

Newsletter Generation H

October 2024



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Dear reader,

The Generation-H project team, which started in January 2024, would like to share some updates about the past period to inform you what has happened within Project Generation H lately.

February 2024: Press release Amsterdam UMC

In a [press release](#), Amsterdam UMC announces it will lead project Generation H and why this project is needed.

May 2024: Press release IRD

The French National Research Institute for Sustainable Development has included the press release of the Generation H project in their online newsletter. Find the press release [here](#).

September 2024: Publication Guidelines have been developed. This document provides practical guidelines for the development of scientific publications and presentations.

Ethical Approval has been achieved at various levels for the Generation H project in Ghana and Kenya. The ethics approval was granted on 9 July to the APHRC and to the UG on 6 September.

August 2024: Project coordinator's visit to Ghana

As part of Dr. Erik Beune's visit to Ghana, the Generation H team conducted site visits to key districts in the Greater Accra Region, including Ga East and Ayawaso West. These visits were crucial for assessing local support, infrastructure, and the socio-economic context of the selected study sites.

They visited the Education Service Office in Ga East District and met with Mr. Eric Sey, Director of Education, and Mrs. Brown, the schools' Coordinator. Both expressed strong enthusiasm for Generation H, with Mrs. Brown offering valuable insights due to her background in Nutrition. She recommended incorporating questions on ongoing health initiatives, such as the Ghana School Feeding Program (GSFP), into stakeholder interviews. The team also toured three schools with varied facilities, observing only one canteen offering traditional meals in a less-than-ideal environment.

In Ayawaso West, the team met with Mrs. Margaret Kaba, District Director of Education, and Ms. Janet, Head Teacher of the Presbyterian M/A School. Both were highly supportive of the project, particularly appreciating that Generation H is an intervention-focused study, addressing concerns about previous research efforts that lacked follow-through. The district, although high SES, also includes low SES schools, providing a socio-economic mix that will be valuable for the study.

The visits highlighted the importance of developing a clear checklist for inclusion/exclusion criteria when selecting schools, especially in districts with mixed socio-economic statuses like Ayawaso West. Notable differences in physical activity were observed, with boys being more active outdoors, while girls tended to engage in more sedentary activities. The strong local support for Generation H was confirmed during these discussions.



May 2024: The protocol of realist review has been posted on Prospero

The protocol of the realist review has been posted on Prospero, the international prospective register of systematic reviews. The aim of the review is to identify, appraise, and contextualise evidence from urban Sub-Saharan Africa on what interventions work, how, for whom, and under what circumstances to promote healthy diets and/or physical activity among adolescents in urban Ghana and Kenya. You can find the protocol [here](#).

Two online **steering group meetings** with the steering group were held on April 17 and July 2, 2024. During these meetings, the progress of the project and any issues has been discussed. The next steering group meeting is scheduled on October 29.

The **advisory board** for the project has been composed and consists of: Canon Chris Kinyanjui Kamau of the National Council of Churches of Kenya, Nyovani Madese of the African Institute for Development Policy in Malawi, Gareth Haysom of the University of Cape Town, Kyle Ferguson of the New York University Grossman School of Medicine, Natalie Evans and Femke van Nassau of the Amsterdam University Medical Center.



New staff



2 PhD students started in October at Amsterdam UMC

Amsterdam UMC hired two PhD students: Birhan Ewunu Semagn from Ethiopia and Martha Jane Nassali from Uganda. Birhan and Martha started on October 1 in Amsterdam and will be working for most of their time on the Generation H project. Welcome Birhan and Martha!

Research associate starts in November

Milka Wanjohi is joining the Loughborough team from January for two years as a research associate helping to deliver WP3. From November Milka will be working from the African Population and Health Research Center to prepare for WP3 activities and to help with coding of data.

Reporting to the European Commission (EC)

Since the project is funded by the (EC), certain deliverables have been agreed upon and shared with the EC.

● **Kick off meeting**

18 and 19 January, the Generation H consortium came together in Amsterdam to kick off the project with a meeting.

● **Data Management Plan**

A first version of the Data Management Plan in which we described how data will be collected, stored, managed, protected and shared.

● **Project Management Handbook**

The handbook describes relevant project information, such as roles, responsibilities, financial aspects and agreements within the consortium.

● **Data Analysis Plan**

The analysis plan is intended as a starting point for the analysis, ensures that data analysis can be undertaken in a targeted manner and promotes research integrity.

● **Project website Generation H**

As part of work package 7, a project website was created to inform and update people about the project.

Blog Gideon Amevinya (PhD student Generation H)

Strengthening Research Capacity to Engage Stakeholders in Adolescent Diet and Physical Activity Health

In September 2024, the Generation H project undertook a mission to Ghana and Kenya, aimed at advancing preparation efforts for upcoming stakeholder consultations. These consultations are a key component of the ongoing realist review, which aims to explore interventions promoting healthy diets and physical activity among adolescents.

The primary purpose of the mission was twofold: first, to facilitate coordination between the local study teams in both countries, and second, to standardize and train research assistants who will play an integral role in conducting the stakeholder consultations.

A series of intensive training sessions were held with the research assistants. These sessions focused on equipping them with the necessary skills to engage with stakeholders effectively, ensuring that data collected during the consultations will be both robust and insightful. The research assistants responded positively, demonstrating a clear understanding of the realist approach to interviewing and the techniques required for stakeholder engagement. Their enthusiasm and commitment to the project's objectives were profound throughout the training.

The mission also provided an opportunity to discuss the logistical and practical aspects of conducting stakeholder consultations in the unique contexts of Ghana and Kenya. The study teams in both countries are now equipped to execute this important phase of the project, which will provide critical insights into the proposed interventions.

As Generation H moves forward, the findings from these stakeholder consultations will help refine our understanding of what works, for whom, and under what circumstances and will feed into overarching realist review. With the groundwork laid, we are excited to see how this collaboration with stakeholders in Ghana and Kenya will contribute to the success of the Generation H project.



Kenya



Ghana

Community & stakeholder sensitization meetings at the APHRC



October: National Inception Meeting

On 8th October 2024, APHRC's Generation Health Project held its inception meeting with key stakeholders, including the Ministry of Health, Kenya, Nairobi County Government, and various Civil Society Organizations such as Non-Communicable Diseases Alliance (NCD Alliance), Kenya Cardiac Society, Christian Health Association of Kenya (CHAK), Association of Parents of Children Living with Diabetes (APACLID) and Young Professionals Chronic Disease Network (YPCDN) and partners from the consortium; The French National Research Institute for Sustainable Development .

The meeting provided a collaborative platform to exchange ideas and chart a clear path to reduce unhealthy diets and physical inactivity among adolescents (ages 10-19) in Ghana and Kenya. Through the project, the Center seeks to empower adolescents with the knowledge and tools to adopt positive health behaviors and prevent non-communicable diseases.



October: Community Sensitization Meeting

On 15th & 16th October 2024, members of APHRC's Generation-H project met with community members and key stakeholders across Kibra and Makadara Sub-Counties to discuss strategies for implementing the project to achieve maximum impact.

This newly launched initiative is part of a global consortium that draws on expertise from world-renowned institutions to implement a multi-dimensional intervention strategy. The goal is to promote healthier lifestyles and prevent non-communicable diseases (NCDs) among adolescents, people in urban areas, particularly in Nairobi and the Greater Accra region.

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.