



Hi Friend,

The World Health Organization first defined the importance of primary health care (PHC) in 1978 with the Declaration of Alma-Ata, to codify it as a critical step to achieving Health for All. Nearly 50 years later, the world's understanding of PHC has improved and with it, a greater commitment to ensuring access to PHC services.

Adding to this growing body of evidence is new research from Exemplars in Global Health, which explores the factors that make health systems successful in providing PHC. Led by a coalition of global partners, this research from Exemplar countries — Bangladesh, Ghana, Peru, Rwanda, and Zambia — highlights five actions countries can take to build strong, resilient PHC systems that deliver essential care.

The top five actions countries can take to strengthen their PHC systems include:

1. **Commit to long-term PHC system performance improvements** via strategic, national planning.
2. **Ensure consistent, equitable funding of primary health care** that is appropriately invested.
3. **Create mechanisms for transparent and accountable data systems** that inform service delivery.
4. **Reduce financial and geographic barriers** to create equitable access to care.
5. **Engage community members** to ensure health systems reflect the needs of the community.

Our recently published research from [Ghana](#) shows that strong political commitment to PHC motivated stronger governance and financing mechanisms. These systems contributed to the delivery of better, more equitable, and person-centered and community-based care, eliminating many barriers that had previously prevented Ghanaians from accessing critical primary health care.

Later this month, along with our partners, we'll attend the Global Symposium on Health Systems Research (HSR2024) in Nagasaki, Japan, to discuss with policymakers and partners the application of these PHC insights. We hope to see you there – and if not, I invite you to learn how Exemplar countries reformed their primary health care systems at Exemplars in Global Health.

Best,  
**Niranjan Bose, PhD**  
Managing Director, Health and Life Sciences



Read new primary health care findings from Ghana

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#### EXEMPLARS STORIES

##### How Rwanda's and Bangladesh's long-term investments in resilient health systems paid off during COVID

Dr. Alemayehu Amberbir, chair of the Center for Population Health at the University of Global Health Equity, discusses new research showing how investments have resulted in 'everyday resilience'. [Read the full Q&A here.](#)

##### How Senegal doubled modern contraception prevalence in just 8 years

Community engagement and supply chain improvements, among other strategies, have helped drive the country's success in expanding contraceptive access. [Read the full article here.](#)

##### 'Health systems need to be strengthened so you get the best for your people': Dr. Justice Thomas Sevugu

Dr. Justice Thomas Sevugu, a Ghanaian municipal health director, discusses the importance of strong health systems and how he's leveraged his experience with the International Program in Public Health Leadership Fellows to support his work. [Read the full Q&A here.](#)

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