

# CURRICULUM VITAE

## 1.0 PERSONAL DETAILS

<b>Name:</b>	<b>Dr. Collins Afriyie Appiah</b>
<b>Address:</b>	Human Nutrition and Dietetics Unit, Department of Biochemistry, College of Science, P.M. B UPO, Kwame Nkrumah University of Science and Technology (KNUST), Kumasi, Ghana
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<b>Google Scholar</b>	<a href="https://scholar.google.com/citations?user=dDOVm8UAAAAJ&amp;hl=en&amp;oi=ao">https://scholar.google.com/citations?user=dDOVm8UAAAAJ&amp;hl=en&amp;oi=ao</a>
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<b>KNUST Staff Profile</b>	<a href="https://webapps.knust.edu.gh/staff/dirsearch/profile/summary/34c083e79a5c.html">https://webapps.knust.edu.gh/staff/dirsearch/profile/summary/34c083e79a5c.html</a>

## 2.0 ACADEMIC QUALIFICATIONS

<b>2024</b>	<b>PhD Dietetics</b> University of the Free State, Bloemfontein, South Africa
<b>2011</b>	<b>MPhil. Dietetics</b> University of Ghana, Legon, Accra, Ghana
<b>2007</b>	<b>BSc. Biochemistry (First Class Division)</b> Kwame Nkrumah University of Science and Technology, Kumasi Ghana

## 3.0 PROFESSIONAL QUALIFICATION

<b>2012:</b>	Professional Practice License (Dietetics)
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#### 4.0 TEACHING EXPERIENCE

**August, 2025 to Date**

**Senior Lecturer**

Department of Biochemistry and Biotechnology, Faculty of Biosciences, College of Science, KNUST, Ghana

- **Postgraduate Courses Taught:**

Semester 1: NUT 557 Diet Therapy I (3 credits); NUT 553 Clinical Nutrition I (3 credits); NUT 661 Clinical Nutrition Practicum (6 credits); NUT 565 Nutrition Through the Human Lifecycle (2 credits); NUT 573 Nutrition in Emergencies (2 credits)

Semester 2: NUT 558 Diet Therapy II (3 credits); NUT 554 Clinical Nutrition II (3 credits)

- **Undergraduate Courses Taught:**

DIET 151 Introduction to Dietetic Practice; DIET 152 Professionalism and Ethics in Dietetic Practice; BCHEM 458 Metabolism of Drugs and Health Risk Toxicants

**August, 2020 to July, 2025**

**Lecturer**

Department of Biochemistry and Biotechnology, Faculty of Biosciences, College of Science, KNUST, Ghana

**August, 2016- July, 2020**

**Assistant Lecturer**

Department of Biochemistry and Biotechnology, Faculty of Biosciences, College of Science, KNUST, Ghana

- **Postgraduate Courses Taught:**

Semester 1: NUT 557 Diet Therapy I (3 credits); NUT 553 Clinical Nutrition I (3 credits); NUT 661 Clinical Nutrition Practicum (6 credits)

Semester 2: NUT 558 Diet Therapy II (3 credits); NUT 554 Clinical Nutrition II (3 credits)

- **Undergraduate Courses Taught:**

BCHEM 451 Introduction to Nutrition and Dietetics (3 credits)

## 5.0 PROFESSIONAL PRACTICE EXPERIENCE

**January, 2015 - September, 2016      Senior Dietitian**

Stroke Unit, Department of Medicine & Diet Therapy Department, Korle Bu Teaching Hospital, Accra

**October, 2015 - September, 2016      Senior Dietitian**

Diet Therapy Department, Korle Bu Teaching Hospital, Accra

**October, 2012 - September, 2015      Dietitian**

Diet Therapy Department, Korle Bu Teaching Hospital, Accra

**August, 2011 - July, 2012                  Dietetic Intern**

Diet Therapy Unit, Komfo Anokye Teaching Hospital, Kumasi, Ghana. 2011-2012

#### 4.0 CURRENT RESEARCH AREAS

Dietary and lifestyle intervention in chronic diseases including hypertension, diabetes, dyslipidaemia, stroke, renal, and stroke)

Maternal and child nutrition

Nutrient composition and therapeutic potential of local food/plant resources in nutrition-related diseases

#### 5.0 REVIEWER/EDITORIAL ROLE (NATIONAL & INTERNATIONAL)

- **Editorial Role**

**2026**      **Guest Editor: Frontiers in Nutrition commencing from May/June, 2026**

- **Reviewer for Journals**

**2025**      **Reviewer:** Ecology of Food and Nutrition published by **Taylor & Francis**

**2025**      **Reviewer:** Frontiers in Nutrition published by **Frontiers**

**2025**      **Reviewer:** Frontiers in Sustainable Food Systems by **Frontiers**

**2023 – 2025**      **Reviewer:** PloS One published by **Public Library of Science**

**2022**      **Reviewer:** Asian Women

published by **Research Institute of Asian Women, Sookmyung Women's University, Seoul, South Korea**

