

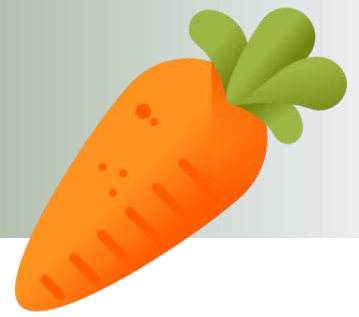


Developing evidence and action toward a double-duty food-based policy bundle to assure healthier diets in Ghana

Healthier Diets for Healthy Lives (HD4HL) Project

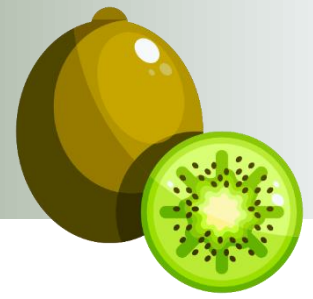
LAUNCH BROCHURE
MARCH 9th 2022





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Key messages from government, academia & civil society



Hon. Kwaku Agyeman-Manu, Ministry of Health, Ghana

“It’s now generally recognized that, suboptimal diets are cardinal contributors to increasing the risk of various diseases, whose impacts on health and economic systems are staggering. Subject experts tell us that population diets are influenced by food environments. They also tell us that unhealthy food environments stymie efforts to overcome malnutrition in all its forms – undernutrition, micronutrient deficiencies, overweight, obesity and other diet-related NCDs. The government of Ghana recognizes this, and so following the recent United Nations Food System Dialogues and the historic Summit held in September 2021, the government made solemn commitments to improve food environments by implementing, among others, food-based dietary guidelines and a nutrient profiling system to facilitate the implementation of a set of food-based policies for Ghana. I am confident that the coalition of Government Agencies, Academia, and Civil Society through the Healthier Diets 4 Healthy Lives (HD4HL) Project will help Ghana realize these commitments ahead of 2030”



Prof. Amos Laar, Principal Investigator of the HD4HL Project

“The HD4HL initiative will enable the University of Ghana to go beyond conducting policy-influencing and policy-impacting public health research to contributing sufficiently and meaningfully to public health policy making in Ghana.






We have always believed that: If governments enact comprehensive policy measures that limit the availability of unhealthy foods (e.g., energy-dense nutrient-poor foods, or foods that contain too much salt/sugar/saturated/trans fatty acids) in public institutions and markets, adjust the relative price of foods to equitably promote health and economic value, and ensure that food products have bold and truthful information for all consumers; the importation, production, processing and promotion of such unhealthy foods will be reduced; leading to reduced availability, attractiveness and consumption of same” Ultimately, this will make unhealthy diets unattractive and unavailable, while making healthier diets available, and attractive”

Hon. Dr. Sebastian Sandaare, Member of Parliament, Ghana & representative of the Coalition of Actors for Public Health Advocacy (CAPHA)

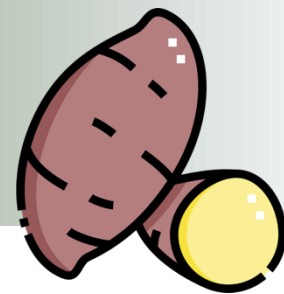
“As a coalition, we acknowledge as a major public health problem, the increasing morbidity and mortality resulting from diet-related non-communicable diseases (NCDs) in Ghana. Ghana’s NCD’s profile reported by WHO in 2018 shows that NCDs accounted for 43% of all deaths. Furthermore, the likelihood of premature death from NCDs for persons aged between 30 and 70 years is estimated to be 21%. The health and economic repercussions of this disease burden to the country are enormous, and so are their impacts on personal financial security, quality of life, and also on productivity and national economic growth. We therefore do not take it lightly that CSOs have been given this important opportunity to collaborate with government agencies and academia to build evidence and mobilize multi-stakeholder actions toward policies that avail healthier diets in Ghana”





WELCOME		
Time	Activities	Persons/Institutions responsible
8:30 - 9.00 am	Registration of Participants	Project Secretariat
		
