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||  
Systèmes alimentaires en Afrique et en Méditerranée  
Comment co-construire des solutions  
pour une sécurité alimentaire et une santé durables?

||  
Montpellier, France

||  
| Nov 7<sup>th</sup> - 9<sup>th</sup> 2022 |

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## UNIVERSITY OF GHANA

SCHOOL OF PUBLIC HEALTH



# Disclosures: No conflict of interest





GHANA



**Ghana:** population of ~32 million people spanning a variety of religious, ethnic, and linguistic groups.

**Food insecurity and undernutrition has reduced but Ghana continues to face a triple burden of malnutrition**



Food insecurity: **12%** nationally  
**18%** rural population, **6%** urban (2020)



Stunting (National): **28%** (2008) to **18%** (2018)  
Stunting (Northern region): **33%**



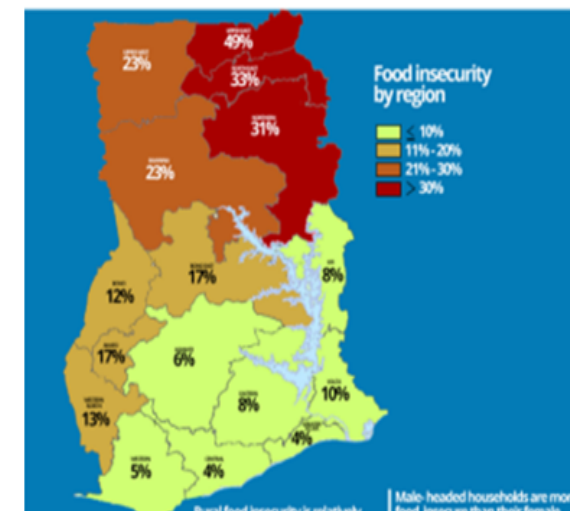
Anaemia: **45%** of women of reproductive age,  
**66%** of children, 6-59 months (2014)



Obese or overweight: **41%** of women, 15-49 y  
(2016, modelled estimates)



Min dietary diversity: **60%** of women, 15-49y  
**17%** of children, 6-23months (2020)



Percentage who cannot afford a healthy diet<sup>3</sup>: **61.2%**



A typical Ghanaian diet largely relies on starchy roots (eg cassava, yams), local fruits (eg mango, plantain) and cereals (eg maize, rice).

Starchy roots and cereals still supply almost 75% of the dietary energy

Pulses feature in many diets



# Local Ghanaian foods



- To the uninitiated tongue Ghanaian dishes are spicy



*Tuo zaafi*



*Waakye*



*Kenkey*



*Plantain Ampesi*



*Fufu*







Rapid urbanization has modified food consumption patterns in urban areas, with an increasing demand for imported food..

