

Newsletter Generation H

October 2025

Dear reader,

The Generation H project team, which started in January 2024, would like to share with you what has happened within Generation H between April to October 2025.



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GENERATION H

An update from Work Package 1 (Project coordination and scientific management)

Poster presentation at the Migration, Ethnicity, Race & Health Congress

From September 2 till September 5 the World Congress on Migration, Ethnicity, Race & Health took place in Lisbon. Dr. Erik Beune and Prof. Charles Agyemang attended the congress and presented a poster about the design of the Generation H project. It was an inspiring conference and a great opportunity to introduce researchers from different countries to the Generation H project. Please find the presented poster [here](#).

Periodic report for the European Commission

WP1 has written a periodic report for the European Commission on the progress of the first 18 months of the project, highlighting the progress of the various parts of the project. It provides a good overview of everything that has been achieved so far and is now being reviewed by the European Commission.



An Update from Work Package 2 (Optimisation of the WHO Best Buys and other recommended interventions)

Work Package 2, which is responsible for optimization of [the WHO Best Buys](#) and other recommended interventions, has successfully conducted the co-production workshops since April in both Ghana and Kenya with key stakeholders, including adolescents, parents, teachers, community leaders, and health professionals. The workshops were structured to combine brainstorming sessions, group discussions, and prioritization exercises, which created a highly participatory and collaborative environment.

Stakeholders were very engaged throughout the process, expressing strong interest in shaping interventions that are both practical and relevant to their contexts. Many stakeholders appreciated the opportunity to share their lived experiences and highlighted how valuable it was to work together across different perspectives.

The ideas generated during these sessions are now being synthesized into detailed descriptions of each intervention core component. At the same time, we are incorporating feedback from the Generation-H project team to ensure alignment with the overall programme theory and project objectives.

Reporting to the European Commission

Since the project is funded by the European Commission (EC), the following reports have been delivered to the EC.

- We handed in the last newsletters for the e-newsletter deliverable
- We drafted a periodic report on communication & dissemination of the project activities
- We reported the mapping of study sites, schools, FBOs and recruitment of the study participants
- We handed in a second report by the Ethics Advisory Board

An Update from Work Package 3 (Implementation strategy development for the intervention delivery)

Work Package 3, responsible for the Implementation strategy development for the intervention delivery, conducted the last months a needs assessment in Accra & Nairobi. We will update you here about the different steps that has been taken in this needs assessment.

Training of research assistants - Kenya

Eight research assistants were trained to support Generation-H project needs assessment in June 2025, at APHRC. This involved 5 days classroom sessions, covering various topics including project's objectives, research ethics, the study interview guides, consent documents, qualitative interviewing skills, safety consideration during field work and relevant Human Resources guidelines and policies. The training sessions were led by researchers from Loughborough University, African Population and Health Research Center (APHRC) and Institut de recherche pour le développement (IRD), and entailed presentations, group discussions, role-plays in pairs and feedback sessions. The training sessions ensured that the research assistants were fully prepared to conduct the interviews.



Training of research assistants - Ghana

From September 9th till September 15th a five day needs assessment and data collection workshop took place at the university of Ghana. The sessions were designed to prepare data collectors and field staff with practical knowledge and skills necessary for implementing qualitative research activities.

During the five days the research assistants were introduced to the project and the implementation strategy, equity considerations and ethical issues in qualitative research, role plays based on the interview guides and key research processes such as obtaining consent, conducting interviews, and recording responses. The workshop ended with a pilot data collection, feedback and closing wrap-up. Facilitators included experts from across the WP3 team, ensuring comprehensive coverage of both theoretical and practical aspects of data collection.



Pilot test

After the research assistant training, a one day pilot was conducted to test the interview guides and data collection processes. The pilot exercise involved interviews with community members representing potential stakeholders who will be involved in the Gen-H intervention, such as adolescents, parents and teachers.