OPENING		
- Introduction and welcome - MOH Dr. Emmanuel Odame		
9:00am - 9:30 pm	Introduction of Dignitaries and Chairperson	MCs: Dr. Phyllis Ohene-Agyei & Dr. Kobby Mensah
	Chairperson's Acceptance and Welcome Remarks	Chairperson
9:30am - 10:15am	Statement from Partners: MOH, UG, NDPC, FDA, MOFA, CAPHA, UN Agencies (WHO) IDRC/Rockefeller Foundation Rep	Institutional Representatives
10:15am - 11:00am	Project overview, aims, objectives, strategies	Prof. Amos Laar
11:00am - 11:30am	Keynote Address by the Hon. Minister for Health	Hon. Kwaku Agyeman-Manu
11:30am -11:45am	Official Launch of Project	Hon. Kwaku Agyeman-Manu
11:45am -12:20pm	Group Photo, Snack break and media interaction	All
		
12:20pm - 12:40 pm	Q&A	All
TECHNICAL SESSION		
12:40pm - 12:45pm	Objectives and organisation of technical session	Dr. Emmanuel Odame
12:45pm - 1:00pm	Proposed implementation plan	Hon. Dr. Sebastian Sandaare
1:00pm - 1:30pm	Individual, Institutional and Stakeholder Mapping. Identifying synergies and collaboration opportunities with other initiatives	Mrs. Mary Mpereh
1:30pm - 2:30pm	Lunch	All
		
2:30pm -3:30pm	Breakout sessions: Guided discussion to interrogate, and adapt project strategies	Prof. Amos Laar (WP1 & WP 2)
	WP1: Landscaping and context analyses	Dr. Emmanuel Odame (WP3)
	WP2: Food composition database compilation, and nutrient profiling development	Prof. Anyidoho (WP4)
	WP3: Development of the food-based policy bundle	Mr. Peiman Milani (online) (WP2 & WP3)
	WP4: Advocacy, scholar activism, and capability strengthening	Group Representatives
3:30pm - 3:50pm	Feedback from breakout sessions	Group Representatives
3:50pm - 4:00pm	Wrap-up: Conclusion	Mr. Percy Adomako Agyekum
4:00 pm	CLOSE	Dr. Emmanuel Odame

Project Summary



By 2030, non-communicable diseases are predicted to become the leading cause of death in Africa amidst prevailing challenges of infectious diseases, undernutrition, and micronutrient deficiencies. Unhealthy food environments hinder progress in overcoming this double burden of malnutrition. There is increasing evidence for and recognition of the effectiveness of a set of policies that change consumer food environments and enable more nutritious diets. Food systems and public health experts, including the World Health Organisation, refer to them as “Best Buys” for their cost-effectiveness and feasibility for combating the double burden of malnutrition in low- and middle-income countries. Together, these policies aim to inform and empower; guide and influence; incentivize or discourage consumer action within their food environments. These are achieved through bold and truthful information for all consumers; healthier food availability in public institutions and markets and adjusting the relative price of foods to equitably promote health and economic value. Globally, an increasing number of countries are implementing these policies, although few from Africa have done so to date. Recent food systems analysis and dialogues among high-level government and other food systems stakeholders in Ghana have led to consensus on policy action. At the recent United Nations Food Systems Summit, the Ghanaian President made among the boldest of commitments to food systems change. This project will respond to this readiness for action by building evidence and mobilizing multi-stakeholder action toward a policy bundle for healthier and more equitable consumer food environments that reduce the double burden of malnutrition. A coalition of government agencies (Ministry of Health, Food and Drugs Authority, National Development Planning Commission), Academia (University of Ghana) and Civil Society (Coalition of Actors for Public Health Advocacy) will collaborate through four work packages that will establish the evidence, tools, policy pathways and evaluation to enable the political commitments and food systems change to be realized.

Description of key terms

Food environments: The collective physical, economic, policy and sociocultural surroundings, opportunities and conditions that influence people’s food and beverage choices and nutritional status.

Nutrient Profiling: The science of classifying or ranking foods according to their nutritional composition for reasons related to preventing disease and promoting health.

Healthy Food Environments: Environments in which the foods, beverages and meals that contribute to a population diet, meeting national dietary guidelines, are widely available, affordably priced and widely promoted.

Sustainable healthy diets: Dietary patterns that promote all dimensions of individuals’ health and wellbeing; have low environmental pressure and impact; are accessible, affordable, safe and equitable; and are culturally acceptable.