- **Reviewer for National & International Scientific Conferences**

<b>2026</b>	<b>Scientific Reviewer</b> Nutrition 2026, Scientific conference organized by American Nutrition Society, National Harbor, MD Washington, DC, 25-28July, 2026.
<b>2026</b>	<b>Scientific Reviewer</b> Conference of Nutrition and Dietetics (COND 26), University for Development Studies, Tamale, Ghana, 3-8 August, 2026.
<b>2025</b>	<b>Scientific Reviewer</b> International Union of Nutritional Sciences/International Congress of Nutrition Conference, Paris, August 24-29, 2025
<b>2024</b>	<b>Scientific Reviewer</b> 9th edition of the Africa Nutrition Conference (ANC2024 / ANEC IX), October 7-11, 2024
<b>2023</b>	<b>Scientific Reviewer</b> Conference of Nutrition and Dietetics (COND 23), Ghana, October 17-20, 2023

## 6.0 EXTERNAL EXAMINER/MODERATOR

<b>February 2023 to December 2023</b>	<b>External Examiner</b> Department of Nutritional Sciences, School of Allied Health Sciences, University for Development Studies, Tamale, Ghana, February 2023 to December 2023
<b>August 2020 to August 2021</b>	<b>Moderator</b>

Diploma in Dietetics Programme, Department of Nutrition and Dietetics, College of Nursing and Allied Health Sciences, Nalerigu, North-East Region, Ghana

## 7.0 GRANTS/FUNDS

<b>2022</b>	<b>Doctoral Research Fund (USD 2 920)</b> Department of Nutrition and Dietetics, University of the Free State, South Africa.
<b>2023</b>	<b>Bridelia Tea Supplies worth GHS 18 600 to Support PhD Research</b> Centre for Plant Medicine Research Mampong-Akuapim, Eastern Region, Ghana
<b>2024</b>	<b>Travel Grant</b> The Nutrition Society, UK and the Nutrition Society of South Africa full travel grant for research presentation and participation at the Nutrition Congress, Durban, South Africa, October 2-4, 2024.
<b>2023</b>	<b>3<sup>rd</sup> Best Author</b> 12th Ghana Science Association Research Seminar & Poster Presentations, KNUST, Kumasi, 2023
<b>2021</b>	<b>Travel Grant</b> International Union of Nutritional Sciences travel grant for research presentation and participation at the International Congress of Dietetics 2021, Cape Town

## 8.0 GRANTS/AWARDS WON BY MY POSTGRADUATE RESEARCH STUDENTS

<b>2023</b>	<b>Best Poster Award</b> Nutrition Congress, Western Cape, South Africa, 18-20 April, 2023 by the Nutrition Society of South Africa and the Association for Dietetics in South Africa. (International Postgraduate Research Student from Malawi: Lloyd Chauwa)
<b>2018</b>	<b>International Union of Nutritional Sciences Travel Grant</b> For research presentation at the 8th Africa Nutritional Epidemiology Conference (ANEC VIII), Addis Ababa, Ethiopia, October 1-5, 2018. (Co-supervised Postgraduate Research Student: Alice Ziyaaba, Department of Nutrition and Dietetics, University of Ghana)
<b>2018</b>	<b>College of Science, KNUST, Postgraduate Research Grant</b> (Postgraduate Research Student: Maame Yaa Karl Ohene-Obeng)

## 9.0 SCHOLARSHIP AWARDS

<b>2021</b>	<b>R 10 870:</b> University of the Free State Research Masters and Doctoral Bursary 2021
<b>2020</b>	<b>R 10 385:</b> University of the Free State Research Masters and Doctoral Bursary 2020
<b>2019</b>	<b>R 9 855:</b> University of the Free State Research Masters and Doctoral Bursary 2019
<b>2010</b>	<b>GHS 1500:</b> College of Health Sciences Postgraduate Scholarship Award, 2010. University of Ghana

## 10.0 PROFESSIONAL ASSOCIATIONS/AFFILIATIONS

<b>July, 2019 to date</b>	<b>Founding Member:</b> Ghana Academy of Nutrition and Dietetics.
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<b>2025</b>	<b>Africa Clinical Nutrition Consortium</b>
<b>2024 to date</b>	<b>Member:</b> Association for Dietetics in South Africa.
<b>2024 to date</b>	<b>Member:</b> Nutrition Society of South Africa.
<b>2024 to date</b>	<b>Early Career Member:</b> American Society for Nutrition
<b>2016 to date</b>	<b>Member:</b> Ghana Science Association, KNUST Branch.
<b>2018 to July, 2019</b>	<b>Member, National Executive Committee:</b> Ghana Dietetic Association:

## **11.0 SERVICE TO COMMUNITY (UNIVERSITY, NATIONAL & INTERNATIONAL)**

<b>1. <u>Service to the University Community</u></b>	
<b>• Past 5 years</b>	
<b>January 2025 to September, 2027</b>	<b>Programme Coordinator (BSc. Dietetics Programme)</b> Human Nutrition and Dietetics Section, Department of Biochemistry and Biotechnology, College of Science, KNUST.
<b>June, 2025 to May, 2027</b>	<b>Member: KNUST Wellness Committee</b> Office of the Vice-Chancellor, KNUST

<b>February, 2025 to date</b>	<b>Floor Mentor/Counsellor</b> Independence Hall, KNUST.
<b>May, 2023 to date</b>	<b>Hall Fellow</b> Independence Hall, KNUST.
<b>April, 2025</b>	<b>Resource Person for Eat Green Month</b> Creation of Eat Green Campaign Video, KNUST Wellness Centre
<b>October, 2023 to September, 2025</b>	<b>Member: Clinical Rotation Coordination Committee</b> Department of Biochemistry and Biotechnology, College of Science, KNUST.
<b>October, 2023 to September, 2025</b>	<b>Member: Quality Assurance Committee</b> Department of Biochemistry and Biotechnology, College of Science, KNUST.
<b>October, 2023 to September, 2025</b>	<b>Member: Laboratory Manual Development Committee</b> Department of Biochemistry and Biotechnology, College of Science, KNUST.
<b>October, 2023 to September, 2025</b>	<b>Member: Book, Journal and Newsletter Publication Committee</b> Department of Biochemistry and Biotechnology, College of Science, KNUST.
<b>October, 2023 to September, 2025</b>	<b>Member: Website, Media and Visibility Management Committee</b> Department of Biochemistry and Biotechnology, College of Science, KNUST.

**1 September, 2022**

**Resource Person for KNUST Wellness Centre on Diet, Disease and Wellness talk**

Pentecost International Worship Centre (PIWC), Asokwa, Kumasi

- **2016-2020**

**April, 2018**

**Co-opted Member: Curriculum Review Committee, KNUST**

Curricula review for the introduction of new programmes (Diploma in Dietetic Technician and Diploma in Nutrition) at Bibiani College of Health Sciences and the College of Nursing and Midwifery, Nalerigu.

**2017-2019**

**Dietitian & Member, Interim Management Committee**

KNUST Wellness Centre

**2017**

**Dietitian (Pro bono)**

University Hospital, KNUST.

**August, 2017 to December, 2019**

**Dietetic Student Internship Coordinator**

Department of Biochemistry and Biotechnology, College of Science, KNUST

**2017-2018**

**Member, General Laboratory Committee**

Department of Biochemistry and Biotechnology, College of Science, KNUST

**2017-2018**

**Member, Department Quality Assurance Committee**

**November, 2018**

**Department Representative**

6th Induction and Oat Swearing Ceremony for Allied Health Graduates, AICC, Accra. 19th September, 2018

**September, 2018**

**Department Representative with Prof Twumasi (HOD) and Prof. K Nsiah**

Meeting with Registrar of Allied Health Professions Council on Matters Concerning Accreditation of BSc Biochemistry and MPhil/MSc Human Nutrition and Dietetics programmes at AHPC Secretariat, Accra. 28<sup>th</sup> November, 2018

**2. Service to the National Community**

- **Past 5 years**

**October, 2024 to date**

**Member: Governing Board**

Ghana Academy of Nutrition and Dietetics

**October, 2024 to date**

**Chair: Practice, Standards and Accreditation Committee**

Ghana Academy of Nutrition and Dietetics

**October, 2024 to date**

**Chair: Continuous Professional Development Committee**

Ghana Academy of Nutrition and Dietetics

**October, 2024 to date**

**Co-Chair: Standardisation Committee**

Ghana Academy of Nutrition and Dietetics

<b>January, 2025 to date</b>	<p><b>Member, Scientific Committee</b>          Conference of Nutrition and Dietetics 2025, Ghana Academy of Nutrition and Dietetics</p>
<b>April, 2025 to date</b>	<p><b>Member, Scientific sub-Committee for Programme Planning</b>          Conference of Nutrition and Dietetics 2025, Ghana Academy of Nutrition and Dietetics</p>
<b>19-22 June, 2024</b>	<p><b>Resource Person: Healthy Eating &amp; Wellness Education</b>          Susanna Wesley Mission Auxilliary, Annual Week Celebration, Kumasi Diocese,          The Methodist Church Ghana</p>
<b>December, 2023 - October, 2024</b>	<p><b>Member, Expert Committee:</b>          To Evaluate the Allied Health Professions Council’s (AHPC) Training Proposals which culminated in a report and presentation on “the 6-year doctor of nutrition and dietetics programme for restructured training of entry-level professionals in Ghana” at the 9th edition of the Africa Nutrition Conference (ANC2024 / ANEC IX), University of Cape Coast Ghana, October 8 2024.          Ghana Academy of Nutrition and Dietetics</p>
<b>November 2022</b>	<p><b>Facilitator</b>          The GAND Code of Ethics: Upholding the principles of Beneficence and Non-Maleficence. A continuous professional development workshop organized by the Ghana Academy of Nutrition and Dietetics.</p>
<ul style="list-style-type: none"> <li>• 2016-2020</li> </ul>	

