

Ref. Ares (2024) 3134518 - 29/04/2024

Project Website Generation H



The Generation H consortium consists of Amsterdam UMC, the University of Ghana, the African Population Health Research Center, Loughborough University, the French Research Institute for Development and the Belgian public health institute, Sciensano.

The Generation-H intervention strategy is multi-dimensional, encompassing educational programs, community engagement initiatives, policy advocacy, and collaborations with educational, faith-based, and healthcare institutions. Spanning January 2024 to December 2028, details of Generation H activities can be found on the project website –<https://www.generationh.org/>

GH
GENERATION H

Home The Project Resources Related Projects News & Events Blog Contact Us

Reducing Physical Inactivity

The project also aims to reduce physical inactivity

LEARN MORE

Reducing unhealthy diets and physical inactivity among sub-Saharan African youth

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



Reducing unhealthy diets and physical inactivity among sub-Saharan African youth

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