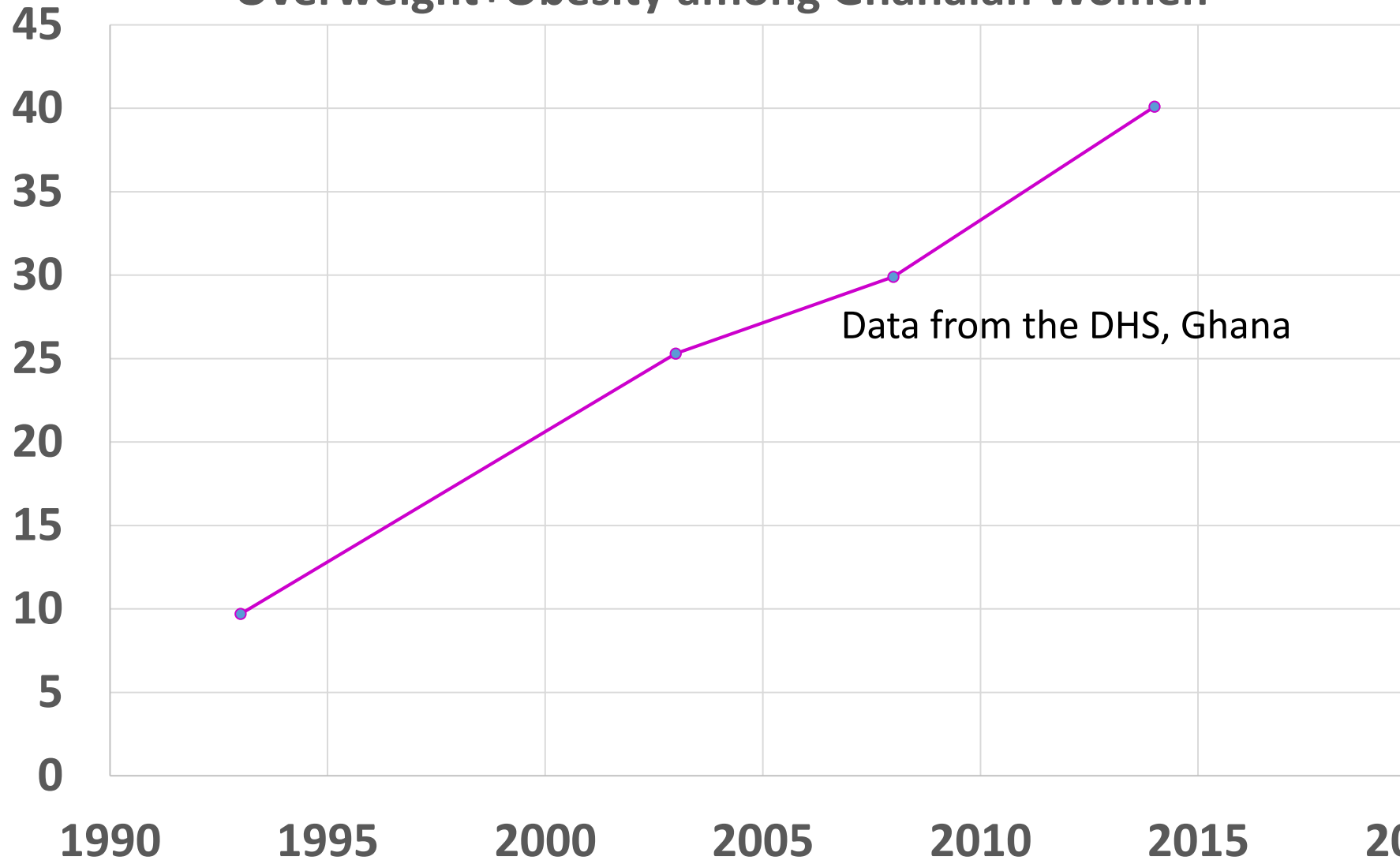


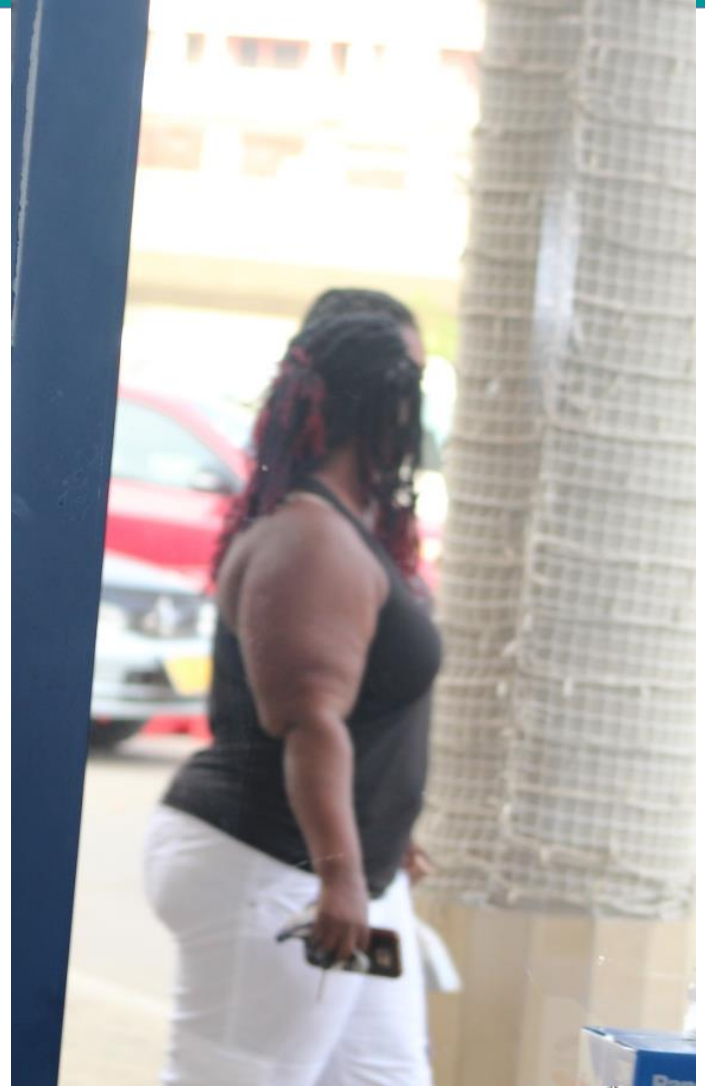




- Ghana is experiencing a nutrition transition with some evidence of transitioning dietary habits related to urban demographic change
- As a consequence obesity and DR-NCDs are rapidly increasing and have been designated by the MOH as an important public health problem.

## Overweight+Obesity among Ghanaian Women





Driven by unhealthy food environments, NCDs are predicted to become the leading cause of death in Ghana by 2030.

**EVERYBODY  
NEEDS TO ACT**

Concerned, we aimed to address the problem of NCDs through effective public health policy measures.

But would soon be reminded that longstanding challenges needed to be addressed first



# Address longstanding challenges

- **Data poverty** – address via research
- **Policy inertia** – address using advocacy
