

# Good global health policies in ghana research paper example

[Health & Medicine](#), [Obesity](#)



Obesity is defined as the excessive accumulation of body fats to the extent that the health of an individual begins to deteriorate. It is a worldwide problem, which leads to a number of illnesses, especially heart diseases, diabetes, hypertension, and even death. Developed countries have adopted a number of policies to reduce this problem and promote better nutritious health among the population. Obesity is now, increasing Ghana especially among women and children . Therefore, it is becoming vital to introduce certain agreements and policies that will, if not stop at least reduce this problem.

A specific policy is initiated in many developed countries about controlling childhood obesity. Likewise, Ghana should also adopt a similar policy. This will reduce obesity among individuals from a very early age. It is important to create awareness among children about obesity and its negative consequences so that they are healthier in future. It will be very easy to implement this policy in Ghana because; literacy rates are very high in this area. Most of the children go to school, hence they can be taught about healthy and nutritious diet.

Children spend half of their time in schools. It is important for the administrative staff to eliminate all that of sugary food and high-energy intake food from the canteen menu. In this way, children will gradually lose the habit of eating fast food and will develop the habit of taking a healthy diet. The cost of implementation of this policy will also be minimum because it will not require government to spend huge amounts of money. It is only important for the educating institutes to focus more on the health and diet of their students. However, the only challenge that will be faced during the

implementation process will be difficult in changing habits. Obviously, people will find it difficult to change their eating habits.

## **Bibliography**

Biritwum, R., Gyapong, J., & Mensah, G. (2005). The Epidemiology of Obesity in Ghana. *Ghana medical Journal*, 39(3), 82-85.