Feedback from the pilot was discussed during the debriefing sessions. The field interviewers shared their experiences on using the interview guides and the interviewing process, including the interview duration, difficult questions that needed clarification or restructuring and field work procedures that needed to be refined/ addressed before the commencement of the main data collection. The research team also shared their feedback and recommendations based on their observations during the pilot exercise.



Field work preparations

In preparation for the field work, field interviewers were supplied at the APHRC with their data collection equipment such as recorders and materials including stationery, umbrellas etc.





Research assistant facilitating focus group discussion with parents of adolescents (left) and young adolescents (right) in Kibra.

Data collection

The interviews were conducted between 3rd July 2025 and 15th August 2025. It involved key informant interview and focus groups discussions with various stakeholders representing the intervention actors in the study areas. These included potential maintainers of nutrition and physical activity and education officers at national and subnational levels, adopters (school, faith-based organizations and community leadership), implementors (school, faith-based organization staff and food vendors) and recipients (adolescents and their parents). The needs assessment was guided by the consolidated framework for implementation research (CIFR) to assess the contextual factors (innovation, inner setting, outer setting, individuals) that may influence the implementation on the intervention.



Research assistants facilitating an focus group discussion with Community health promoters and representatives of faith based organisations in Buruburu.

Data analysis

Data coding in NVIVO (a software from qualitative data analysis) and thematic analysis are ongoing, by researchers from Loughborough University and University of Amsterdam. A NVIVO orientation session was conducted, facilitated by Loughborough University to build the capacity of the team in using NVIVO for qualitative data coding and analysis.

Presentation at the UNESCO Global Mission event

Professor Paula Griffiths gave a presentation on behalf of the Generation H consortium to outline the programme of research that the consortium are undertaking in the Generation H project as part of the UNESCO day held at Loughborough University in July where there were representatives from UNESCO, UK and African government departments and the commonwealth secretariat as well as academics from a variety of institutions. The presentation has enabled the project to connect further with members of the UNESCO chair network in Ghana and Kenya and we look forward to talking to them further and including them in project interviews.



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An update from work package 4 (Recruitment, intervention delivery and follow-up in Ghana & Kenya)

Work Package 4 is responsible for the recruitment of the adolescents and the delivery of the intervention. The last months Work Package 4 conducted a household mapping in both study areas. Work Package 4 takes you through the preparations and how the household listing was accomplished.



Cohort 1



Cohort 2

Training of Research Assistants

APHRC trained 20 research assistants in two cohorts; 1st cohort from 12th-14th March 2025 and 2nd Cohort from 1st-2nd April 2025 at APHRC Campus. We trained the research assistants' on research protocol, ethics and protection of human participants, safety measures and deployment of quantitative study tools which consisted of a combination of theoretical training and practical role-plays.

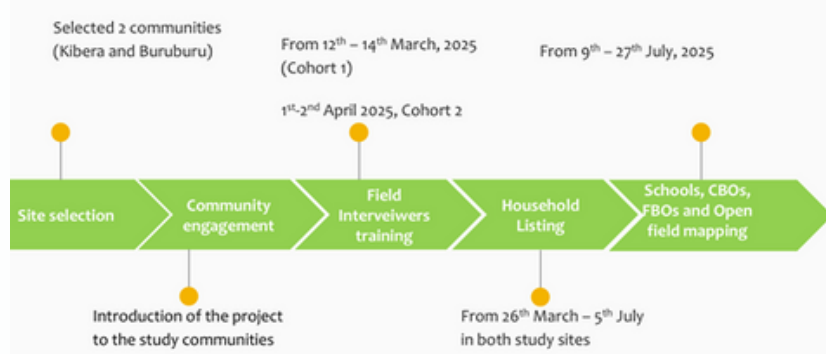
Household Listing

We conducted a household listing exercise in two study sites: Kibera and Buruburu in Nairobi, Kenya. We implemented the household listing across three villages in Kibera: Gatwekera, Olympic and Kianda. In Buruburu, household listing was implemented across the five phases.

