

Multi-Component Intervention to Reduce Unhealthy Diets and Physical Inactivity among Adolescents in Ghana and Kenya

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Project Abstract

The fragile health systems in urban sub-Saharan Africa (SSA) are already overwhelmed with NCDs. Despite this, the implementation of the evidence-based WHO Best Buys policies for NCDs prevention in the African region has been found to be off-track. Additionally, less attention has been given to adolescents and yet this is a period in life where behavioural patterns of NCDs risk factors are established and track into adulthood. There is also a gap in our understanding on how to implement and scale up effective diet and physical activity interventions in real world settings in SSA.

Our project therefore aims to reduce two important modifiable risk factors for NCDs: unhealthy diets and physical inactivity and their underlying social determinants among adolescents (aged 10-19 years) living in mixed socio-economic urban communities in two SSA countries (Ghana & Kenya) by designing, deploying, and evaluating strategies for implementation of evidenced and theory based interventions mapped on to the WHO Best Buys. We selected the two countries because they represent different cultural contexts of nutrition transition (East and West Africa), and both countries are undergoing rapid economic development, urbanisation and increases in NCD prevalence. The intervention delivery will take a multi-sectoral approach to increasing the capability, opportunity and motivation of adolescents to eat healthier and be more physically active. We will focus on three settings to enhance the reach: secondary schools and, family/community/faith-based settings and the digital environment using social media.

Together, this project will increase opportunities, awareness, knowledge and health literacy, motivate adolescents to increase self-efficacy, guide self-regulatory actions and adopt positive health behaviour (such as dissuasion from physical inactivity and sedentary behaviours, or unhealthy food choices) to prevent NCDs.

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Document Information

Project title	Multi-Component Intervention to Reduce Unhealthy Diets and Physical Inactivity among Adolescents in Ghana and Kenya			
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List of Abbreviations

AB	Advisory Board
WP	Work Package

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Executive Summary

This document is a report on the second annual meeting of the Generation H project. It includes a short report on the content, agenda, and the participants of the meeting. The meeting took place on December 1, 2 and 3, 2025 in Accra, Ghana. The Generation H project team, key stakeholders, and the advisory board (AB) participated in this meeting. This document will go deeper into the agenda, the discussed subjects, and the overall aim of this meeting, to outline the valuable and efficient meeting.

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Report of the annual meeting

The Generation H Project held a three-day annual meeting in Accra, Ghana, from December 1–3, 2025. The meeting brought together project teams, advisory board members, and key stakeholders from Ghana and international partner institutions, such as the Ghana Education Service, Ghana Health Service, Ghana School Feeding Programme, local assemblies, community development offices, and collaborating academic and implementation partners. We look back on a fruitful and valuable annual meeting.



A hybrid meeting format was used, which allowed participants who were unable to attend in person to join online. Additionally, the hybrid format ensured broad participation and effective collaboration across all work packages. See Annex 1 for the agenda of the annual meeting and Annex 2 for the agenda of the site visits. The first day of the meeting was dedicated to site visits to project implementation sites, including schools and faith-based organizations in Accra. These visits gave the project team the opportunity to observe firsthand how the project is being implemented and to better understand the local context in which the project operates.

Team members interacted with adolescents, teachers, and community partners, gaining valuable insights into the relevance and early impact of the project activities. It was very valuable to be able to ask questions directly to the adolescents and teachers.

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Engagements with representatives from the Ghana Education Service, Ghana Health Service, Ghana School Feeding Programme, community development offices, and local assemblies provided important guidance for ongoing and future implementation of the intervention. A key highlight of the day was the strong commitment expressed by these stakeholders, who reaffirmed their willingness to support the project and contribute to its long-term success of the intervention.



The second day of the meeting focused on discussions with advisory board (AB) members and stakeholders. Each work package presented updates on progress, including intervention development, implementation planning, and PhD research activities. Particular attention was given to the roles of WP2 and WP3 (Work Package).

WP2 focuses on the development and adaptation of the intervention content, ensuring that strategies are evidence-based, contextually appropriate, and aligned with global recommendations. WP3, in contrast, concentrates on how these interventions will be delivered in real-world settings, including planning implementation strategies, engaging delivery partners, and addressing practical considerations within schools and communities. AB members provided constructive feedback and technical guidance, helping to strengthen coordination between these work packages.

The day concluded with a dinner in Aburi, which offered an informal setting for networking, team building, and strengthening collaboration among participants.

The final day centered on evaluation, strategic planning, and preparation for the next phase of the project, which will be the baseline measurements and the implementation of the intervention. Discussions focused on the overall design of the study and how it integrates both effectiveness and implementation considerations. The project team

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discussed sampling approaches, baseline data collection, intervention delivery, and how outcomes such as effectiveness and cost-effectiveness will be assessed.