Double burden of malnutrition: The coexistence of undernutrition along with overweight and obesity, or diet-related noncommunicable diseases, within individuals, households and populations, and across the lifecourse.

Double-duty actions: These include interventions, programmes and policies that have the potential to simultaneously reduce the risk or burden of both undernutrition (including wasting, stunting and micronutrient deficiency or insufficiency) and overweight, obesity or diet-related NCDs.



General Objective



To build evidence and mobilize multi-stakeholder actions toward a policy bundle for healthier and more equitable consumer food environments that reduce the double burden of malnutrition.

Project Specific Objectives

Specifically, the project seeks to:

1. Develop, validate, and build consensus for a fit-for-local-purpose **nutrient profiling system** that allows for open, transparent categorization of foods and the determination of how policies will apply to locally available foods in Ghana.
2. Generate and synthesise **gender-responsive evidence** on the impacts of policy actions aimed at equitably shifting the relative price, availability, procurement and marketing of healthy and unhealthy foods.
3. Facilitate understanding of **pathways for effective policy adoption, implementation and monitoring** of outcomes for changing consumer food environments.
4. Mobilise and **strengthen the capacity** of a coalition of public, private and social sector stakeholders critical to the effective development and implementation of evidence-based food environment policies.
5. **Strengthen collaboration** and sharing of evidence and experience regionally in order to set food policy standards for African nations that may be followed or improved upon



Project Name & Logo



Project Name

Healthier Diets 4 Healthy Lives

Project Logo



1 Diet

The cutlery together with the pie chart represents a recommended diet – comprising appropriate proportions of “cereals, starchy roots and tubers; vegetables; fruits; various animal source foods; dairy; legumes, pulses and nuts; and about 8 glasses of water per day”

2 Acronym

HD4HL= “Healthier Diets 4 Healthy Lives” – as per the project logic model, good nutrition comes from healthier diets.

3 Healthy lives

A direct outcome of good nutrition is good health for individuals (adults, adolescents and children both male and female.).