The listing took place from 26th March till 5th July 2025. Interviews were conducted with the head of the household or a responsible adult household member. Data were collected on household composition, school attendance and utilization of community resources such as youth-friendly services related to physical activity and healthy diets for all adolescents aged 10-19.



The Mapping/recruitment process



School and Community Resource Organization Mapping

We conducted the mapping of schools and community resources across the two study sites in Nairobi Kenya from 9th -27th July 2025. In addition, for mapping of schools, community-based organizations and faith-based organizations we went to 16 villages (Soweto West, Kianda, Kambi Muru, Laini Saba, Silanga, Makina, Gatwekera, Mashimoni, Raila, Olympic, Karanja, Ayany, Lindi, Kisumu ndogo). In Buruburu, mapping of schools, community-based organizations, faith-based organizations and NGOs were implemented across the five phases in BuruBuru.

We collected information about the type and ownership of schools, the availability of physical education (PE) programs, and the nutritional environment. We also collected data on availability of infrastructure for physical activity and the level of engagement with community organizations. The survey covered all primary and secondary schools attended by adolescents listed in the household listing exercise, community-based organizations, faith-based organizations, and non-governmental organizations within the study sites.



Last July, the Generation-H team in Ghana Prof Amos Laar, Dr Erik Beune, Dr Emmanuel Assasie, Rev Frederick and Madam Vida paid a visit to Akporman, a community that is part of the Ga East site (Low Social Economic Status) in Ghana. The aim of the visit was to engage with key community stakeholders, introduce the Generation-H project, and gather insights to inform community-based strategies for promoting healthier lifestyles and physical activities.

The first stop was at the chief's palace, where we met with the chief and elders. The reception was warm and welcoming. During the discussions, they expressed concerns about unhealthy eating habits in their community, particularly the low consumption of fruits and vegetables. They also emphasized the importance of encouraging backyard gardening as a way to reduce reliance on unhealthy foods.

One strong recommendation they made was for the project to organize programs that would bring community members together to discuss and decide on practical ways to improve healthy eating habits. They thanked us for the visit and expressed their hope for future engagements with the project.

Our final stop was at a public school near the chief's palace, which is a cluster of schools headed by two different head teachers. An overview of the Generation-H project was presented to them, and they expressed appreciation for the visit, showing keen interest in the project and asking questions about their potential contributions to its success.

New PhD student in Work Package 6

Hello everyone! My name is Telma, and I joined the Generation H project in May as a PhD Candidate at Vrije Universiteit Amsterdam, contributing to the health economics work package focused on developing a cost-effectiveness model. Originally from Portugal, I moved to the Netherlands three years ago to pursue a Master's in Health Economics, Policy and Law at Erasmus University Rotterdam. Before that, I completed my degree in Pharmaceutical Sciences at the University of Lisbon.

When I am not working with numbers or health economic models, you will find me dancing, painting, or planning my next trip. I love being outdoors, exploring new places, and trying good food. After my master's, I went backpacking through South America, which was the perfect mix of all three! I'm really looking forward to collaborating with all the project members and contributing to the success of this project.



About Generation H

Generation H is a 5 year multi-intervention project to combat unhealthy diets and physical inactivity among adolescents in Sub Saharan Africa. The Generation-H project's collaborating or partnering institutions are the Amsterdam UMC in the Netherlands, IRD (French National Research Institute for Sustainable Development) in France, Vrije Universiteit Amsterdam in the Netherlands, Sciensano in Belgium and Loughborough University in the United Kingdom, African Population and Health Research Centre in Kenya, the University of Ghana, the Ghana Health Service, the Christian Health Association of Ghana, and the Coalition of Actors for Public Health Advocacy, also in Ghana.

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The next Generation H newsletter can be expected around April 2026.

Do you want to stay updated in the meantime? Please check our LinkedIn page or website by scanning the QR-code