<b>2018 - July, 2019</b>	<b>Financial Secretary &amp; National Executive Committee Member</b> Ghana Dietetic Association
<b>July 2019 - July, 2021</b>	<b>Interim Governing Board Member</b> Ghana Academy of Nutrition and Dietetics
<b>July, 2018</b>	<b>Facilitator</b> Diet Aspect of Multidisciplinary Team in Stroke Management and Complications Workshop organized by the Medical Surgical Skills Institute (MSSI), 27 <sup>th</sup> July, 2018, Komfo Anokye Teaching Hospital
<b>May, 2018</b>	<b>Resource Person</b> “You and Your Diet” at the 2018 Colloquium/Harmonization of the Connexional Lay Movement Programmes and Leadership Retreat, 25 <sup>th</sup> May, 2018, Kwadaso Methodist Retreat Centre, Kumasi
<b>February, 2018</b>	<b>Resource Person</b> Expert advice on data on Ghanaian local dishes and their nutritional values to support a University of Ghana Department of Computer Engineering undergraduate research on Design and Development of software application on Food and Nutrition for Diabetes management.
<b>March, 2017</b>	<b>Keynote Speaker</b> Mini Summit on “Financing the Maize, Rice and Soy Value Chains for Enhanced Feed and Poultry Production in Ghana” hosted by USAID-FinGAP, 16 <sup>th</sup> March, 2017, Eusbett Hotel, Sunyani.

<b>March 2017</b>	<p><b>Resource Person</b></p> <p>Oesophagostomy to Colostomy: Physiological Implications, Nutritional Challenges and Intervention. 1st Quarter Continuous Professional Development Workshop organized by Ghana Dietetic Association, 31<sup>st</sup> March, 2017, KATH</p> <p><b>3. <u>Service to the International Community</u></b></p>
<b>May 2025</b>	<p><b>Reviewer: Draft Zambian Nutrition Protocol</b></p> <p>Capacity strengthening the integration of nutritionist led enhanced clinical nutrition into healthcare and education facilities in Zambia. Review Coordinated by Africa Nutrition Consortium</p>
<b>February to March 2025</b>	<p><b>Scientific Reviewer</b></p> <p>23<sup>rd</sup> International Union of Nutritional Sciences-International Congress of Nutrition 2025, Paris, August 24-29, 2025</p>
<b>August to September 2024</b>	<p><b>International Scientific Programme Committee Member</b></p> <p>9th edition of the Africa Nutrition Conference (ANC2024 / ANEC IX), University of Cape Coast Ghana, October 7-11, 2024</p>
<b>7<sup>th</sup> October, 2024</b>	<p><b>Observer for Nutrition Society of South Africa</b></p> <p>Annual General Meeting of the Federation of African Nutrition Society (FANUS), University of Cape Coast Ghana, October 7, 2024</p>

## 12.0 RESEARCH ACTIVITIES

- **Postgraduate (MPhil/MSc) Research Supervised (Past 5 years)**

1. Proximate analysis, serving sizes, and glycaemic indices of some commonly consumed composite indigenous staple and soups in northern Ghana. **In progress 2025**
2. Dietary practice, food security, psychosocial stress and nutritional status of people living in prison in the Upper East Region of Ghana. **Completed, March 2024**
3. Maternal perception of infant body size: Implication on infant nutritional status and feeding practices. **Completed, November, 2023**
4. Impact of dietetic counselling intervention on markers of glycaemic status and total antioxidant capacity of patients attending diet therapy clinic at Tafo Government hospital, Kumasi. **Completed, June 2022**
5. Impact of dietetic counselling intervention on metabolic syndrome characteristics and total antioxidant capacity of patients attending diet therapy clinic at Manhyia Government hospital, Kumasi. **Completed June 2022**
6. Cardiovascular Risk and Nutritional Status Assessment of Imprisoned People in the Northern Region, Ghana. **Completed, 2021.**

- **Postgraduate (MPhil/MSc) Research Supervised (2016-2020)**

1. Nutritional Risk Markers Associated with Functional Recovery Among Stroke Survivors attending Outpatient Neurology Clinic at Komfo Anokye Teaching Hospital, Kumasi. **Completed 2016-2017**

