

Providing **M**easurements, **E**valuation, **A**ccountability, & **L**eadership **S**upport (**MEALS**) for NCDs prevention: Lessons from Ghana



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UNIVERSITY OF GHANA

SCHOOL OF PUBLIC HEALTH

Presentation outline

- The Efforts
- 3-related projects & small-scale studies
 - Dietary Transitions in Ghanaian Cities Project (DFC Project)
 - Dietary Transitions in African Cities Project (TACLED Project)
 - MEALS4NCDs Prevention Project
- Actual and potential contributions to providing MEALS for NCDs prevention in Ghana



Background

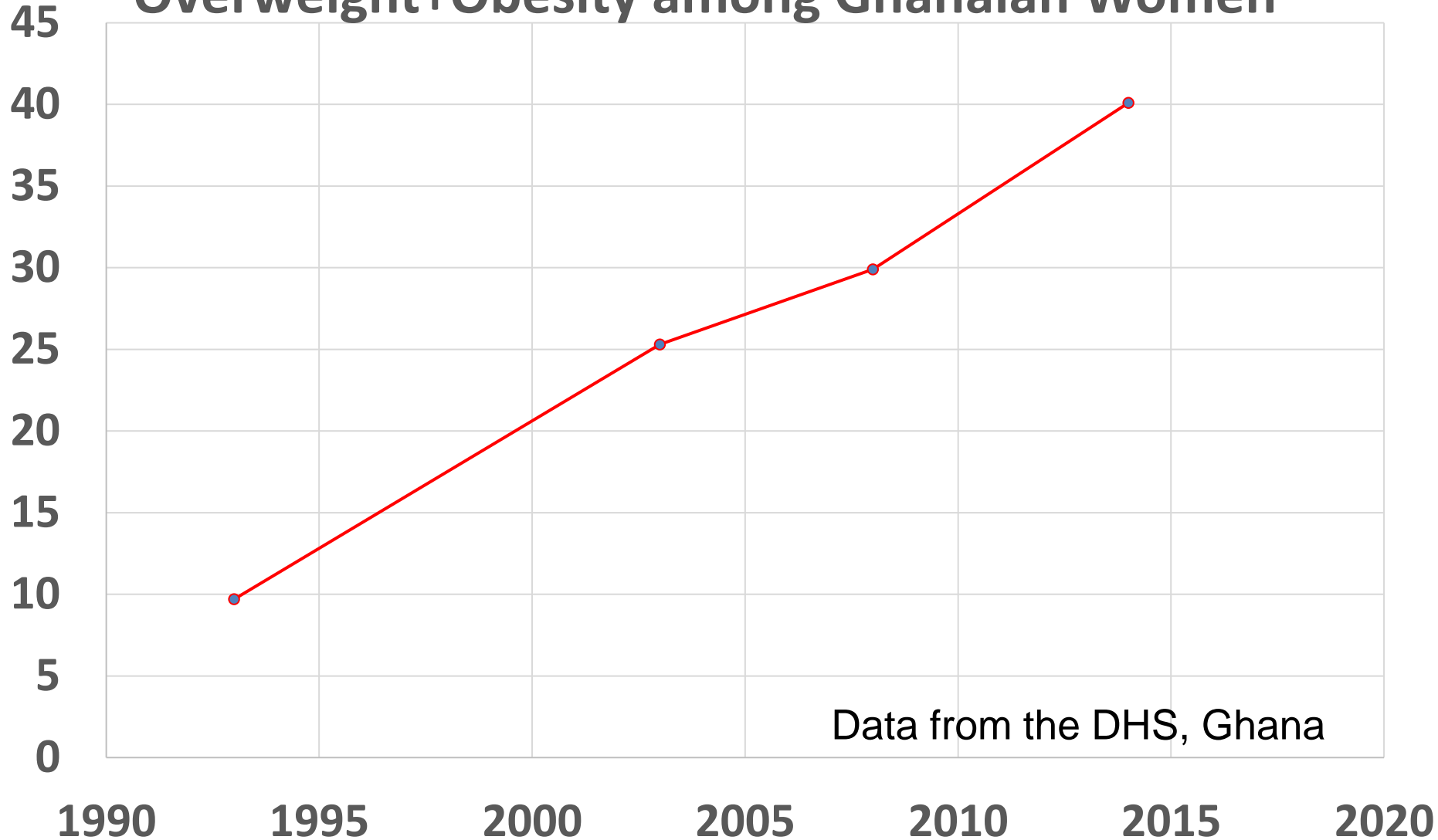


Ghana, like other African countries, is experiencing a rise in the prevalence of obesity and nutrition-related non-communicable diseases (NR-NCDs)