- **Policy focus** – a shift from feeding to nourishing
- **Policy coherence** – landscaping analysis & bundling policies for impact
- **...and so we took a step back** -  
*“doing the wrong thing at the right time is wrong; doing the right thing at the wrong time is wrong”*
- Generate evidence, curate same, and avail it to Ghanaian researchers, policy makers, and civil society



- Critical roles of Prof. Michelle Holdsworth & Dr. Stefanie Vandevijvere

## Dietary transitions in Ghanaian cities Project



[Dietary Transitions in Ghanaian Cities project \(DFC\)](#) & [Dietary Transitions in African Cities project \(TACLED\)](#), among others mapped the factors in the social and physical food environments that drive consumption of energy dense nutrient-poor food and beverages



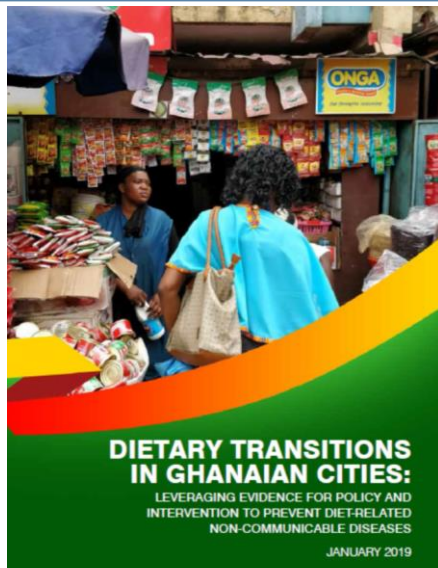
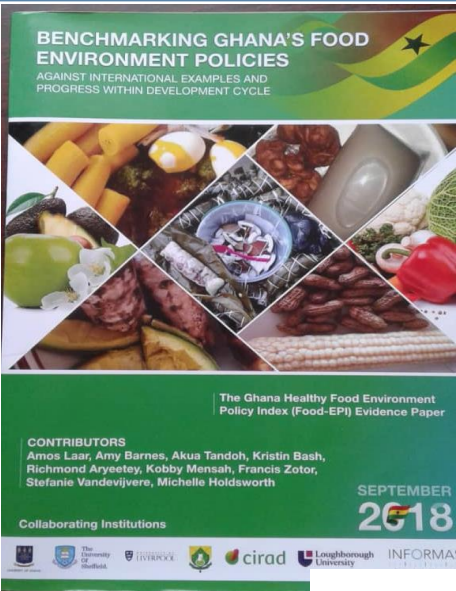


