Rapidly Transforming Urban Systems and Sustainable Health: From Individuals’ Choices to Collective Solutions

Ghana, like most Sub-Saharan countries, is characterised by rapid urbanisation. It is estimated that by 2050 approximately 73.2% of Ghana’s population will reside in urban areas. Following this urbanization trend, Accra, the largest metropolis in the country is undergoing significant economic and demographic changes. If poorly managed, urbanization can present a multitude of challenges to both health and livelihoods. This can arise from various factors, such as alterations in the food environment and consumption patterns, augmented health and environmental risks, and increased pressure on health and social sectors. The consequences of such issues can be severe, leading to elevated risks of disease transmission, exacerbation of the impacts of extreme events, and worsening social disparities.

In order to improve the safety and well-being of affected populations, as well as minimise urban inequalities, this research utilised holistic approaches to health in cities.

**Urban Food Environment**

**Urban Transformation**

**Climate crisis adaptation**

**Zoonotic Diseases**

**Intersectoral Collaboration**

**GHANA QUICK FACTS & RESULTS**

- One Health implementation strategies should streamline collaborative efforts in multisectoral zoonotic disease surveillance and control systems.
- Inter-sectoral rabies elimination collaborative efforts should prioritize health education and promote access to rabies vaccine under the National Health Insurance Scheme to vulnerable communities.
- AMA should spearhead the formulation of a sustainable plan to guide, coordinate and enhance the inclusivity of informal workers’ livelihoods, as part of the overall urban transformation agenda.
- Targeted communication of mitigation and adaptation strategies could be achieved through accessible digital resources.
- Focus on double-duty actions regarding healthy diets in and around schools. This means to ensure that fresh, nutritious foods are more readily available, accessible and affordable for consumption while moderating access and consumption of processed foods.

**GHANA RECOMMENDATIONS**

- Find more details in the individual briefs