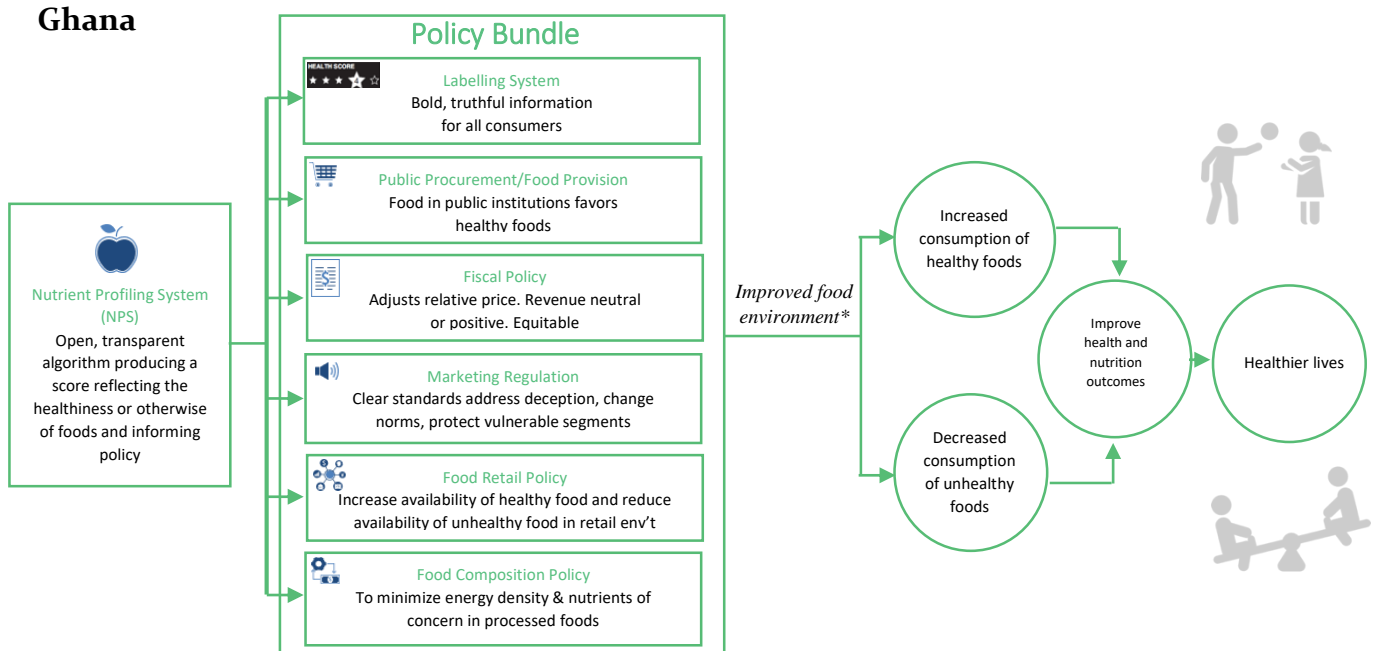
Project Logic Model



The HD4HL initiative derives motivation from a “logic model” recently developed by researchers^{1,2} to evaluate the hypothesis that implementation of food environment policies can avail healthy foods while making unhealthy food unavailable, inaccessible, and unattractive. The researchers hypothesized that:

- **If** governments implement comprehensive policy measures that regulate retail, restrict inappropriate claims for health made for food, sets targets for composition of processed foods in terms of healthy and unhealthy ingredients; restricts the ability of businesses to promote unhealthy foods; have schools implement clear and consistent policies on healthy food provision, disincentivizes consumption of unhealthy foods (e.g. through taxes and tariffs), incentivize consumption of healthy foods (e.g. through subsidies), and ensures that public procurements of foods favour healthy foods,
- **Then** food environment actors will make strategic choices that negate the import, production, processing, retail and/or marketing of unhealthy foods
- **Leading to** reduced availability, accessibility, and consumption of unhealthy foods. (see logic model below)

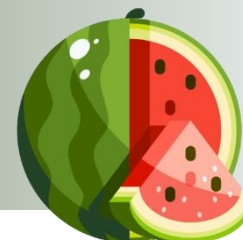
Tentative double-duty food-based policy package to assure healthier diets in Ghana



Source: Adapted with permission from the IDRC/Rockefeller Foundation || *Increased availability, & accessibility of healthy diets & decreased availability, & accessibility of unhealthy diets

¹ Laar, A. (2021). The role of food environment policies in making unhealthy foods unattractive and healthy foods available in Africa. *eClinicalMedicine*, 36. doi:10.1016/j.eclinm.2021.100908

² Booth, A., Barnes, A., Laar, A., Akparibo, R., Graham, F., Bash, K., Asiki, G., & Holdsworth, M. (2021). Policy Action Within Urban African Food Systems to Promote Healthy Food Consumption: A Realist Synthesis in Ghana and Kenya. *Int J Health Policy Management*, 10(12), 828-844. doi:10.34172/ijhpm.2020.255



The Healthy Lives for Healthy Diets (HD4HL) Project will be delivered through four work packages. Each Work Package encompasses different objectives and activities in the Project. A brief description of the Work Packages and approaches is highlighted below:



Work package 1: Landscaping and context analyses

This Work Package aims to ensure policy coherence and to understand the political economy of food environment policies in Ghana, by examining the current policy and stakeholder environments, health policy processes, the legal, and politico-economic dynamics of policy making and implementation in Ghana. This will generate insights, and initial recommendations that can be used by stakeholders supportive of the policy bundle initiative to strengthen the design, promulgation, and implementation of the policies.



Work package 2: Food Composition data for processed & packaged food and Nutrient Profile Model

This work package aims to compile and consolidate Food Composition Data for processed foods and packaged foods and develop a fit-for-purpose Nutrient Profiling Model (NPM) to underpin the policy package and strengthen the capability of relevant state actors to enforce and monitor compliance with the policies.



Work package 3: Development of the food-based policy bundle

This work package aims to develop a food environment policy package. The development of the proposed policy package shall follow established procedures (eg as per the National Public Policy Formulation Guidelines).



Work package 4: Advocacy, Scholar Activism, and capability strengthening

This work package aims to mobilize and strengthen the agency of civil society (including disadvantaged food environment actors) to implement evidence-based advocacy and hold food environment actors accountable.