# Engaged individuals, communities, local & national stakeholders

1. People in their communities: How are unhealthy food and beverages embedded in everyday life? Dietary intake and time use study (**Holdsworth et al 2020**)
2. What are the factors shaping dietary behaviours? Photovoice study (**Pradeilles et al 2021**)
3. What are dietary behaviours in urban Ghana and Kenya? Systematic review (**Rousham et al 2020**)
4. What influences dietary behaviours in urban Africa? Systematic review (**Osei-Kwasi et al 2020**)
5. Communities & neighbourhoods: How is food sold and advertised? Geographical mapping study (**Green et al 2020**)
6. How ready are urban Ghanaian communities to reduce unhealthy food and beverage consumption? Community Readiness mapping study (**Pradeilles et al 2019**)
7. Priorities for national action: What are the priorities for policy and interventions to improve diets at a national level? Benchmarking food environments with Food-Epi (**Laar et al 2020**)







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

Food Policy

journal homepage: [www.elsevier.com/locate/foodpol](http://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

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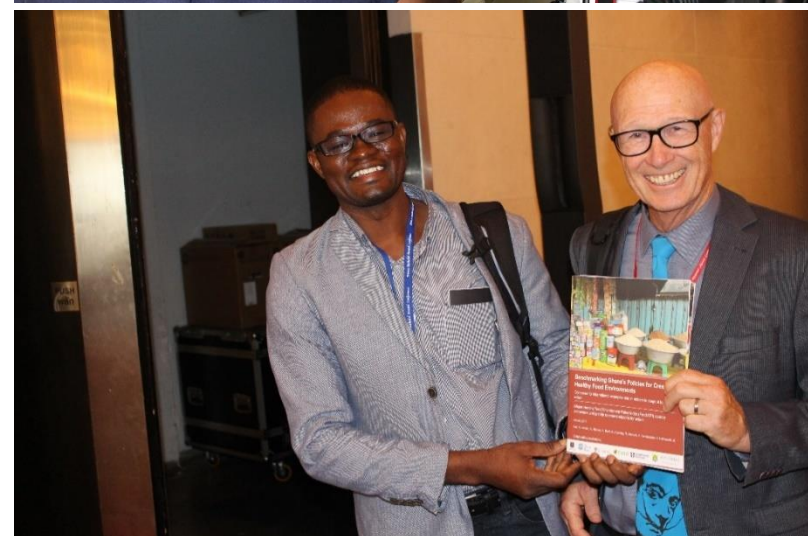
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# MEALS4NCDs

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

IDRC-funded MEALS4NCDs Project- measures & supports public sector actions that create healthy food marketing, retail, and provisioning environments for Ghanaian children



# Additional policy-influencing evidence

- **Study 1:** Assessing the nature and extent of unhealthy foods and non-alcoholic beverage **promotion on television**
- **Study 2:** Mapping of **outdoor food advertising and outlets** within and around selected basic schools in the Greater Accra region
- **Study 3:** Assessing the **healthiness of outdoor food advertising** within and around public sector basic schools
- **Study 4: How healthy are our supermarkets?** Availability of ultra-processed foods in supermarkets of selected districts in the Greater Accra region
- **Study 5: Analysis of Food Provisioning Policies and Programmes** in Ghanaian public sector basic schools
- **Study 6:** The **nutritional quality of foods and beverages sold or provided** in child-serving institutions
- **Study 7: Network Mapping of Stakeholders** in Food Promotion and Provisioning among children in schools in Ghana
- **Study 8:** The **readiness of Ghanaians community to implement changes to improve children's food environments** in the Greater Accra





# STATE OF FOOD ENVIRONMENTS IN THE GREATER ACCRA REGION

An assessment and recommendations

MEALS4NCDs project

11/25/2022

**MEALS4NCDs**  
Providing Measurement, Evaluation, Accountability & Leadership Support (MEALS) for NCDs Prevention



### ADVISORY BOARD

This project is supported in process and methodology by the expertise of a high-level Project Advisory Board to ensure the research team achieves its objectives. The Board's role will be crucial in providing expert guidance in relation to the implementation of the project, dissemination and future plans to scale-up the innovation and implement the project's findings in other countries.

