

## **1.0 INTRODUCTION**

The Ministry of Health has initiated a new policy that focuses on preventive and promotive health. The policy has informed the decision of making health professionals, teachers, media personnel, the clergy, nurses etc to benefit from a study tour in Dimona, Israel where for the past 40 years there have not been deaths. Thus the root of the paradigm shifts.

This is as a result of their lifestyle and behavioral change that makes them renew their strength and prevent diseases. Even though some would say that their diets are strictly vegan, they do well to utilize common Soya Bean products that we find in Ghana into various dishes that might provide the same amount of protein as meat and any dairy product might provide.

The idea of sending a wide range of professionals to this study tour is to create a critical mass of change agents and advocates who will appreciate and come to terms with this new but old way of lifestyle by Ghanaians that has been relegated to the background. These change agents are to educate their families, colleagues, workers and the entire Ghanaian community on the essence of this concept (RHNP).

## **2.0 OBJECTIVES**

As the year is getting to an end, it calls for assessment of all beneficiaries of the programme to

- Ascertain what they have been doing since their return from Dimona, Israel
- Challenges confronting the implementation of the concept by participants
- Social network amongst themselves
- Discuss strategies of sustaining the programme

## **3.0 EXPECTED OUTCOMES**

- Activities outlined for execution by participants to sustain RHNP nation-wide
- Consensus built on what each participants is suppose to do
- addrs

## **4.0 CHAIRMAN'S REMARKS (HON. NABA SIGRI BEWONG, ACTING PRESIDENT, UPPER EAST REGIONAL HOUSE OF CHIEFS)**

The meeting started at 2:50pm under the chairmanship of Naba Sigri Bewong (Acting President of Upper East Regional House of Chiefs). He asked the participants to introduce themselves for purposes of familiarization.

In his remarks, he said that he was honored to be called upon to chair this important meeting. He encouraged all the beneficiaries of the Dimona Study to work relentlessly towards the sustenance of the RHNP concept. He advocated that each of the participants act as a communication medium so that, those that do not know or have had no experience in RHNP would also benefit from this healthy lifestyle practice.

He ended by urging all the participants to put in their best so that a fruitful meeting would be achieved at the end of the day.

#### **4.1 REMARKS FROM THE ACTING CHIEF DIRECTOR (MADAM SALIMATA ABDUL SALAM)**

In her statement, she welcomed all the participants on behalf of the Hon. Minister of Health. She went on to say that, recently the number of deaths in Ghana is alarming. This she attributed to the unhealthy lifestyle practices and behavior by most Ghanaians. She also said that these unhealthy practices do not only bring us diseases but also waste our time in curing them and attending hospitals frequently and as well as have negative implications on our finances.

She emphasized that the Dimona Approach was adopted by the Ministry to help Ghanaians change their lifestyle and attitude to live long and create wealth for themselves to improve the financial capacity of themselves and Ghana as a whole.

She ended by highlighting on the purpose of the meeting, which she said was to examine the participants and what they have done in their individual lives, profession and community since their return from Dimona, Israel.

#### **4.2 PRESENTATION BY MR. KOFI ADUSEI (PM, RHNP)**

Mr. Kofi Adusei, the Programme Manager of RHNP, gave a short presentation on the over view of the Regenerative Health and Nutrition Concept.

In his presentation, he said that 60-70% of the diseases that affect man are as a result of poor environmental practices. He also said that there is an increase in the rate of non-communicable diseases that is hypertension, cancer, diabetes, stroke e.t.c.

These diseases he said can be prevented through simple practices such as abstaining from meat intake, reducing the quantity of salt and sugar, resting and making time to exercise at least 30 minutes 3 times a week to stay healthy and strong.

He further indicated that Regenerative Health and Nutrition is aimed towards sustaining the Health Insurance Funds, reversing the incidence of malaria and HIV/AIDS.

He ended by giving these statistics that highlights some of the successes of RHNP:

1. 2000 - Change Agents
2. 10,000 - Advocates
3. 1,000,000 - Awareness Creation on RHNP
4. More than 200 - Received training in Dimona, Israel

## **5.0 FORMATION OF WORKING GROUPS**

After the presentation, the participants were divided into working groups that cut across the various professional bodies that have benefited from the study tour in Dimona, Israel. Six (6) working groups were formed and their terms of reference were to:

- Discuss activities carried out after the study tour
- Challenges
- Way forward and how to sustain Regenerative Health and Nutrition

The names of the groups are as follows:

1. Media, Artists and Musicians
2. Ghana Health Service
3. Ministry of Health
4. Pastors and the Religious
5. Chiefs, DCEs and Parliamentarians
6. Inter-Sectoral Collaboration and NGOs

The groups met and deliberated on key issues towards the sustenance of Regenerative Health and Nutrition. The outcomes of the meetings were to be presented the next day.