Project Outcomes



This project aims to develop and implement public health policy to assure healthier diets and health. Such interventions will have whole-of-community impacts. Anticipated project outcomes include:

- A fit-for-local purpose nutrient profiling model to guide food and nutrition-related policies.
- Resources such project briefs, advocacy briefs, policy briefs for use by diverse actors toward developing food-related interventions and policies.
- Mutually reinforcing policy bundle (including front of pack labelling, marketing restrictions, public food procurement, and fiscal policies)
- Policy bundle development Toolkit – capturing the processes, experiences and challenges encountered as well as recommendations for future endeavors
- Publications
- Sustainable capacity of food environment actors (including, CSOs, women and youth) built.
- Early career researchers and graduate trained.

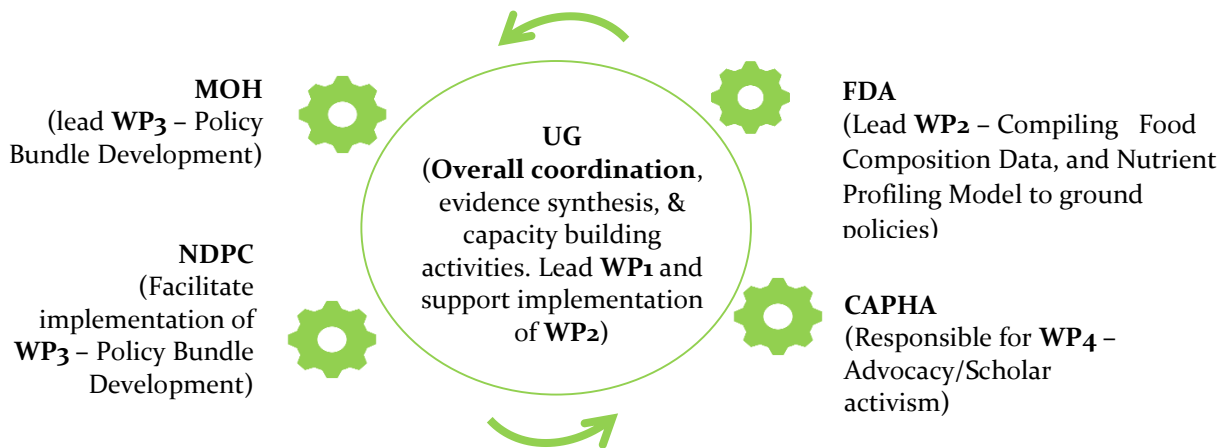


Our Partners

Project partners and coordinating team

The proposed project will be jointly implemented by the Academia, Government Agencies, and Civil Society. The Academic partners will be represented by the University of Ghana, and will coordinate evidence synthesis, and capacity building activities. They will lead work package 1 (landscape analysis, coalition strengthening, and action research). The Food and Drugs Authority together with the University of Ghana will coordinate implementation of work package 2 (leveraging Food Composition Data, and Nutrient Profiling Model development). The Ministry of Health, together with the National Development Commission will coordinate the Policy Bundle Development. The Civil Society - Coalition of Actors for Public Health Advocacy will coordinate the advocacy and scholar activism (please refer the Project Coordination Framework below).

Project Coordination Framework



Collaborating Institutions



Ministry of Health

The Ministry of Health (MoH) was established under the Civil Service Law, 1993 (PNDC Law 327) with a mandate to develop and co-ordinate relevant health policies towards effective health service delivery. The sector has four main objectives working towards to achieve the broader goal of ensuring good health and well-being for all people living in Ghana. These are:

1. Ensure Sustainable, Affordable, Equitable, Easily Accessible Healthcare Services (Universal Health Coverage)
2. Reduce Morbidity and Mortality, Intensify Prevention and Control of Non-Communicable Diseases
3. Enhance Efficiency in Governance and Management
4. Intensify Prevention and Control of Communicable Disease and Ensure the Reduction of New HIV/AIDS and other STI, especially among the Vulnerable

The Ministry of Health also seeks to improve the health status of all people living in Ghana, through the development and promotion of proactive policies for both public and private sector institutions, provision of universal access to basic health service, and the provision of quality and affordable health services.



University of Ghana

Established in 1948, the University of Ghana is Ghana's premier university and a leading center of excellence for training, research and innovation in multiple fields. It was established for the purpose of providing and promoting university education, learning and research. As a University poised to distinguish itself in the area of research to make an impact at the national and international level, the University launched a new Strategic Plan (2014-2024) to consolidate the gains made toward becoming one of the top research intensive university in the world. The University's Vision is: To become a world class research-intensive University over the next decade. Its Mission is: To create an enabling environment that makes University of Ghana increasingly relevant to national and global development through cutting-edge research as well as high quality teaching and learning.