Analysis covering the period, 1980–2015, reveals >500% increase in prevalence of adult obesity in Ghana
_IHME University of Washington

Background

Overweight+Obesity among Ghanaian Women



Background

- Over 40% of adult deaths in Ghana are attributable to NCDs
- The tidal wave of obesity and NR-NCDs is a consequence of market, government, and food system failures
- Such failures require decisive & effective response
- *No simple solution available*
 - The need for food environment/food systems-wide approaches

Providing MEALS for NCDs prevention in Ghana



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What is INFORMAS?

INFORMAS (International Network for Food and Action Support) is a global network of public-inte support public and private sector actions to incre related inequalities.

INFORMAS supports the [WHO's Global Action Plan 2020](#)) and the [World Cancer Research Fund Inter](#)

Who is involved in INFORI

Public Sector
Policies and Actions
(Food-EPI)

Private Sector
Policies and Actions

Food Composition

Food Labelling

Food Promotion

Food Provision

Food Retail

Diseases (NCDs) Research, Monitoring and rchers that aims to monitor, benchmark and nts and reduce obesity and NCDs and their

[Control of Non-Communicable Diseases \(2013-work.](#)



DIETARY TRANSITIONS IN GHANAIAN CITIES:

LEVERAGING EVIDENCE FOR POLICY AND
INTERVENTION TO PREVENT DIET-RELATED
NON-COMMUNICABLE DISEASES

JANUARY 2019

We engaged:

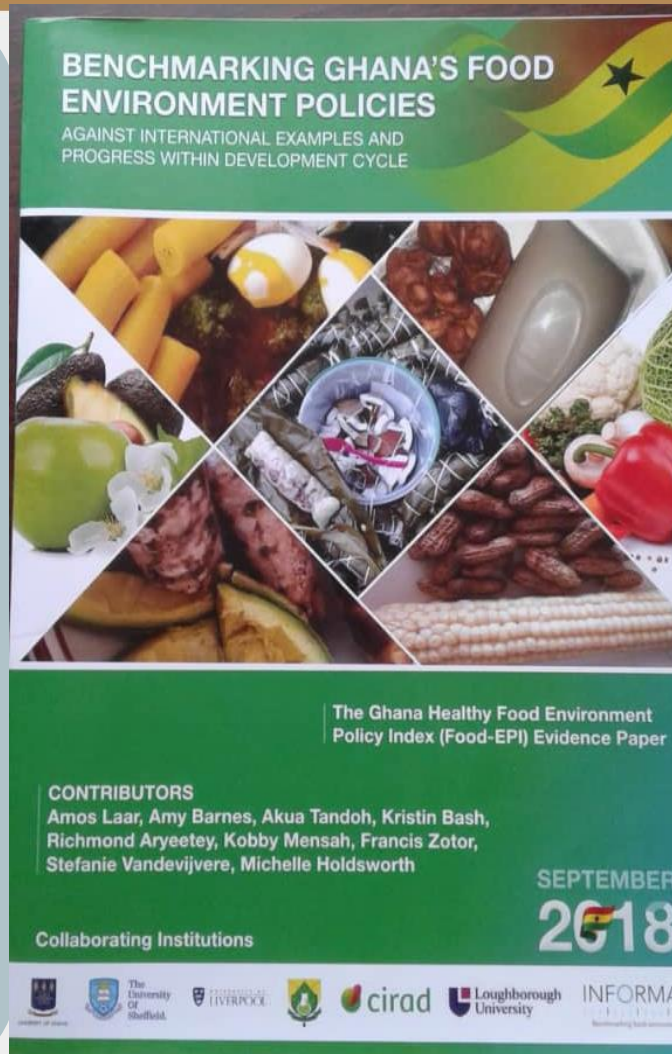
- Individuals
- Communities
- Local stakeholders
- National stakeholders

The Ghana Food-EPI exercise

Aims

Assess the extent of Government's implementation of recommended policies to create healthy food environments.