The first days meeting came to a close at 6:00pm and the participants departed for dinner.

## **SECOND DAY 23<sup>RD</sup> SEPTEMBER, 2008**

### **6.0 INTRODUCTION**

The second day (23/09/08) started with presentations from the various groups. The meeting was chaired by Togbe Kumasa.

In his acceptance address, he urged all the participants to be honest and help in the propagation of the Regenerative Concept to their families, friends, workers and their community members. He encouraged them to do something that would make RHN sustainable.

### **7.0 SUMMARIES OF PRESENTATIONS BY THE GROUPS**

#### **7.1 MEDIA, ARTIST AND MUSICIANS**

Mr. David Dontoh of Agroo led the group. In his presentation, he said that no activity has been undertaken by the group in line with RHN since their return from Dimona, Israel. He said proposals that are brought to the Ministry are not treated with the urgency they need in order to promote the concept. He said so far only one jingle and a song have been produced for the RHN Programme.

He said the lack of funds, resource persons, information and literature for scripts and the lack of legal instruments and policies of broadcasting are some of the challenges they face, in their execution of RHNP in their own small way.

He made it clear that in order to overcome these issues; the Ministry should make available resource persons, funds, create Regenerative Media Campaign like Roll back Malaria and create more Regenerative Health Centres country wide to reduce cost of trips.

#### **7.2 PASTORS AND THE RELIGIOUS**

Pastor Thornhill Osei Bonsu led the group. He stated that every Sunday they preach about the Dimona experience for at least 30 minutes to their congregation. He mentioned that with the help of his wife, he has been able to showcase some of the dishes served in Dimona for the congregation to learn and practice as part of their diet so as to live long and healthy.

He stated that the non availability of documentary materials to support what they talk about makes it difficult for people to believe so easily.

On the way forward, he requested that more religious heads should benefit from the trip and also a sensitization workshop for pastors and religious leaders on Regenerative Health and Nutrition should be organized so that the propagation can go wider.

### **7.3 CHIEFS, DCES AND PARLIAMENTARIANS**

This was led by Naba Sigri Bewong. He mentioned that since their return from Dimona, Israel, they have organized seminars for the Upper East Regional House of Chiefs and Queen mothers, engaged in clean up campaigns, had the opportunity to talk about RHN on a radio programme and has advised women in his Traditional Area to reduce the amount of sugar and salt they put in their diet.

He mentioned that the use of alcohol for traditional rites, high poverty illiteracy among Ghanaians and the lost of jobs by people who sale animal product are some of the challenges they encounter in the dissemination of RHN.

On his part, he said the re- introduction of PE in schools, formation of RHN Dimona clubs in schools, formation of District, Regional and National Dimona Association to be meeting regularly to review the programme, increasing the budget for Regenerative Health and Nutrition, RHNP to be included in the school curriculum and also a National policy on RHNP are the best means of sustaining the concept.

### **7.4 GHANA HEALTH SERVICE**

The presentation was by Mrs. Hannah Adjei of the Nutrition Unit. She said Ghana Health Service has undertaken the following activities as far as RHN is concern:

- RHNP was the theme for Public Health retreat in 2007-reviewed at 2008 Public Health Retreat
- Replacing soft drinks with fruits as snack at health meetings
- Sensitization programme organized for regional RCH, HPU & NU staff in Kumasi on RHN
- Ghana Health Service Regional staff are involved in the TOT organized in Cape Coast
- GHS monthly Health walk at regions and districts

She highlighted the following as some of the problems encountered during the dissemination of RHN to the general public:

- Recommended practices inaccessible for most (cost & availability)
- Quality of fruits and vegetables is suspect- also generally expensive
- Approach in presentation of RHNP has tendency to put public off. It should be culturally fashioned for acceptability.

- Problems with ownership not clear who should take the lead-DA or DHMT
- Funds to nurture the program/implement follow-up activities not forthcoming

She said to the Ghana Health Service, these problems can be overcome if RHN is integrated into routine health services, relevant scientific evidence on RHN concepts need to be assembled and MOH should mobilize funds for GHS to enable effective continuation as part of the handing over process.

## **7.5 INTER-SECTORAL COLLABORATION AND NGOS**

This group was led by Mr. Joseph Kenneth Otchere. He said sensitization exercise has been carried out for Young Adults fellowship (YAF), Dressmakers, Mosques, Farmers in Twifo Praso, District Cocoa Mass Sprayers and the formation of RHNP club at Enyan Denkyira Senior High School.

