, and ecological collapse are treated as normal, choosing care, restraint, and community is no longer optional.

[A longer version of this cal is available here](#)

READINGS FOR CRITICAL INSIGHTS

[Is there any legal justification for the US attack on Venezuela?](#)

[UN experts condemn US aggression against Venezuela](#)

[The Kidnapping of Venezuela's Sovereignty](#)

[Hundreds of Scientists "Vehemently Oppose" U.S. Effort to Purchase Greenland](#)

[Mining, climate and smokescreens: What's driving Trump's interest in Greenland?](#)



SHEM HIGHLIGHTS



Member of the
PLANETARY HEALTH ALLIANCE

The SHEM Approach

- **Dominant systems** prioritize speculative finance and proprietary platforms.
- **Militarized structures** consume resources needed for public health and climate adaptation.



- **Ethical Nonviolent Action:** Conscious disobedience to destructive economic and political systems.
- **Digital Commons:** Utilizing open-source software for transparent metrics and co-creation.
- **Living Laboratories:** Local communities that restore food sovereignty, mutual care, and participatory governance.



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News from the field

A NEW YEAR OF RESISTANCE: GLOBAL STRUGGLES FOR DIGNITY AND JUSTICE

The [Progressive International](#) highlighted in its 2nd Newsletter that peoples and movements around the world continue to resist and struggle for a dignified life, despite the intensification of imperial domination, particularly led by the United States. The newsletter presents examples of popular resistance across several countries, including platform workers in India winning labor rights, mobilizations against neoliberal reforms in Bolivia, community organizing in South Africa, socialist communes in Venezuela, and hunger strikes by political prisoners in the United Kingdom in solidarity with Palestine. The central message is that, although these struggles are local and diverse, they confront the same global structure of oppression. Therefore, the response must be collective: a strong internationalism capable of connecting struggles and challenging an imperial system that seeks to rule through fear. A report published by [Médecins Sans Frontières](#) warns that attacks on medical care in armed conflicts have reached record levels. States and other warring parties are increasingly violating international humanitarian law by failing to protect patients, healthcare workers, medical facilities, and ambulances. The data reveal a serious escalation: in 2025, more than 1,300 attacks on healthcare facilities resulted in nearly 2,000 deaths, with countries such as Sudan, Myanmar, Palestine, Syria, and Ukraine among the most affected. Most of these attacks are attributed to state forces, particularly due to the use of airstrikes and explosive weapons in densely populated areas. [ActionAid](#) shared a report describing the Women's Humanitarian Leadership Fund, implemented in Ukraine by ActionAid and Oxfam in partnership with women's rights organisations, granted local groups autonomy to decide how humanitarian resources should be used. The pilot demonstrated that even small, flexible grants can have significant impact by strengthening organisations, supporting staff wellbeing, and increasing advocacy power. Although limited in scale and duration, the initiative showed that feminist, locally led funding models are effective and help shift power toward women-led organisations.

READINGS

[Trump announces withdrawal from 66 global organisations](#)

[Advancing health care: the engine of India's ambitions](#)

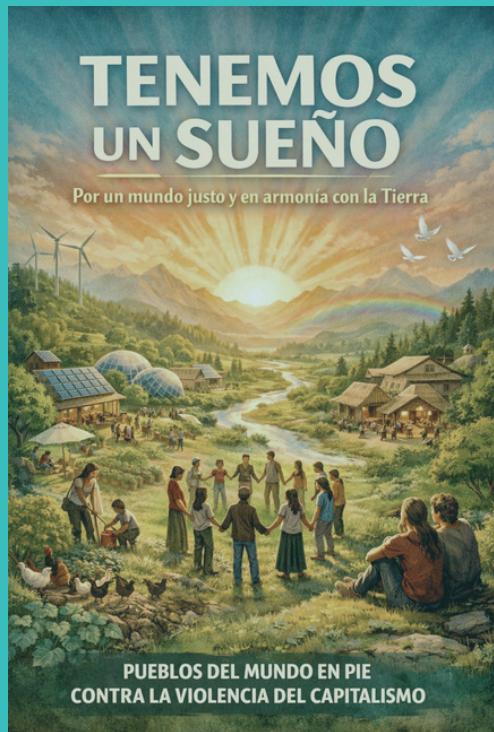
VIDEO

[For People, For Planet: Environmentally Sustainable Health Research](#)

PODCAST

[What we've learned so far: Key takeaways for 2026](#)

"We Have a Dream" by Juan Garay



In the manifesto "We Have a Dream," Juan Garay, co-chair of SHEM, channels a collective voice to denounce an urgent reality: health inequities are not random—they are the product of structural violence. Inspired by debates and data from SHEM's webinars, the text does more than diagnose; it demands a radical shift—one that abandons fragmented solutions in favor of life-centered alternatives.

No grand promises, just a sober call: equity is not a technical fix, but a political struggle.

[**Read here! it!**](#)

POINT OF VIEW

SHEM MEMBERS' WRITINGS AND RECOMMENDATIONS

[The Global Public Health Crisis of Military Aggression: In Defense of Health, Peace, and Democracy](#)

World Federation of Public Health Associations

[Venezuela/United States: CIVICUS Urges Respect for International Law and Human Rights Principles](#)

CIVICUS: World Alliance for Citizen Participation

[On the Recent Developments in Venezuela](#)

The Global Centre for the Responsibility to Protect

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SHEM CURATED LEARNING EXPERIENCES

[Venezuelanalysis](#)

Venezuelanalysis is a vital independent platform where journalists and researchers deliver in-depth news and analysis on Venezuela's evolving political landscape. Targeting activists, academics, policymakers, and the public, it blends rigorous fact-based reporting with diverse opinions. As the leading English-language resource on Venezuela, it collaborates with local collectives to provide nuanced perspectives. Founded in 2003, it operates under Venezuela Analysis, Inc. (a Delaware non-profit) and Fundación para la Justicia Económica Global (Caracas-based).

[**Visit it!**](#)

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SustainableHealthEquity

At SHEM we link citizens, public health and healthcare advocates, scientists, academics, and related institutions from all regions, cultures, and ideologies pursuing the universal right to health. We aim to promote sustainable health equity as an ethical principle that guides all national and international economic, social, and environmental policies.

SHEM's Highlights Curators: Andre Luis Sales, Diana Zeballos, Gustavo Buss