Identify priority actions for the Governments to take forward in partnership.



Benchmarking Ghana's Policies for Creating Healthy Food Environments

Compared to international examples and in relation to stage of local policy action.

Ghana Healthy Food Environment Policy Index (Food-EPI) country scorecards and priority recommendations for action

January 2019

Laar, A.; Tandoh, A.; Barnes, A.; Bash, K.; Aryeetey, R.; Mensah, K.; Vandevijvere, S.; Holdsworth, M.

Collaborating Institutions:





ELSEVIER

Contents lists available at [ScienceDirect](https://www.sciencedirect.com)

Food Policy

journal homepage: www.elsevier.com/locate/foodpol



Implementation of healthy food environment policies to prevent nutrition-related non-communicable diseases in Ghana: National experts' assessment of government action



Amos Laar^{a,*}, Amy Barnes^b, Richmond Aryeetey^a, Akua Tandoh^a, Kristin Bash^b, Kobby Mensah^c, Francis Zotor^d, Stefanie Vandevijvere^e, Michelle Holdsworth^{b,f}



Legislation to control marketing of unhealthy food and beverages in the media & in and around schools



Policies to ensure healthy foods are affordable



Government support for advocacy on nutrition labelling



Interventions to improve school feeding programme (capacity building for school caterers)

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HEALTHINESS OF FOODS AND BEVERAGES ADVERTISED ON
GHANAIAN TELEVISION PROGRAMMES TARGETING
CHILDREN

BY

IRENE AMPONSAH KUMI
(10294532)

THIS DISSERTATION IS SUBMITTED TO THE UNIVERSITY OF
GHANA, LEGON IN PARTIAL FULFILLMENT OF THE
REQUIREMENT FOR THE AWARD OF MASTER OF PUBLIC
HEALTH DEGREE

DECEMBER, 2018.

PLOS ONE

OPEN ACCESS PEER-REVIEWED

RESEARCH ARTICLE

Basic school pupils' food purchases during mid-morning break in urban Ghanaian schools

Deda Ogum-Alangea , Richmond N. O. Aryeetey, Heewon L. Gray, Amos K. Laar, Richard M. K. Adanu

Published: September 1, 2020 • <https://doi.org/10.1371/journal.pone.0238308>

ajfand SCHOLARLY, PEER REVIEWED
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ISSN 1684 5374

Volume 16 No. 4
November 2016

DOI: 10.18697/ajfand.76.15430

FOOD RETAIL ASSESSMENT AND FAMILY FOOD PURCHASE BEHAVIOR
IN ASHONGMAN ESTATES, GHANA

Aryeetey R^{1*}, Oltmans S², and F Owusu³

Healthiness of foods and non-alcoholic beverages marketed on popular Ghanaian Televisions channels (targeting children)

- Of the 1,926 adverts recorded, 590 were of food and beverages. $\frac{1}{4}$ of advertised foods were SSB



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Healthiness of foods on promotional flyers of fast-food outlets located within Accra-based shopping malls

Patience Tsrach

Wilhemina Quarpong

Amos Laar

University of Ghana School of Public Health

 <https://orcid.org/0000-0001-5557-0164>



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- 100% of the foods (n=79) on the promoted flyers were unhealthy
 - comprising high sodium/saturated fats (n=36), high sodium exclusively (n=40) and high in added sugar foods (n=3).



Commercial food advertising on the campus of Ghana's largest University


Gideon S. Amevinya^{1,2}, MPH, Wilhemina Quarpong^{1,2}, MPH, Amos Laar^{1,2*}, Ph.D

¹Department of Population, Family and Reproductive Health, School of Public Health, University of Ghana, Accra Ghana

²House of Mentoring and Research Resources (HM2R). Box LG 1099, University Post Office, Legon, Accra, Ghana.