2. Dietary Intake and Serum Antioxidant Status in People Living with HIV/AIDS Attending Antiretroviral Clinic at The Volta Regional Hospital, Ho. **Completed 2016-2017**
3. Impact of Dietary Counseling Intervention on Nutritional Status and Biochemical Indices of Hemodialysis Patients in Kumasi. **Completed 2017-2018**
4. Impact of Nutrition Education on the Nutritional Status of Malnourished Stroke Survivors at the Komfo Anokye Teaching Hospital, Ghana. **Completed 2017-2018**
5. Impact of Nutritional Status on Functional Status of Patients Admitted at the Stroke Unit of Korle-Bu Teaching Hospital, Accra, Ghana. **Completed 2017-2018**

- **Undergraduate (BSc) Research Projects Supervised (Past 5 years)**

1. Relationship between food security, glycemic status and lipid profile in individuals living with type 2 diabetes at the Tafo Government Hospital, Kumasi, Ghana. **In progress, 2025**
2. Relationship between food security, glycemic status and lipid profile in individuals living with type 2 diabetes at the Kumasi South Government Hospital, Kumasi, Ghana. **In progress, 2025**
3. Relationship between food security, glycemic status and lipid profile in individuals living with type 2 diabetes at the Owen and Essienimpong in the Ejisu municipality Kumasi, Ghana. **In progress, 2025**
4. Anthropometric and biochemical characteristics of patients with type 2 diabetes attending diet therapy clinic at Ejisu government hospital. **Completed, 2023**
5. Anthropometric and Biochemical Characteristics of Patients with Dyslipidemia Attending Diet Therapy Clinic at Ejisu Government Hospital. **Completed, 2023**
6. Anthropometric and blood pressure characteristics of patients with hypertension attending diet therapy clinic at Ejisu

government hospital. **Completed, 2023**

7. Determination of phytoconstituents of Lippia tea. **Completed, 2022.**

- **Undergraduate (BSc) Research Projects Supervised (2016-2020)**

1. Determination of Sodium, Potassium, Calcium and Magnesium Content of Restaurant Vended Breakfast Meals on KNUST Campus. **Completed, 2018-2019**

2. Determination of Sodium, Potassium, Calcium and Magnesium Content of Restaurant Vended Lunch Meals on KNUST Campus. **Completed, 2018-2019**

3. Determination of Sodium, Potassium, Calcium and Magnesium Content of Street Vended Breakfast Meals on KNUST Campus. **Completed, 2018-2019**

4. Prevalence and Lifestyle Related Risk Factors of Metabolic Syndrome among Commercial Taxi Drivers around KNUST Campus. **Completed, 2017-2018**

5. Nutrition Knowledge, Dietary Habit and Lipid Profile of Undergraduate Students on KNUST Campus. **Completed, 2017-2018**

6. Determination of Macronutrient Content and Serving Sizes with Pictorial Representation of Selected Composite Ghanaian Soups. **Completed, 2016- 2017**

### 13.0 PEER-REVIEWED PUBLICATIONS ARISING OUT OF RESEARCH

As of August, 2025, I have Google Scholar **H-index of 8** with **211 citations**. My Scopus **H-index is 6** with **86 citations**. Please, see my Google Scholar and Scopus links indicated in Section 1.0 above.

- **Publications in the past 5 years**

1. Tonyemevor, S.A., Amoako, M., Gowans, L.J.J., Kwarteng, A., **Appiah, C.A.**, Obiri-Yeboah, S., Sabbah, D.K. and Donkor, P., 2025. Maternal Dietary Patterns, Food Security and Multivitamin Use as Determinants of Non-Syndromic Orofacial Clefts Risk in Ghana: A Case–Control Study. *Women*, 5(3), p.34.
2. Amoako, M., Tonyemevor, S.A., Gowans, L.J.J., Kwarteng, A., **Appiah, C.A.**, Obiri-Yeboah, S., Sabbah, D.K. and Donkor, P., 2025. Maternal plasma folate, nutrients interactions, and the risk of orofacial clefts: A case–control study in a developing country setting. *Nutrition and Health*, p.02601060251400067.
3. **Appiah, C. A.**, Wugah, H., Carboo, J. A., Amoako, M., Wiafe, M. A., & Hayford, F. E. A. (2025). Diet Therapy Improves Body Composition, Blood Pressure and Glycemic Status in Individuals Living with Type 2 Diabetes: A Prospective Cohort Study. *Obesities*, 5(3),56. <https://doi.org/10.3390/obesities5030056>
4. **Collins Afriyie Appiah**, Jennifer Ngounda, Mavis Boakye-Yiadom, Felix Charles Mills-Robertson, Mariette Nel, Rabia Johnson, Corinna Walsh. (2025). Bridelia ferruginea Tea Consumption Improves Antioxidant Status in Individuals Living with Type 2 Diabetes. *MDPI Diabetology*
5. **Appiah, C.A.**, Adjei, P., Hayford, F.E.A., and Simpson, E. (2025). Assessment of Macro-mineral Content of Restaurant-prepared Lunch Meals on a University Campus in Ghana. *Direct Research Journal of Agriculture and Food Science*. Vol. 13(2), Pp.96-104.

