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From "MEALS" to a Double-Duty Policy Bundle: A Ghanaian Example of Evidence to Advocacy & Policy Action

- Driven by unhealthy food environments, non-communicable diseases (NCDs) are predicted to become the leading cause of death in Ghana by 2030.
- We aimed to address the problem of NCDs through need-driven research, evidence-informed advocacy & effective public health policy measures.
- The MEALS4NCDs Coalition engaged with government stakeholders (including the MOH, GHS, FDA, MOFA, NDPC); UN Agencies (WHO, UNICEF), Civil Society (NCD Alliance, VALD, INSLA, CAPHA), and Academia (University of Ghana School of Public Health and others).
- The Coalition used evidence-informed advocacy and scholar activism to valorize demand for the healthy food policy bundle.
- Currently, there is national consensus that enactment and implementation of such policies will make unhealthy diets unattractive & unavailable, while promoting healthier diets and making them more accessible and attractive for consumers.
- These engagements, assessments, and evidence birthed the HD4HL Project, & the Ghana Food-related Fiscal Policies Project, which are currently delivering multi-stakeholder action toward a fit-for-local purpose double-duty policy bundle for healthier and more equitable consumer food environments.
- Policies in the bundle include **Front of Pack Nutrition Labelling, Marketing Regulations, SSB Tax, & Public Food Procurement.**



Global Health Advocacy Incubator



The MEALS4NCDs Project provided “measurements, evidence, advocacy, accountability, & leadership support” for NCDs prevention

The HD4HL Project” is assuring “Healthier Diets & thus Healthy Lives” through a policy bundle aimed at improving Ghana’s food environments

Policies in the double-duty healthy food policy bundle are undergirded by a NPM