He mentioned that the scarcity of fruits and vegetables at some time of the year, attitudinal change and the unavailability of RHNP logistics (leaflets, magazines, etc) are some of the challenges the group face in trying to move RHN forward.

On the way forward, the group suggested that intensive education on the use of agro-chemicals (enforcement of pesticide usage law), there should be emphasis on organic farming, MOH should provide adequate educational materials on RHNP and the School Feeding Programme should be made to incorporate RHN practices.

## **7.6 MINISTRY OF HEALTH**

This was led by Lt. Col Augusta A. Wellington. She stated that since their return from Dimona, Israel they have been able to educate a number of institutions on RHN namely:

- Parent – Teacher Associations
- Police Wives' Association
- Girls' club in the region (Koforidua)
- Tesano/Abeka Pensioners' Association
- HIV/AIDS patients of the Police Hospital

She gave the following as some of the problems which hinder the progress of RHN; namely

- Reluctance to consume vegetables and fruits due to indiscriminate use of pesticides
- Inadequate knowledge on how to combine the various food items
- Poor sanitation
- Inaccessibility of potable water in most communities

On the way forward, she emphasized that an inter-sectorial collaboration between Ministry of Health and Ministry of Food and Agriculture should be made to encourage proper cultivation methods, the Ministry should increase publicity of RHN in the print and electronic media and

finally Coca Cola,Pepsi Cola etc stands at hospitals and clinics should be replaced with fruit drinks and vegetarian snacks.

## **8.0 HIGHLIGHT OF DISCUSSIONS AND RECOMMENDATIONS**

After the presentations, there were general discussions by the participants and the following are the suggestions that came out:

- RHN orientation should be given in parliament to sensitize parliamentarians on the concept, so that their voices can be added on its sustenance.
- The issue of self medication by most Ghanaians should be looked at by the Ministry of Health. If possible a policy should be drafted to ban the sale of drugs/medicine without prescription
- Inpatient feeding in Hospitals/Clinics should be looked at by the Ministry and Ghana Health Service, since patient recovering from ailments take degenerative foods that worsen their health.
- There should be more research on local foods and their benefits to make it attractive for consumption.
- All Deans of the various Universities and Departmental Heads should benefit from RHN orientation.
- A special workshop should be organized for religious leaders in Ghana so that they can help in the propagation of RHN message
- It was suggested that the spiritual aspect of the Dimona experience should be talked about to the general public
- It was also suggested that the message “water is medicine” should be changed to “water is life” since most people do not like taking medicine
- Private Health providers should be involved in the RHN programme. Example the Christian Health Association of Ghana.
- RHNP should make flyers and brochures that are catchy like “12 steps to longevity” to be distributed to the general public
- GHS facilities should be branded as Regen Friendly. Thus in this view the environment, food etc component of the facility would have to be assessed and graded as 5, 4, 3..... star by the RHNP Unit.

## 9.0 CONCLUSION BY DR. BEN AHMADIEL YEHUDA

He concluded the three day's meeting which was aimed at deliberating paths to RHNP sustainability by mentioning that education and resource are critical in moving the programme forward.

He said that he was very happy that Ghana Health Service is getting on board with the Regenerative concept and making it an integral part of its programmes. He mentioned that Regen principles should be part of the curricular of basic and junior high schools. He emphasized that this will not be easy but Ministry of Health and all the other bodies should be able to institutionalize this.

He ended by saying that, he will encourage the participants to visit the Asasepa Regen Resort Centre at least every 5-7 weeks to rejuvenate their strength to prevent diseases.

### List of Participants

1. Rev. Peter Edudzi Sefogah
2. Mr. Sam Worrentetu
3. Mrs. Gertrude Quashigah
4. Ms. Theresa Gertrude Manford
5. Ms. Vida Dugbartey
6. Mr. Alfred Ogbamey - Journalist
7. Mr. Herman Dusu - Financial Controller
8. Mr. Rich Asamany
9. Mr. Edem Adzogenu - Regenerative Consultant
10. Mr. Egbert Faibille - Journalist
1. Hon. Elizabeth Ohene - Minister of State
2. Reuben Afekpe -
3. Emmanuel Domson - DCE, Asikuma
4. Kenneth Otchere -
5. Mohammed Ahmed - Protocol, MOH
6. Okyere Asiamah
7. Bismark Bebli - Chronicle Editor
8. Matilda Asante - Joy FM News Editor
9. Kwaku Sakyi Danso - Journalist, Choice FM
10. Gifty Ayeh - NPP National Treasurer
11. Sam Okudzeto - NUGS
12. Seth Atekpo
13. Richard Kofi Attenkah
14. Edem Adzogenu - Regenerative Consultant
1. Hon. Gladys N. Ashitey - Deputy Minister
2. Ms. Salimata Abdul-Salam - Director, Administration
3. Hannah Adjei -
4. Mr. Rexford Osei
5. Gifty Antwi Agyei
6. Florence Amoah Nkansah
7. Francis Darko