6. Abukari, Mohammed Hashim; **Appiah, Collins Afriyie**; Kwarteng, Alexander; Iddrisu, Sherifa. (2024). Cardiovascular risk assessment of people living in prison in the Northern region of Ghana. *International Journal of Prison Health*, 20(1), 102-115
7. Essiam, Fiifi Amoako Atta Panyin; Amoako, Mary; Afoakwa, Desmond; Boateng, Akosua Konadu; Arthur, Benjamin; Adokwei, Ernest Tetteh; Ackon, Nathaniel Nana; Wugah, Harriet; **Appiah, Collins Afriyie**. (2024). The Relationship Between Food Security, Dietary Intake, Physical Activity Levels and Glycaemic Status of Adults in A Peri-Urban Community in Ghana, *Journal of Science and Technology (Ghana)*, 42(3), 54-68
8. Daniel Edem Kpewou, Faustina O. Mensah, **Collins A. Appiah**, Huseini Wiisibie Alidu, Vitus Sambo Badii. (2021). Serum Vitamin E Deficiency among HIV Infected Individuals Undergoing Antiretroviral Therapy at Ho Teaching Hospital, Ghana. *Heliyon*, <https://doi.org/10.1016/j.heliyon.2021.e07339>
9. Appiah, C. A., Mensah, F. O., Hayford, F. E., Awuuh, V. A., & Kpewou, D. E. (2021). Predictors of undernutrition and anemia among children aged 6–24 months in a low-resourced setting of Ghana: a baseline survey. *Journal of Health Research*, 35(1), 27-37.
10. Chauwa, L., **Appiah, C. A.**, Nsiah, K., & Sarfo, F. S. (2020). Nutritional risk markers among stroke out-patients at the neurology clinic of a teaching hospital in Ghana. *The Pan African Medical Journal*, 37.
11. Osei, P.K., **Appiah, C.** and Anderson, A.K., (2021). Impact of Dietetic Intervention on Metabolic Syndrome Patients Attending Diet Therapy Clinic: A prospective, Single-Arm Intervention Study. *Global Journal of Health Science*, 13(7), pp.1-89.

- **Publications 2016-2020**

<p>1. <b>Appiah CA</b>, Afriyie EO, Hayford FEA, Frimpong E. Prevalence and lifestyle-related risk factors of metabolic syndrome among taxi drivers in a metropolitan city in Ghana. Pan African Medical Journal. 2020;36:136. [doi: 10.11604/pamj.2020.36.136.16861]</p>
<p>2. <b>Appiah CA</b>, Samwini AM, Brown PK Hayford FEA, Asamoah-Boakye. Proximate composition and serving sizes of selected composite Ghanaian soups. African Journal of Food Agriculture Nutrition and Development. Vol 20, No. 3 (May, 2020). DOI: 10.18697/ajfand.91.18055</p>
<p>3. Vincent Adocta Awuuh, <b>Collins Afriyie Appiah</b>, Faustina O. Mensah, (2019) "Impact of nutrition education intervention on nutritional status of undernourished children (6-24 months) in East Mamprusi district of Ghana", Nutrition &amp; Food Science, Vol. 49 Issue: 2, pp.262-272, <a href="https://doi.org/10.1108/NFS-05-2018-0134">https://doi.org/10.1108/NFS-05-2018-0134</a></p>
<p>4. Frank Ekow Atta Hayford, <b>Collins Afriyie Appiah</b>, Taofik Al Hassan, Odeafo Asamoah-Boakye, Matilda Asante, (2019) "A pilot study comparing bioelectrical impedance analysis and body mass index in determining obesity among staff of a Ghanaian University", Nutrition &amp; Food Science, Vol. 49 Issue: 2, pp.240-248, <a href="https://doi.org/10.1108/NFS-02-2018-0061">https://doi.org/10.1108/NFS-02-2018-0061</a></p>
<p>5. Atule, M. T., Larbie, C., &amp; <b>Afriyie, C.</b> (2019). Dietary Pattern and Prevalence of Metabolic Syndrome in Hypertensive Outpatients and Associated Effect on Target Organ Damage. Journal of Clinical Nutrition and Dietetics, 5(1), 4.</p>

6. **Appiah CA**, Otoo GE and Steiner-Asiedu M. (2016). Preferred Body Size in Urban Ghanaian Women: Implication on the Overweight/Obesity Problem. Pan African Medical Journal. 2016;23:239. doi:10.11604/pamj.2016.23.239.7883.

7. **Appiah CA**, Steiner-Asiedu M, and Otoo GE. (2014). Predictors of Overweight/Obesity in Urban Ghanaian Women. International Journal of Clinical Nutrition. 2014;2(3): 60-68. doi: 10.12691/ijcn-2-3-3.

