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Dear reader,

The Generation H project team would like to share updates from the period since our last newsletter in April 2026, to keep you informed about what has been happening within Project Generation H.

Deliverables submitted since April 2026

Several project deliverables have been submitted during this period. Some public deliverables can be accessed on the Generation-H website.

- D1.2 - Annual Meeting 1
- D7.6 - E-newsletter 1
- Generation-H website
- Generation-H Kick-off Meeting
- D7.10 - Periodic Communication & Dissemination Report 1
- Generation-H Project Management Handbook
- Report on adoption and implementation outcomes; matrix of change objectives
- D7.1 - Communication, Dissemination and Exploitation Plan
- D1.3 - Annual Meeting 2
- D7.14 - Event for Scientific Stakeholder Interaction

Access public deliverables: generationh.org/deliverables/

Highlights in this edition

This edition highlights baseline training and data collection in Ghana and Kenya, preparations for intervention implementation, the July 2026 site visit by Project Coordinator Erik Beune, selection of participating schools and faith-based organisations (FBOs), stakeholder engagement, and recent recognition of Generation-H research.

Ghana and Kenya Teams Complete Baseline Training



Research assistants, supervisors and project teams completed comprehensive baseline training covering research ethics, participant recruitment, electronic data capture, anthropometric measurements, blood pressure assessment, household tracing and field implementation.

The joint training strengthened technical capacity and harmonised data collection procedures across Ghana and Kenya.

Baseline pilot and data collection

Before the main baseline survey, teams in Kenya and Ghana completed pilots to test field procedures and confirm readiness. Main baseline data collection started in Kenya in June 2026 and in Ghana in July 2026. Data collection has been completed in Kenya and remains ongoing in Ghana.

GHANA

Baseline data collection ongoing

Field implementation continues across the selected project sites.

**KENYA
Baseline
completed**

Project Coordinator Site Visit - July 2026



Project Coordinator Erik Beune visited the Ghana site in July 2026. The visit included engagement with the implementation team and stakeholders, as well as visits to proposed implementation locations. The discussions supported readiness planning and alignment ahead of the pilot phase.

Schools and FBOs identified for implementation

Participating schools and faith-based organisations have been identified and selected within the implementation sites in Ghana and Kenya. Engagement with site leadership is supporting local preparation, clarification of roles, assessment of available facilities and resources, and planning for delivery of the Generation-H intervention.

SCHOOLS

Selected implementation schools are being prepared for pilot and subsequent intervention delivery.

FAITH-BASED ORGANISATIONS

FBO leaders and section members are being engaged to support recruitment, implementation and sustainability.

These preparations strengthen collaboration with the settings where adolescents will participate in the intervention.

Joint Online Training for Ghana and Kenya

5 DAYS

Online Training of Trainers

WP2 + WP3

Joint technical leadership

SCHOOLS + FBOs

Pilot settings

FEASIBILITY

Acceptability & fidelity

A five-day online Training of Trainers programme brought together the Ghana and Kenya implementation teams. Led by Dr Rebecca Pradeilles (WP2) and Dr Milkah Wanjohi (WP3), the training covered the intervention and implementation manuals.

Training focus

- Peer-led adolescent clubs
- Physical activity promotion
- Safe drinking water
- Monitoring
- Nutrition education
- Healthy food promotion
- Implementation planning
- Sustainability

Engagement for pilot implementation in Ghana



Engagement with Faith-Based Organisations in Ghana to discuss plans for piloting the Generation-H intervention in FBOs and schools.

Initial engagement with FBOs in Ghana is ongoing, with discussions focused on plans to pilot the Generation-H intervention in selected FBOs and schools. The engagement introduces the intervention, discusses implementation arrangements and strengthens collaboration with key stakeholders ahead of the pilot.

International Recognition for Gideon Amevinya



Gideon Amevinya (Montpellier, France): Co-Designing a Multi-component Intervention to Promote Healthy Diet and Physical Activity among Adolescents in Urban Ghana and Kenya: The Generation H Study

What excites you most about participatory research? What excites me most about participatory research is its ability to shift power by bringing communities from the margins into the center of knowledge production not just as participants, but as partners. It challenges the idea that researchers hold all the answer and instead creates space for lived experience to shape solutions in ways that are more relevant, context-

sensitive, and sustainable. It's those moments of shared understanding, where knowledge is co-created that make the work feel meaningful to me. I'm particularly inspired by how it fosters mutual learning and builds trust, turning research into a collaborative process rather than a one-sided exercise.

What is one challenge in participatory research that we still need to tackle?

For me, one ongoing challenge is navigating the gap between good intentions and real practice. It can be difficult to ensure that participation is truly inclusive and not shaped by existing power dynamics or practical constraints. I often find myself reflecting on whose voices are being heard, whose are missing, and how we can do better. Making participation more genuine and equitable is something I think we all need to keep working on.

What are you most looking forward to at the conference?

I'm really looking forward to the conversations, both formal and informal. I always find it energizing to hear how others are approaching participatory work in different settings, and to share experiences openly. I'm also excited about meeting new people, reconnecting with colleagues, and coming away with fresh perspectives that can carry into my own work.

Gideon Amevinya was nominated for the ISBNPA Participatory Research Special Interest Group (SIG) Best Presentation Award at the 2026 International Society of Behavioral Nutrition and Physical Activity Conference in Spain. His presentation on co-designing a multi-component intervention for healthy diet and physical activity highlighted Generation-H's participatory approach and commitment to community-engaged implementation research.

A strong example of Generation-H research being shared with international scientific audiences.

PhD Spotlight: Curious, Collaborative and Purposeful



"One of my favourite things about this PhD is that the intervention ideas did not come from me. They came from the adolescents and communities themselves."

<https://isbnpa.org/sig/participatory-research-sig-spring-2026-newsletter/>

Next Steps

Generation-H will continue baseline data collection in Ghana, following completion in Kenya, while moving from pilot preparation toward intervention implementation in selected schools and FBOs. The teams will continue stakeholder engagement and share lessons to support healthier food environments and more active lifestyles among adolescents.

01 Baseline data collection

Continue coordinated implementation of baseline data collection activities in Ghana

02 Intervention implementation

Pilot and prepare for full implementation in Ghana and Kenya.

03 Stakeholder engagement

Maintain strong collaboration with schools, FBOs, communities and partners.

04 Learning & dissemination

Share implementation lessons and emerging project outputs.

Upcoming Activities

- Generation-H Annual Meeting: 23-25 November 2026 in Ghana - project partners will review progress, share experiences and coordinate the next phase.
- FERN Conference 2026: 26-28 November 2026 in Accra, Ghana. Registration is open.
- Generation-H Trial Registration and Protocol Paper: planned completion/submission ahead of intervention implementation.

link to Trial Registration: <https://doi.org/10.1186/ISRCTN15468652>

Together, we are advancing healthier futures for adolescents in Ghana and Kenya.



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