8.	Agbodza Kennedy		
9.	Vida Tutuwa Appiah		
10.	Osei Mensah Tettey		
11.	Mr. Richard Fedieley		
12.	Ms. Cecilia Manu		
13.	Mr. Adom Amos		
14.	Mr. Joseph Mensah		
15.	Pastor Isaac Adu Okoree		
16.	Mahmoud Ibrahim		
17.	Janet Esseku		
18.	Joana Darko		
19.	Alfred Ogbamey		
20.	Christiana Odamtey		
21.	Alhaji Saaka Dumba		
22.	Emelia Tsotso		
1.	Hon. Abraham Odoom	-	Deputy Minister
2.	Prince Emmanuel	-	International Director, Israeli Dev't Agenc
3.	Victoria Armah	-	Deputy Minister's Office
4.	Alhaji Abu Sufyem	-	Health Educator
5.	Amakye Dede	-	Musician
6.	Edem Adzogenu	-	Regenerative Consultant
7.	Pastor Thornhill Osei-Bonsu	-	Reverend
8.	Dr. Oppong Mensah	-	Chief Dental Officer
9.	Mr. Fred Kwame Boadi-Asamoah	-	Ministry of Agriculture
10.	Ms. Ruby Arthur	-	Ridge Hospital
11.	Dr. T. N. Awua-Siaw	-	Director, ICD, GHS
12.	Dr. Cynthia Bannerman	-	Dep. Dir. QA Dept.
13.	Mrs. May Osa-Addae	-	Chief Nursing Officer
14.	Dr. Mrs. Charity B. Sarpong	-	Med. Sup, Tema General Hospital
15.	Mr. Selassie Agbavor	-	Student
16.	Felicia Ama Senaya	-	Office of the Minister
17.	Abena Nyarkoah Ofori	-	Health Consultant
18.	Dorys Fagbohoun	-	Israeli Dev't Agency, Ghana Office
19.	Robert F. Azumah	-	Deputy Director
20.	Anas Aremeyaw Anas	-	Journalist
21.	Lydia Dsane-Selby	-	Research Officer
22.	Alexander Akwasi Acquah	-	Media Relationship Manager
23.	Memuna Mohammed	-	Transport Unit
1.	Dr. Elias Sory	-	Director General, GHS
2.	Nana Yaa Konadu Yiadom	-	Manager, Hello FM
3.	Fadda Dickson Narh	-	General Manager, Peace FM
4.	Johannes Kwasi Hotor	-	Dep. Director, Internal Audit Unit
5.	Mercy Afua Etinno Aburam	-	PPME Unit, MOH
6.	Juliana Abena Yeboah Demenya	-	Dietician, KATH
7.	Dora Korkoi Okai	-	Dietician, Koforidua
8.	Florence Odum Okra	-	Midwife, Police Hospital
9.	Blessed Godsbrain Smart	-	Radio Presenter, Fox FM