### CURRENT ADVISORY BOARD MEMBERS



**Professor Mary L'Abbe**  
*Project Advisory Board Chair*  
*INFORMAS Food Provision Module Leader*  
Earle W. McHenry Professor, and Chair, Department of Nutritional Sciences, Faculty of Medicine University of Toronto, Canada



**Dr. Emmanuel Ankrach Odame**  
Ministry of Health Ghana



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Center for Food Science and Nutrition Addis Ababa University Ethiopia



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Loughborough University



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UNICEF Ghana



**Ms. Joana Ansong**  
World Health Organisation Ghana Country Office



**Professor Bridget Kelly**  
*INFORMAS Food Promotion Module Leader*  
University of Wollongong Wollongong, Australia



**Hon. (Dr) Sebastian Ngmenenso Sandaare**  
*Member of Parliament and Member, of Parliamentary Select Committee on Health, Ghana*

## Law Makers, Member Parliamentary Select C'ttee on Health & Leader of CAPHA



Gov't policy makers, regulators, MDAs, Law makers, UN agencies (UNICEF, WHO), CSOs, Consumer Protection Associations, Researchers (local & international)



## Restricting the Marketing of Unhealthy Food to Ghanaian Children



- Comprehensive policy that regulates unhealthy food and beverage advertising across all media platforms
- **Improving the Nutritional Quality of Sold and Provided Foods** in Ghanaian Schools: Priority Recommendations for Policymakers and Key Stakeholders

### DEVELOPING A FOOD POLICY PACKAGE FOR HEALTHIER DIETS IN GHANA: A CONSULTATIVE MEETING

## POST-MEETING REPORT

30<sup>TH</sup> SEPTEMBER, 2021

**CONVENERS**  
 The meeting was convened by the Ministry of Health (MOH), the Measurement, Evaluation, Accountability and Leadership Support for NCDs prevention (MEALS4NCDs) Project, and the Coalition of Actors for Public Health Advocacy (CAPHA).

**PLACE AND DATE OF MEETING**  
 The meeting was held virtually on Zoom on the 30th of September, 2021.

**MEETING PARTICIPANTS**  
 A total of 62 stakeholders were present at the meeting. The stakeholders included relevant government sectors - Ministries, Departments, and Agencies (MDAs), Civil Society Organizations (CSOs), Ghana's Development Partners including United Nations Organisations, as well as local academics and international subject experts.





# HD4HL

Healthier Diets 4 Healthy Lives



MINISTRY OF HEALTH  
REPUBLIC OF GHANA



Republic of Ghana



Your Well-being. Our Priority.



News Updates



Ghana tackles non-communicable diseases through healthier diets



Healthier Diets for Healthy Lives Project launched in Accra

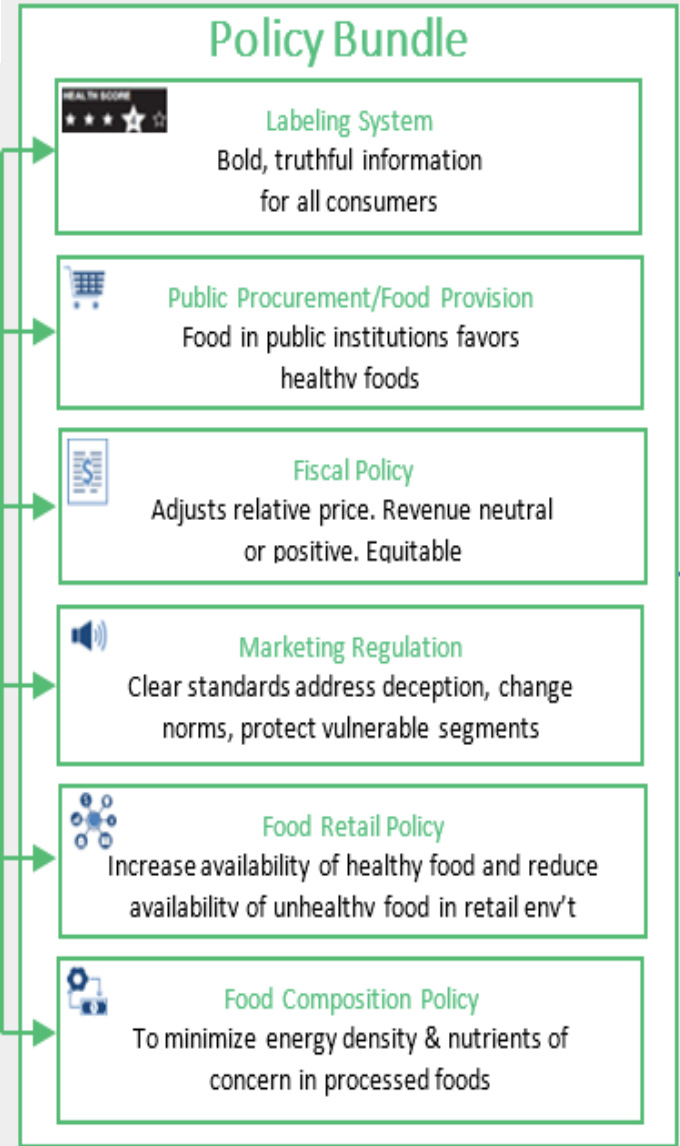
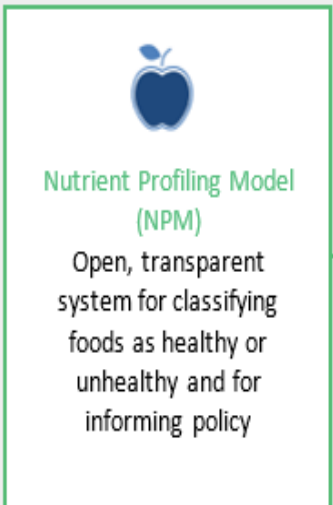