Additional sessions addressed data management processes, dissemination strategies, youth-focused outputs, and plans for sustainability and future scale-up. The meeting concluded with agreed action points, including plans to review population based school data to inform decision-making, strengthen alignment between WP2 and WP3 ahead of implementation, and improve the project's website visibility based on feedback received.

Overall, the annual meeting highlighted the strong collaborative spirit and shared commitment among all participating institutions and partners. The annual meeting had the following objectives:

- Visit Accra project sites to understand local context and challenges, strengthen collaboration
- Gather input from the Advisory Board, and plan for long-term impact
- Share updates and align on progress across all work packages
- Discuss intervention development, implementation strategies, and project management
- Identify and address scientific and practical challenges for the next phase

The active engagement of stakeholders at national, district, and community levels reinforced the collective dedication to achieving all the meeting objectives. The three-day

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meeting concluded successfully, leaving participants motivated and confident that the Generation H Project is well positioned to make a meaningful and lasting impact on adolescent health in the region.

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Conclusion

The annual meeting successfully strengthened collaboration, alignment, and shared understanding among all Generation H Project partners. Site visits, technical discussions, and AB input provided valuable insights into local implementation and the scientific direction of the project. Clear action points followed from the meeting, which will help to take the project to the next phase. Overall, the meeting positioned the Generation H Project well for effective implementation and a positive progress of the project.

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Annexes

Annex 1 The agenda of the annual meeting (Annex 2: more information on site visits)

AGENDA DAY 1

Monday December 1		
VISIT PROJECT SITES & UNDERSTAND CONTEXT OF THE ACCRA PROJECT SITES BETTER		
	Time	Who
• Introduction by Amos or University Dean/Director • Welcome and remarks • Briefing visit project sites	8.30 - 10.00	Amos/Erik/Charles
<i>Tea break</i>	<i>10.00 - 10.30</i>	
Visit Site 1: High SES: Ayawaso West (Provisional outline: Day One.docx)	10.30 - 13.00	All
<i>Lunch (depending on the schedule of the site visits)</i>	<i>13.00 - 14.00</i>	
Visit Site 2: Low SES: Ga East (Provisional outline: Day One.docx)	14.00 - 17.30	All

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AGENDA DAY 2

[Link](#) to the online meeting (same link for day 2 & 3)

Tuesday December 2 UPDATES & DISCUSSION WITH THE ADVISORY BOARD AND STAKEHOLDERS TECHNICAL DISCUSSIONS, PROJECT MANAGEMENT AND PHD PLANS			
	Time	Who	Goal
Welcome & apologies & start	8.30- 8.35		
Brief introductions Advisory Board members & Stakeholders (2 min each)	08.35 - 09.05	AB members & Stakeholders	Know AB members & stakeholders
Update all Work Packages (09.05 - 11.30)			
Brief overview of Generation-H study	9.05 - 9.15	Charles	Inform AB Board and Stakeholders about Gen H progress & next steps
WP1	9.15 - 9.35	Erik	
WP2	9.35 - 9.55	Gideon	
WP3	9.55 - 10.15	Lauren/Paula	
WP4	10.15 - 10.35	Gershim	
Tea break	10.35 - 10.55		
WP6	10.55 - 11.05	Judith	
WP5	11.05 - 11.15	Erik	
WP7	11.15 - 11.25	Amos	
Impact & Sustainability	10.25 - 11.30	Charles	
Discussion with the Advisory Board & Stakeholders (Chair: Charles)			
Advisory Board members & Stakeholders Questions & Advice	11.30 - 12.30	AB members & Stakeholders	Gather opinions and advice from AB and stakeholders
Lunch	12.30 - 13.30		
Technical discussions: Intervention Development & Implementation Strategies (WP2 & WP3) (Chair: Erik)			
- Task 2.4: Prototyping of intervention materials - Deliverable 2.1(M24) - Report on adapted/optimised intervention manual - Deliverable 2.2 (M30) Report on adaptations of the WHO best buys & recommended intervention	13.30 - 14.00	WP2- Gideon Maybe Michelle online	Share key progress and challenges on ongoing work Task 2.4, WP2 & find solutions
- Deliverable 3.1 (M22): Report on the adoption and implementation outcomes, a matrices of change objectives - Discuss Implementation strategies	14.00 - 14.30	WP3 - Milka, Paula & Lauren	Share key progress and challenges on ongoing work Task 3.1, WP3 & find solutions & select implementation strategies
Interconnectedness between all work packages (e.g. Intervention delivery Matrix), discuss challenges and solutions	14.30 - 15.30	Intervention & implementation WG - Paula	Discuss and harmonize work between WPs involved
Tea break	15.30 - 15.45		