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| 10. | Ama Owusuaa Osei-Tutu                     | - | Director, Oman FM   |
| 11. | Daniel Nii Dubu Addo                      | - | Consultant  |
| 12. | Kwame Sefa Kayi                           | - | Journalist, Peace FM                                      |
| 13. | Stephen Kwaku Duah                        | - | MOH Protocol  |
| 14. | Adelaide Adoma Amofa                      | - | Sky FM, Takoradi  |
| 15. | Gertrude Abra Ankah                       | - | Health Columnist, Observer                                |
| 16. | Yakubu Abukari                            | - | Regenerative Health Consultant                            |
| 17. | Daniel De-Veer                            | - | Engineer (Musician)                                       |
| 18. |   |   |   |
| 1.  | Hon (Dr) Francis Osafo-Mensah             | - | Chairman, Parliamentary Select Committee on Health (PSCH) |
| 2.  | Hon Lee Ocran                             | - | Member, PSCH  |
| 3.  | Odeneho Gyapong Ababio                    | - | President, National House of Chiefs                       |
| 4.  | Togbega Gambusu VI                        | - | President, Volta Region House of Chiefs                   |
| 5.  | Mrs. Grace Barnes                         | - | Nursing Administration, Korle-Bu                          |
| 6.  | Ms. Abena B. Kesse                        | - | Obstetrics, Korle-Bu                                      |
| 7.  | Mrs. Dora Ephraim                         | - | Gynae Chanard A, Korle-Bu                                 |
| 8.  | Mr. William Ampam Darko                   | - | Director General of GTV                                   |
| 9.  | Mr. Gilbert Abeiku Aggrey                 | - | Broadcast Journalist, Adom FM                             |
| 10. | Mrs. Margaret Aggrey                      | - | Marketing Executive, Adom FM                              |
| 11. | Mr. Kobby Asmah                           | - | News Editor, Daily Graphic                                |
| 12. | Mrs. Emma Ofori-Agyemang                  | - | Deputy Director, MOH                                      |
| 13. | Rev. Mercy Ngala                          | - | Office of the Vice President                              |
| 14. | Mr. Edem Adzogenu                         | - | Regenerative Consultant                                   |
| 15. | Jacqueline Sory                           | - |   |
| 1.  | Tomas Tawiah Abbey (Nene)                 |   |   |
| 2.  | Kuoru Kuri-Buktie Limann IV               |   |   |
| 3.  | Francis Kwadwo Owusu                      |   |   |
| 4.  | Naba Sigri Bewong                         |   |   |
| 5.  | Mr. Benjamin Kofi Yankson (Paapa Yankson) |   |   |
| 6.  | Hon. (Mrs) Juliana Azumah-Mensah          |   |   |
| 7.  | Hon Godfred Otchere                       |   |   |
| 8.  | David Dontoh                              |   |   |
| 9.  | Dr. M. B. Ibrahim                         |   |   |
| 10. | Mr. Festus Adams                          |   |   |
| 11. | Mr. Keck Osei                             |   |   |
| 12. | Mr. Joseph Baffoe                         |   |   |
| 13. | Hon. Eric B. Quartey-Papafio              |   |   |
| 14. | Edem Adzogenu                             |   |   |
| 15. | Diana Yorke                               |   |   |
| 16. | Mrs. Melody Agyei                         |   |   |
| 17. | Susana Larbi-Wumbee                       |   |   |
| 1.  | Hon Abraham D. Odoom                      | - | Deputy Minister   |
| 2.  | Ibrahim Quaye                             | - | Muslim Mission  |
| 3.  | Godfred Kwaku Adu-Gyamfi                  | - | Sky FM  |
| 4.  | Richard Franckey                          | - | Sky FM  |

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|-----|--------------------------------|-----------------------------|
| 5.  | Barbara Gyampong-Korsah        | - KNUST                     |
| 6.  | Persis Korantema Welbeck       | - MOH Secretary             |
| 7.  | Micheal Ayi                    | - KNUST                     |
| 8.  | Mary Laing-Moses               | - Sky FM                    |
| 9.  | Mohammed Kojo Quansah          | - GBC                       |
| 10. | Hilary Baffoe-Bonney           | - Radio Gold                |
| 11. | Edem Adzogenu                  | - Regenerative Consultant   |
| 12. | Anas Aremeyaw Anas             | - Journalist                |
| 13. | Kwaku Kakraba Baako            | - Journalist                |
| 14. | Kojo Antwi                     | - Musician                  |
| 15. | Sumaila Zewera                 | - Journalist                |
| 16. | Rahim Sinare                   | - Musician                  |
| 17. | Roclynn Antwi                  | - Musician                  |
| 18. | Ms. Comfort Martey             | - HRHD                      |
| 19. | Lt. Col Augusta A. Wellington  | - 37 Military Hospital      |
| 20. | Mrs. Charity Adzo Kartey       | - HATS, Keta                |
| 21. | Mrs. Josephine Asare Koranteng | - CHNTS, Navrongo           |
| 22. | Mr. Francis Omono Asamoah      | - NTC/HATS, Sunyani         |
| 23. | Mr. David Ayinne Amalba        | - CHNTS, Tanosa             |
| 24. | Mrs. Ellen Anyeley Clegg       | - Ophthalmic Nursing School |
| 25. | Mr. Sayimah Kombian            | - NTC, Tamale               |
| 26. | Ms. Augusta Dumeloo            | - MTS, Hohoe                |
| 27. | Mr. David Atta-Tuffour         | - NTC, Kwadaso              |
| 28. | Mrs. Joyce Abaka-Quansah       | - HATS, Twifo-Praso         |
| 29. | Mrs. Alice Donkor              | - MTS, Offinso              |
| 30. | Mr. Kwaku Asante-Krobea        | - CC/PON                    |
| 31. | Ms. Hilda F. Ampaw             | - NTC, Koforidua            |