National Development Planning Commission

The National Development Planning Commission (NDPC) is an authoritative planning body providing sound policy choices for sustainable and even development of Ghana. The NDPC was established under Articles 86 and 87 of the 1992 Constitution as part of the Executive. The National Development Planning Commission Act, 1994 (Act 479) and the National Development Planning (System) Act, 1994 (Act 480) provide the core legal framework for the establishment of the Commission and the performance of its functions. The mandate of NDPC is to advise the President of the Republic of Ghana (and Parliament on request) on national development planning policy and strategy by providing a national development policy framework, preparing and ensuring effective implementation of approved national development plans and to coordinate economic, and social activities country-wide in a manner that will ensure accelerated and sustainable development of the country to promote continuous improvement in the living standards of all Ghanaians.



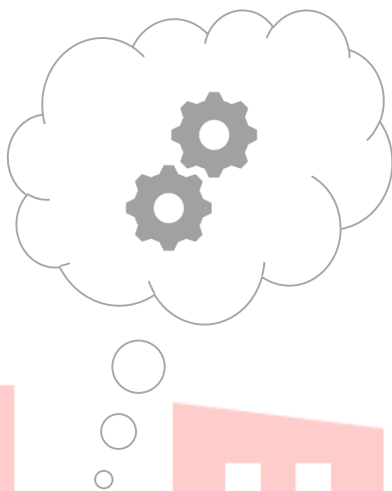
Food and Drugs Authority

The Food and Drugs Authority (FDA) is a government agency mandated by the Public Health Act, 2012 (Act 851), to provide and enforce standards for the manufacture, importation, exportation, sale and distribution of food, drugs (herbal/allopathic/veterinary), cosmetics, medical devices, household chemical substances, tobacco and tobacco products, blood and blood products and the regulation of Clinical Trials in a bid to safeguard public health and safety.



Coalition of Actors for Public Health Advocacy

The “Coalition of Actors for Public Health Advocacy (CAPHA)” is a public interest coalition that brings together both state and non-state actors to advocate for public health. As a Coalition, CAPHA has the requisite expertise and experience to advocate for the development, deployment, and evaluation of public health interventions. CAPHA’s academic partners in this and related projects include the University of Ghana, civil society partners include the Ghana NCD Alliance, Ghana Academy of Nutrition and Dietetics, Ghana Public Health Association, as well as some Members of Parliament, Ghana.



○ Project Coordination Team



Prof. Amos Laar is a tenure-track academic at the University of Ghana School of Public Health. Currently, his research and professional practice focus on three distinct, yet related areas of public health: **Bioethics** (including food ethics, ethics & public health); **Public Health Nutrition** (including food systems, food environments, and their nexus with nutrition-related non-communicable diseases); **Social Public Health** (including how physical environments, social environments, as well as commercial, and political forces influence realization of health). Prof Laar is the Principal Investigator of the IDRC-funded 'MEALS4NCDs project', which is providing Measurement, Evaluation, Accountability and Leadership Support for NCDs prevention in Ghana, as well as the IDRC/Rockefeller Foundation-funded 'Healthier Diets for Healthy Lives Project', which aims to build evidence and mobilize multi-stakeholder actions toward policies for healthier and equitable consumer food environments that reduce the double burden of malnutrition in Ghana.



Dr. Emmanuel Ankráh Odame is the Director of Policy, Planning, Monitoring and Evaluation of the Ministry of Health, Ghana. He was the technical lead for the development of the Universal Health Coverage Roadmap (2020-2030) for Ghana; and also, the focal point for Universal Health Coverage (UHC) and Sustainable Development Goals (SDGs) in the health sector. He is a Steering Committee Member for Universal Health Coverage (UHC2030) based in Geneva. He is a Board member of Phoenix Health Insurance, Christian Health Association of Ghana, Ghana College of Pharmacy. Emmanuel holds a degree in Medicine and a masters in health policy all from the University of Ghana. He also has a specialist qualification in health policy from the Ghana College of Physicians and Surgeons. He has additional qualification in negotiation and leadership from the Harvard Law School. He has also had a lot of trainings in discipleship, and missions.



