

SUSTAINABLE HEALTH EDUCATION AND INTERVENTIONS LIMITED

Heightening Awareness Through Education and Communication in Health Interventions



SHEILD Ghana Marks World Kidney Day with Renewed Call for Prevention, Early Detection and Equitable Access to Care

Accra, Ghana — March 12, 2026 — Sustainable Health Education and Interventions Limited (SHEILD) Ghana is joining the global community in commemorating World Kidney Day, urging Ghanaians to prioritise kidney health through prevention, regular screening and timely medical care.

Observed annually on the second Thursday of March, World Kidney Day is a global campaign dedicated to raising awareness about kidney diseases, their risk factors and the importance of early detection to reduce morbidity and mortality.

SHEILD Ghana, a non-governmental organisation based in Accra and committed to advancing public health, well-being and healthcare equity, believes kidney disease is a silent but escalating public health challenge in Ghana.

Rising Burden of Kidney Disease

Chronic kidney disease (CKD) is increasingly affecting people of all ages in Ghana, often linked to conditions such as hypertension, diabetes, obesity and untreated infections. Many patients are diagnosed at advanced stages, when treatment options are limited and costly.

Kidney disease is largely preventable and manageable when detected early, yet too many Ghanaians present late due to low awareness, limited screening and financial barriers. Globally, kidney disease is among the leading causes of death, with millions of people requiring dialysis or transplantation to survive. In Ghana, access to such life-saving treatment remains uneven, particularly outside major urban centres.

SHEILD's Interventions and Impact

SHEILD Ghana has been at the forefront of efforts to expand kidney care and health education across the country. The organisation has established two clinics – The Police Hospital Dialysis Centre and the Tetteh Quarshie Memorial Hospital Dialysis Centre – with the support of corporate sponsors and partners, to improve access to diagnostic and treatment services.

Additional facilities are currently in development as part of SHEILD's long-term strategy to decentralise specialised kidney care and bring services closer to underserved communities. Through community outreach, public education campaigns and collaborations in partnership with the Ghana Health Service and the Ministry of Health, SHEILD continues to promote preventive healthcare and early screening initiatives.

Call for National Action

Marking this year's theme, "Kidney Health for All: Caring for People, Protecting the Planet," SHEILD is calling for a stronger national commitment to tackling kidney disease through policy support, public awareness and investment in healthcare infrastructure.

We urge government agencies, private sector partners, civil society and individuals to work together to:

- Increase public awareness of kidney disease risk factors
- Promote regular health screenings
- Improve access to affordable dialysis and treatment
- Support organ donation awareness initiatives
- Strengthen primary healthcare systems

We also encourage Ghanaians to adopt healthy lifestyles to protect kidney function, including:

- Maintaining normal blood pressure and blood sugar levels
- Drinking adequate clean water
- Reducing salt intake
- Avoiding misuse of painkillers and herbal medications
- Exercising regularly
- Seeking prompt medical care for urinary symptoms

Reaffirming our mission, SHEILD believes that access to quality healthcare should not depend on location or income.

As a Ghanaian organisation dedicated to health equity, we remain committed to ensuring that every individual has the knowledge, tools and services needed to live a healthy life. SHEILD will continue working with partners to expand kidney care services nationwide and reduce preventable deaths from kidney disease.

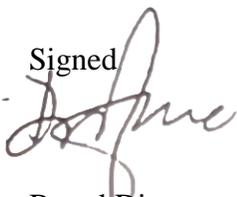
About SHEILD Ghana

Sustainable Health Education and Interventions Limited (SHEILD) Ghana is a non-governmental organisation focused on improving public health outcomes through education, community-based interventions and strategic partnerships.

Based in Accra, SHEILD collaborates with national and international stakeholders to enhance access to healthcare services and promote sustainable health solutions across Ghana.

End

Signed



Board Director of SHEILD,
Dr Sylvia J. Anie, CSci, FRSM, FRSC