Suboptimal Diets contributes to various diseases-Hon. Agyeman Manu

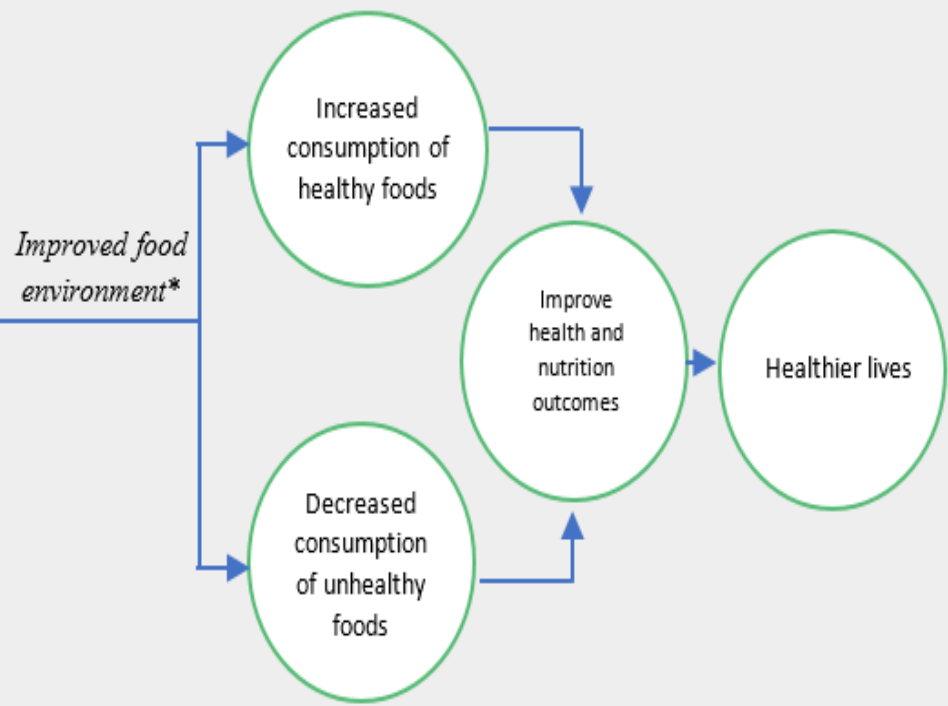


~~Health Minister launches~~  
Healthier Diets for Healthy Lives  
(HD4HL) Project in Accra





A deliberate mix of low agency & high agency policies  
*"inform and empower"*  
*"guide and influence"*  
*"incentivize, discourage or restrict"* patronage of unhealthy diets.



COMMENTARY | [VOLUME 36](#), 100908, JUNE 01, 2021



PDF [263 KB]

## The role of food environment policies in making unhealthy foods unattractive and healthy foods available in Africa

[Amos Laar, PhD](#) 

[Open Access](#) • Published: May 21, 2021 • DOI: <https://doi.org/10.1016/j.eclinm.2021.100908>

- The peculiar heterogeneity of the African food environment and its variegated political economies are noteworthy....
- Facing a syndemic of undernutrition, overweight/obesity and other diet-related NCDs, enforcing policies that dis-incentivize consumption of unhealthy diets, but also those that avail healthy/nutrient-rich foods are important.