Hon. (Dr) Sebastian Ngmenenso Sandaare is trained Physician specialist (Public Health) with interest in Nutrition, Population and Family health. He has over 10 years' experience of medical practice in the rural areas of Northern Ghana. He served in various leadership positions such as medical superintendent and District Director of Health Service. He was a Board Member of Global Fund Ghana (CCM). He is currently a Member of Parliament for the Daffiama Bussie Issa Constituency, He also serve as a member of the Health Committee in Parliament as well as a representative of parliament on the Ghana Aids Commission Governing Board



Percy Adomako Agyekum is a Director, a Chief Regulatory Officer and Head of the Food Evaluation & Registration Department of the FDA. He has over twenty years (20) experience in food regulation and has interest in Food Safety, Quality Management Systems Auditing and Research. He is the Ag. Secretary of the FDA's Technical Advisory Committee on Nutrition and has handled projects such as UNICEF Funded Breast Code Monitoring, Effects of Advertisements on NCDs as the Lead investigator and currently the FDA lead for HD4HL Project. He has contributed to international food regulation as Ghana's Delegate for Codex Committee for Food Additives and Food Labelling over the past decade. He is passionate about his work and food safety. He loves to serve people.



Ms. Mary Mpereh is the Ag. Director of the Development Policy and Planning Division of the National Development Planning Commission. She has over twenty years' post masters experience in social policy, planning, monitoring and evaluation and a passion for ensuring that Ghana's development agenda is gender sensitive and socially responsive, leaving no one behind. As the SUN technical focal point, and more recently, co-convenor of Ghana's Food Systems Dialogues, she coordinated mainstreaming of Food and Nutrition Security issues into the Growth and Poverty Reduction Strategy (GPRS II, 2006-2009); Ghana Shared Growth and Development Agenda (GSGDA I, 2010-2013 and GSGDA II, 2014-2017); and Agenda for Jobs: Creating Prosperity and Equal Opportunity for All (AFJ I, 2018-2021 and AFJ II, 2022-2025). Her ultimate desire is to see a strong local response to Food Systems Transformation and Nutrition Security, culminating in better health outcomes for Ghanaians.



Prof. Nana Akua Anyidoho is Associate Professor at the Institute of Statistical, Social and Economic Research (ISSER) and Director of the Centre for Social Policy Studies (CSPS), both at the University of Ghana. She holds a PhD in Human Development and Social Policy and is interested in the participation and empowerment of marginalized social groups (particularly women and young people) in policy processes. Prof. Anyidoho has carried out research in these areas with funding from DFID, IDRC, UNECA, the World Bank, and the Open Society, among others. She was the lead consultant for the Social Development Strategy for Ghana's Long-Term National Development Plan under the NDPC, and was also co-lead for UNECA's report, 'The Situational Analysis of Youth in Africa', which culminated in the development of a policy toolbox for African governments. More information about her projects, publications and policy engagement can be found at www.anyidoho.me



○ Project Support Staff and Associates



Akua Tandoh is a doctoral student at the School of Public Health, University of Ghana. She previously attained an undergraduate degree in Nutrition and Food Science and a master's degree in Human Nutrition (Public Health Option). Her research interests fall within maternal and child health and nutrition; food systems and population health; and implementation science in nutrition. Akua has over seven years of experience working on various interdisciplinary research projects. Recent research she has supported include the Dietary Transitions in Ghanaian Cities Project (DFC project); Dietary Transitions in African Cities Project (TACLED project), and Measuring the healthiness of Ghanaian children's food environments to prevent obesity and Non-Communicable Diseases Project (MEALS₄NCDs Project).



Silver W. H. Nanema is a graduate student in Bioethics at the School of Public Health University of Ghana with background in Nutrition and Food Science from the same university. Previously SN has served as a support staff for the MEALS₄NCDs project and a malnutrition (SAM and MAM) management program for under-five children and adolescents. SN has a profound interest in malnutrition prevention, food environment policies, ethics in public policy processes, and Food Systems transformation in Africa.