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Project management in Gen H (WP1)			
• Collaboration & communication • Financial matters • Recommendations WP1 by EC	15.45 - 16.00	WP1 - Erik & Frank	Enhance collaboration, address & solve issues
PhD Students in Gen-H (Chair: Lauren)			
• Research focus: Pitch & Questions • Plenary Discussion	16.00 - 17.00	PhD WG - Emmanuel, Birhan, Gideon, Martha	Share PhD plan/progress & Identify synergies and collaboration opportunities

- Evening Social Event
 - Walk & Consortium Dinner at Tree House (Aburi) 18.00-21.30

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AGENDA DAY 3

[Link to the online meeting \(same link for day 2 & 3\)](#)

Wednesday December 3 EVALUATION, PREPATORY WORK & STRATEGIC PLANNING			
	Time	Who	Goal
Evaluation (Chair: Amos)			
Scientific aspects Hybrid Type-III study			
- Implementation level Outcome evaluation & process evaluation (<u>Lauren</u>/Paula, Gershim, Erik) - Update Sampling & Design WG (Sampling Frame - Intervention Sites (<u>Gershim</u>/Samuel) - Intervention effectiveness & Cost-effectiveness + <u>Reflect</u> comments EC-review report (<u>Gershim</u>/Samuel, Charles/Erik, Judith/Telma) - Update Questionnaire WG (<u>Erik</u>)	8.30 - 9.00 9.00 - 9.25 9.25 - 9.55 9.55 - 10.15	Group/Panel discussion	Identify Scientific Challenges & make decisions for evaluation of the project-objectives in Kenya & Ghana
Tea break	10.15 - 10.35		
Practical aspects Hybrid Type-III study			
Manual of Operation Kenya & Ghana (Peter/Gershim, Pearl/Amos + teams): - Prepare for baseline data collection - Prepare for Intervention delivery - Capacity: team structure & staff - Kenya - Ghana - Any other related aspects/ continued discussion day 2 (Interconnectedness work packages 2-3-4-5-6 & aligned joint timeline)	10.35 - 11.05 11.05 - 11.35 11.35 - 11.55 11.55 - 12.20	Group/Panel discussion	Identify Practical challenges & make decisions on the necessary steps, responsibilities, locations, and timelines required for data collection and intervention delivery (what, when, where, whom)
Lunch break	12.20 - 13.20		
Data management and Dissemination (Chair: Paula)			
Data Management & Data Sharing (WP4&5)	13.20 - 14.00	Erik, Pam, Stephen, Peter	Inform about work done and decide on data sharing/ storing issues
Dissemination (WP7) Reflect on EC-review report - Review the Communication, dissemination, exploitation plan and define indicators of success - Expand youth-focused outputs and user-friendly formats, enhance reach and stakeholder engagement. - Define long term adoption and scale up	14.00 - 14.45	Amos & Pearl	Define effective outreach, success measures (for dissemination), Enabling long-term impact

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Annex 2 The agenda for the site visits on day 1

Day One: Field Visits to Study Sites

Date: 1st Dec 2025

Purpose: To conduct field visits across the study sites in Ga East (Low SES) and Ayawaso West (High SES)

Morning Session: Ga East (Low SES)

Objective: To gain insights into community-based education and social development structures within a lower socioeconomic setting.

Proposed Itinerary:

1. **First Stop: Chief's Palace, Abokobi**

- Courtesy call on the traditional authority.
- Cultural introduction and brief discussion on community development priorities and education initiatives.

2. **Visit to a Faith-Based Institution**

- Engagement with faith leaders on the role of religious organizations in education and youth development.
- Overview of faith-based interventions in the community.

3. **Visit to a Public School**

- Observation of the school environment and facilities.
- Brief meeting with school staff to learn more about the school system, and ongoing programs.

4. **Final Stop: Ga East District Education Office**

- Meeting with the District Director of Education and key staff.

Afternoon Session: Ayawaso West (High SES)

Proposed Itinerary:

1. **First Stop: Ayawaso West District Education Office**

- Courtesy call and briefing with the District Director of Education and officers.
- Discussion on educational achievements, ongoing initiatives, and partnerships within the district.

→ **Lunch Break (following the meeting at the District Education Office)**

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-Lunch at Azmera Restaurant within the district before proceeding to school visits.

2. **Visit to a Private School**

-Engagement with school administrators and teachers.

3. **Visit to a Public School**

-Interaction with school leadership and staff.

4. **Next Stop: District Nutrition Office**

-Briefing by the District Nutrition Officer and team.

-Overview of nutrition interventions and school feeding programs in the district.

5. **Final Stop: Physical Education NGO**

-Visit to an NGO focused on physical education and youth development.

-Discussion on health, sports, and wellness initiatives.