#### **14.0 CONFERENCES & PRESENTATIONS (ARISING FROM RESEARCH ACTIVITIES)**

- **Past 5 years**

1. **Collins Afriyie Appiah**, Jennifer Ngounda, Mavis Boakye-Yiadom, Felix Charles Mills-Robertson, Mariette Nel, Rabia Johnson, Corinna Walsh. Association between dietary intake, physical activity, psychosocial stress and oxidative status in individuals with Type 2 diabetes attending an outpatient clinic in Ghana. 9th edition of the Africa Nutrition Conference (ANC2024 / ANEC IX), University of Cape Coast – North Campus, Cape Coast, Ghana, **Monday 7th – Friday 11th, October, 2024**
2. Prince Baidoo, Percival D. Agordoh, Paul Amuna, Reginald A. Annan, **Collins A. Appiah**, Ruby Arthur, Paul A. Aryee, Vincent A. Awuuh, Felicia K. A. Danso, Freda Intiful, Anna Lartey, Christina Nsiah-Asamoah,

Kingsley K. A. Pereko, Olivia M. Timpo, Anthony Wemakor, Juliana Yeboah, Francis B. Zotor. The 6-year Doctor of Nutrition and Dietetics programme: an expert committee recommendation for restructured training of entry-level professionals in Ghana. 9th edition of the Africa Nutrition Conference (ANC2024 / ANEC IX), University of Cape Coast – North Campus, Cape Coast, Ghana, **Monday 7th – Friday 11th, October, 2024**

3. **Collins Afriyie Appiah**, Jennifer Ngounda, Mavis Boakye-Yiadom, Felix Charles Mills-Robertson, Mariette Nel, Rabia Johnson, Corinna Walsh. Bridelia tea consumption improves oxidative status in outpatients with type 2 diabetes in Ghana. Nutrition Congress, Southern Sun Elangeni & Maharani Hotel, Durban, South Africa **October 2-4, 2024.**
4. **Collins Afriyie Appiah**. Bridelia tea consumption improves antioxidant and lipid status in individuals living with type 2 diabetes. The 3MT Thesis Competition (PhD Category), Faculty of Health Sciences, University of the Free State, Bloemfontein, South Africa **(18 September 2024)**
5. Lloyd Chauwa, Kwabena Nsiah, **Collins Afriyie Appiah**, Fred Stephen Sarfo. Nutritional Status and Functional Recovery among stroke outpatients attending neurology clinic at Komfo Anokye Teaching Hospital, Ghana. Nutrition Congress, Lord Charles Hotel, Somerset-West, Western Cape, South Africa, **April 18-20, 2023.**
6. Joseph Buabeng, Mary Amoako and **Collins Appiah**. Intake of sugar-sweetened beverage and physical activity is associated with cognitive function in school-age children in Agona West municipality. Conference of Nutrition and Dietetics, KNUST, Kumasi, Ghana. **July 17-10, 2023**
7. Seyram Y. Azagloh, **Collins A. Appiah**, Harriet Wugah and Mary Amoako. Maternal perception of infant body size: implication on feeding practices and nutritional status of infants below six months. Conference of Nutrition and Dietetics, KNUST, Kumasi, Ghana. **July 17-10, 2023**
8. Mary-Ann Adjeley Sowah, Mary Amoako, Collins A. Appiah. Diet and lifestyle-related risk factors of pre-

diabetes in young adults in Ledzokuku municipality, Greater Accra region, Ghana. Conference of Nutrition and Dietetics, KNUST, Kumasi, Ghana. **July 17-10, 2023**

9. Elizabeth Boatemaa, Faustina O. Mensah, Collins Afriyie Appiah. Dietary pattern, lifestyle habits, sociodemographics and its associated health risks among manual and artisanal workers at Sokoban Wood Village, Kumasi, Ghana. Conference of Nutrition and Dietetics, KNUST, Kumasi, Ghana. July 17-10, 2023
10. Edward Opoku Afriyie, Emmanuel Frimpong and **Collins Afriyie Appiah**. Lifestyle Related Risk Factors of Metabolic Syndrome among Commercial Taxi Drivers around KNUST Campus. *International Congress of Dietetics*, Cape Town, South Africa. **1-3 September, 2021**.
11. Prince K. Osei, **Collins A. Appiah**, Prince Baidoo and Jessica Ayensu. (July, 2021). Impact of Dietetic Intervention on Metabolic Syndrome Characteristics of Patients Attending Diet Therapy Clinic at a General Hospital in Tema Metropolis, Ghana. *Conference of Nutrition and Dietetics (Virtual)*, **July 1-3, 2021, Ghana**

• **2016-2020**

1. Ziyaaba A, Hayford F.E.A, **Appiah C.A** and Nkromah K.O. Impact of Nutritional Status on Functional Status of Patients Admitted at the Stroke Unit of Korle-Bu Teaching Hospital, Accra, Ghana: A prospective Cohort Study. *Proceedings of the 8<sup>th</sup> Africa Nutrition Conference*, October 1-5, 2018, Addis Ababa, Ethiopia.
2. Mohammed Hashim Abukari, **Collins Afriyie Appiah**, Alexander Kwarteng. Cardiovascular risk factors among Prisoners in the Tamale Central Prisons, Northern Region, Ghana. *8<sup>th</sup> Ghana Science Association Research Seminar and Poster Presentations*, 1<sup>st</sup> May, 2019, College of Science Allotey Auditorium, Aboagye Menyeh Complex, KNUST, Kumasi.