Gideon Senyo Amevinya has academic training in Biochemistry Cell and Molecular Biology and currently holds a Master of Public Health Degree from the University of Ghana. He is a food systems researcher with a strong passion for using empirical data to inform programmatic decisions and interventions. He has comprehensive knowledge and experience in research implementation and management. In the last five years, he has worked with the School of Public Health, University of Ghana on several internationally funded research projects centered on the food environment such as the UK-AID/ Bill and Melinda Gates Foundation-funded "Dietary Transitions in Ghanaian Cities", and an IDRC-funded project, the MEALS₄NCDs Project. His research experience and interest focus on nutrition and diet-related non-communicable diseases (NCDs) and particularly investigating the nexus between how the food environment influences health



Akosua Pokua Adjei is a Master of Public Health graduate from the University of Ghana with a background in Biological Sciences from the Kwame Nkrumah University of Science and Technology. Having worked with the TB-DOTS department at Weija-Gbawe Municipal Hospital, she has expertise in screening patients for tuberculosis and contact tracing. She has also been engaged in phlebotomy, specimen analysis in hematology and serology. Currently affiliated to the MEALS₄NCDs Project, she is very much interested in research that focuses on nutrition, non-communicable diseases and women's health.



Mr. Peter Korto is a Senior Administrative Manager at the Policy, Planning Monitoring and Evaluation Directorate of the Ministry of Health. He holds Bachelor of Arts degree in Psychology from the University of Ghana, Legon.



Gifty Aidoo is a Principal Regulatory Officer and the Head of Nutrition Unit/Registration Unit of the FDA. She has fifteen (15) years' experience in food regulation and her main career interests are Novel Food Regulation, Nutrition, Food Quality Management and Food Labelling. She is part of the Secretarial team for the FDA's Technical Advisory Committee on Nutrition. She has handled projects such as UNICEF Funded Breast Code Monitoring, Effects of Advertisements on NCDs as a coordinator and currently the FDA's support for HD4HL Project. Nationally, she was a member of the Technical Committee on Standards, Ghana's delegate for Codex Committee for Food Additives and currently delegate for the Codex Committee on Food Labelling. Gifty is hardworking, good team player and very affable.



Dr. Phyllis Ohene-Agyei is a medical doctor with further training in Public Health. Her research & professional practice focus on Public Health Nutrition with emphasis on Maternal & Child Nutrition and Health. She has experience working in the West Africa sub-region with health institutions, NGOs and academic institutions. Her relevant expertise includes project management, nutrition & health research, and report writing.



Wilhemina Quarpong Wilhemina has a background in Nutrition and Food Science from the University of Ghana, and Public Health from the University of Nottingham. Her research interests include population-based approaches to reduce undernutrition, overweight/obesity, and nutrition-related non-communicable diseases especially among women and children in low-resource settings. She has experience supporting the design and implementation of research projects focused on improving maternal and child nutrition outcomes and food systems globally. Wilhemina is currently pursuing a doctoral degree in Nutrition & Health Sciences at Emory University.



Ms. Phyllis Parbey has academic training in Nutrition and Public Health (MPH). She worked as a reviewer on the Ghana Food Based Dietary guidelines (FBDG) (produced a scientific paper for publication in AJFAND) and Breastfeeding Project. She worked as a secretariat member on Ghana Food Systems Summit and Food Systems Transformative Integrated Policy Initiative Project (FS-TIP) with the National Development Planning Commission. Currently, her research focuses on public health nutrition (especially maternal and child health and NCDs) and food environment. She has scientific works published in reputable peer reviewed journals



Lila-Karen Amponsah is a Planning Analyst with the Development Policy and Planning Division of the National Development Planning Commission. She is a member of the Social Development Team and works on social policy issues including food and nutrition security, child and youth development, gender equality, disability-inclusive development, population, migration and social protection. Lila-Karen has over eight years' experience in national development policy-making and planning through conducting policy research, facilitating cross-sector and multi-stakeholder engagements and collaborating on the development and management of strategies, plans, programmes and projects in her areas of focus. She holds a Bachelor of Science Degree in Development Planning from Kwame Nkrumah University of Science and Technology, Kumasi and a Master of Science Degree in International Public Policy from University College London.

○ Project Technical Assistance Committees

Project Multi-Stakeholder Task Teams (M₃Ts)

To be announced post launch

Project Advisory Committee

To be announced post launch

○ Contact Information

For more information about the HD₄HL Project, please contact us:



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The HD₄HL Project is made possible with financial support from The Rockefeller Foundation and the International Development Research Centre (IDRC-Canada).



Canada¹³¹