Accountability systems are, however, nascent and need to be strengthened to support government stewardship, and civil society to hold food environment actors to account.

Home > Journals > Public Health Nutrition > Volume 25 Issue 9 > A collective call to strengthen monitoring and evaluation...



## A collective call to strengthen monitoring and evaluation efforts to support healthy and sustainable food systems: 'The Accountability Pact'

Published online by Cambridge University Press: 16 May 2022

Kelly Garton , Vivica Kraak , Jessica Fanzo, Gary Sacks , Stefanie Vandevijvere, Lawrence Haddad, Hannah Brinsden, Amos Laar , Tilakavati Karupaiah and Nasrin Omidvar

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**ADVOCATING FOR HEALTH**  
Presents  
**A VIRTUAL WEBINAR ON SUGAR SWEETENED BEVERAGES (SSBs)**

- TOPICS:**
1. OVERVIEW OF NCDs IN GHANA
  2. FACTS ABOUT SSBs
  3. READILY AVAILABLE HEALTHY ALTERNATIVES TO SSBs
  4. HEALTH TAXES: A TOOL FOR NCDs PREVENTION

DATE: 15TH SEPTEMBER 2022  
TIME: 7:00 PM GMT  
ID: 851 2087 8206  
PASSCODE: 010203



**FOOD-RELATED FISCAL POLICIES: LEGAL AND PUBLIC HEALTH IMPLICATIONS**

August 26<sup>th</sup> 2022 | 2:00 pm Accra Time  
Zoom Meeting ID: 817 7525 2762 | Passcode: 290736

**Speakers:**

- Prof. Amos Laar, University of Ghana School of Public Health
- Lawyer Esabalew Dadi, Global Health Advocacy Incubator, Washington DC USA
- Lawyer Emmanuel K.B. Ewul, Barrister and Solicitor
- Lawyer Dennis S. Dangbey, Barrister and Solicitor

**Topics:**

- Introduction and implementation of food-related fiscal policies in Ghana. Can it be done, will it work, and for whom?
- Legal underpinnings in the development of an SSB Tax and other NCD prevention policy instruments
- Legal pathways for introducing and enacting sugar-sweetened beverage tax laws in Ghana



**Advocating for Health (A4H)**  
invites you to a mega float

**Theme: Sugar Sweetened Beverages are harmful to your health**

Date: 20th July 2022 | Time: 8.00am

Jubilee Park, Tamale

ADVOCATING FOR HEALTH PROJECT PRESENTS



## ADVOCATING 4 HEALTH

INVITES YOU TO

**A FLOAT IN KUMASI TO CREATE AWARENESS ON THE NEGATIVE EFFECTS OF SUGAR SWEETENED BEVERAGES ON OUR HEALTH**

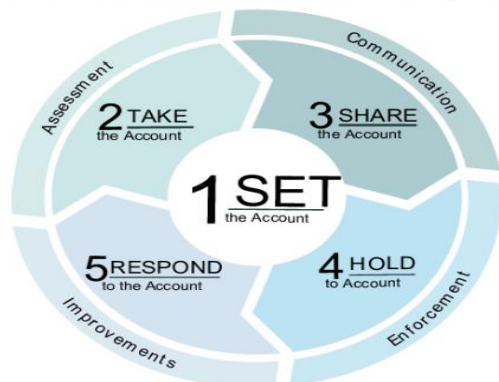
**Wednesday, 19TH October 2022**  
**8am to 12noon GMT**  
**Jubilee Park, Kumasi**

RSVP: 0244652465, 0245849122

**Advocating for Health (A4H) Project presents**

**A Sensitization Seminar for Journalists on the Public Health Implications of Sugar Sweetened Beverages (SSBs)**

Date: 28th Oct. 2022 | Time: 9am | Venue: MJ Grand Hotel-East Legon



SAY NO TO SUGAR SWEETENED BEVERAGES

# MEGA FLOAT

WEDNESDAY 26 OCT. 2022

PRINCIPAL STREETS OF HO Starting from Trafalgar car park 10am

SAY NO TO SSBs



THANK YOU



UKaid  
from the British people

BILL & MELINDA  
GATES foundation



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