- Of 503 advertisements recorded, ~50% were food ads; → ~60% of food were unhealthy
- ~ 4 of 10 advertised food products were SSB

BMJ Open Investigating foods and beverages sold and advertised in deprived urban neighbourhoods in Ghana and Kenya: a cross-sectional study

Mark Alan Green ,¹ Rebecca Pradeilles,² Amos Laar,³ Hibbah Osei-Kwasi,⁴ Nicolas Bricas,⁵ Nathaniel Coleman,⁶ Senam Klomegah,⁷ Milka Njeri Wanjohi,⁸ Akua Tandoh,⁶ Robert Akparibo,⁹ Richmond Nii Okai Aryeetey,⁶ Paula Griffiths,² Elizabeth W Kimani-Murage,⁸ Kobby Mensah,¹⁰ Stella Muthuri,¹¹ Francis Zotor,⁷ Michelle Holdsworth¹²

A high availability of SBB (39%), as well as processed/fried foods (42.4%) – EDNP/EDNR



The logo consists of four vertical bars of increasing height from left to right, colored in shades of green and orange. The text 'MEALS4NCDs' is displayed in a large, bold, sans-serif font. 'MEALS' is in light green, '4' is in a darker green, and 'NCDs' is in orange. Below the main title, the full name of the organization is written in a smaller green font: 'Providing Measurement, Evaluation, Accountability & Leadership Support (MEALS) for NCDs Prevention'.

MEALS4NCDs

Providing Measurement, Evaluation, Accountability & Leadership Support (MEALS) for NCDs Prevention

- **Current focus:** restricting unhealthy food marketing to children and improving school nutrition environments
- **Gov't MDAs** (MoH, NDPC, FDA) **UN Agencies** (UNICEF, WHO), **CSO** (NCD Alliance, VALD), **INFORMAS/International Experts**, & **Ghanaian Law makers/ Members of Parliament**
- **Future:** Activating other actions – the regulatory, legislative, and fiscal levers of the food environment policy arsenal are

Thank you! MEALS4NCDs Investigators



Project Investigators

This project is a collaboration among 10 researchers from 7 academic and research institutions across Ghana, Kenya, Netherlands, France and Belgium.

Lead Institution: University of Ghana



Dr. Amos Laar
Project Leader & Principal Investigator
University of Ghana, Ghana
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Prof. Richmond Aryeetey
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This project is supported by a high-level Project Advisory Board. The Board amongst others, provides expert guidance in relation to the implementation of the project, dissemination, scale-up or innovation diffusion.

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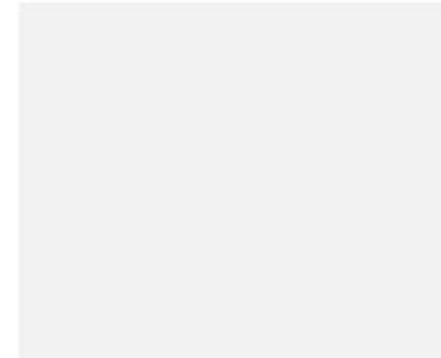
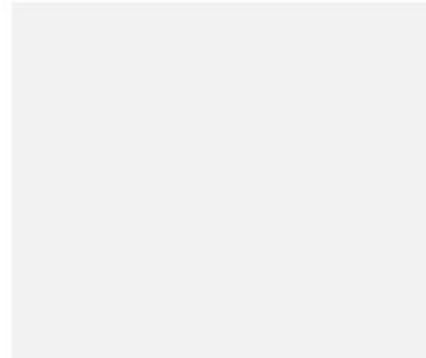
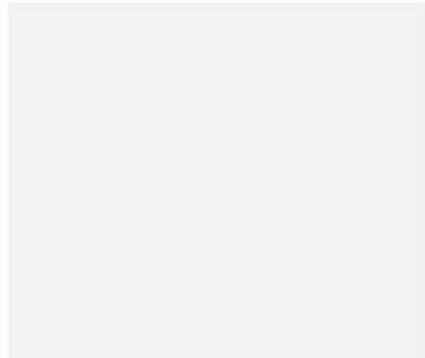
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**Hon. (Dr) Sebastian Ngmenenso
Sandaare**
Member of Parliament and Member,
Special Committee on



Early career researchers

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Early Career Researchers



Ms. Akua Tandoh
Project Associate/Doctoral student
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Gideon Senyo Amevinya
Monitoring and Evaluation Specialist
[Profile →](#)



Wilhemina Quarpong
Project Associate
[Profile →](#)



Dr. Phyllis Addo
Postdoctoral Fellow



Silver Nanaema
Research Assistant

Graduate students on the project

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PhD Students



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Doctoral Student/Project Associate
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