



# GENERATION-H PROJECT NEWSLETTER

**ANNUAL MEETING IN ACCRA, GHANA**

DECEMBER 2025

## GENERATION H PROJECT HOLDS THREE-DAY ANNUAL MEETING IN ACCRA, GHANA

The Generation-H Project held its 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. Participants included representatives from 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.

A hybrid meeting format was used, allowing participants who were unable to attend in person to join online, thereby ensuring broad participation and effective collaboration across all work packages. The meeting began with visits to project implementation sites, including schools and faith-based organizations in Accra. These visits gave participants the opportunity to observe firsthand how the project is being implemented and to better understand the local context in which it operates.



Stakeholders and project teams during the Day One site visit

Team members interacted with adolescents, teachers, and community partners, gaining valuable insights into the relevance and early impact of the project activities.

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..



Stakeholders and project teams during the Day One site visit

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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.

The second day of the meeting focused on discussions with advisory board 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

The non-communicable diseases (NCDs) epidemic, particularly prevalent in low and middle-income countries (LMICs) in sub-Saharan Africa (SSA), strains fragile health systems due to poor diets and sedentary lifestyles. Despite WHO's endorsed policies, implementation remains suboptimal, especially concerning adolescents. Adolescence is crucial for establishing NCD risk behaviors, yet effective interventions are lacking, particularly in LMICs. This project targets Ghana and Kenya, representing diverse cultural contexts, to address unhealthy diets and physical inactivity among adolescents. It aims to implement evidenced and theory-based interventions aligned with WHO recommendations.



Stakeholders' engagement session on Day Two of the Annual Meeting

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. Advisory board members provided constructive feedback and technical guidance, helping to strengthen coordination between these work packages.

The day concluded with a social event 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. Discussions focused on the overall design of the study and how it integrates both effectiveness and implementation considerations. Participants discussed sampling approaches, baseline data collection, intervention delivery, and how outcomes such as effectiveness and cost-effectiveness will be assessed



Networking and relationship-building during the Annual Dinner at Tree House

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



### GENERATION-H PROJECT

Generation-H is a project funded by the European Union, Horizon Europe & UKRI within the Global Alliance for Chronic Diseases Life Course Programme to develop a multi-component intervention to reduce two pivotal modifiable risk factors: unhealthy diets, physical inactivity, and their underlying social determinants, among adolescents and youth aged 10-19 years in sub-Saharan Africa, in diverse socio-economic urban settings in Ghana (Greater Accra region) and Kenya (Nairobi). This can support healthy lifestyle and prevent NCDs in adulthood.

### PARTNERS

The Generation-H project's partner institutions and researchers are drawn from Europe and Africa. Institutions are the Amsterdam UMC, Universiteit van Amsterdam, IRD, Vrije Universiteit Amsterdam, Sciensano, Loughborough University, African Population and Health Research Centre, and University of Ghana.

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Funded by the European Union



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