3. Daniel Afrifa, Kwabena Nsiah, **Collins Afriyie Appiah**, Moses Monday Omoniyi. Cardiovascular Disease Risk Factors among Football Players In Ashanti Region, Ghana. *8<sup>th</sup> Ghana Science Association Research Seminar and Poster Presentations*, 1<sup>st</sup> May, 2019, College of Science Allotey Auditorium, Aboagye Menyeh Complex, KNUST, Kumasi
4. Daniel Edem Kpewou, **Collins A. Appiah**, Faustina O. Mensah. Dietary Intake And Serum Antioxidant Status In People Living With Hiv/Aids Attending Antiretroviral Clinic At The Volta Regional Hospital, Ho. *8<sup>th</sup> Ghana Science Association Research Seminar and Poster Presentations*, 1<sup>st</sup> May, 2019, College of Science Allotey Auditorium, Aboagye Menyeh Complex, KNUST, Kumasi.
5. Seth Obiri-Yeboah, George Cudjoe, **Collins Afriyie Appiah**, Charles Apprey. Nutrition Knowledge, Dietary Habit and Lipid Profile of Undergraduate Students on Knust Campus. *8<sup>th</sup> Ghana Science Association Research Seminar and Poster Presentations*, 1<sup>st</sup> May, 2019, College of Science Allotey Auditorium, Aboagye Menyeh Complex, KNUST, Kumasi.
6. Patrick Kusi, Kwabena Nsiah and **Collins Afriyie Appiah**. Impact of Nutrition Education on the Nutritional Status of Malnourished Stroke Survivors at the Komfo Anokye Teaching Hospital, Ghana. *8<sup>th</sup> Ghana Science Association Research Seminar and Poster Presentations*, 1<sup>st</sup> May, 2019, College of Science Allotey Auditorium, Aboagye Menyeh Complex, KNUST, Kumasi.
7. Emmanuel Frimpong, Edward Opoku Afriyie and **Collins Afriyie Appiah**. Prevalence of Metabolic Syndrome among Commercial Taxi Drivers around KNUST Campus. *8<sup>th</sup> Ghana Science Association Research Seminar and Poster Presentations*, 1<sup>st</sup> May, 2019, College of Science Allotey Auditorium, Aboagye Menyeh Complex, KNUST, Kumasi.

8. Chauwa, L. Nsiah, K. **Appiah, C.A.** Sarfo, F.S. Nutritional status and functional recovery among stroke outpatients attending neurology clinic at Komfo Anokye Teaching Hospital, Ghana. *2017 Ghana Biomedical Convention Conference 26-28<sup>th</sup> July, 2017, Accra, Ghana*
9. Awuuh, V.A., **Appiah, C.A.**, Mensah, F.O. Impact of community-based nutrition education of mothers on infant and young child feeding practices. *2017 Ghana Biomedical Convention Conference 26-28<sup>th</sup> July, 2017, Accra, Ghana*
10. Awuuh, V.A., **Appiah, C.A.**, Mensah, F.O, Impact of community-based nutrition education on undernourished children aged 6-24months in East Mamprusi district of the Northern Region of Ghana. *AfriNEAD & 7<sup>th</sup> College of Health Sciences Scientific Conference, 7<sup>th</sup> – 9<sup>th</sup> August, 2017, Kumasi, Ghana*

## **15.0 ADVANCED/SHORT COURSES & CONTINUOUS PROFESSIONAL DEVELOPMENT ACTIVITIES**

- **Past 5 years**

<b>2025</b>	KNUST Online Teaching Training Course (Valid for January 2025-December 2026) by KNUST E-Learning Centre
<b>2024</b>	PhD Dietetics Certificate, University of the Free State, South Africa
<b>2024</b>	PhD Supervision Workshop for Senior Members by Faculty of Biosciences in Collaboration with Faculty of Physical and Computational Sciences, College of Science, KNUST

<b>2022</b>	Driving Change in the Ghanaian Food Environment: Time to Act! by Ghana Academy of Nutrition and Dietetics
<b>2021</b>	SDGs and Universities: Actions Towards KNUST's Mandate at 70 and Beyond: KNUST Summer School, August 31st - September 3rd, 2021 organized by the Quality Assurance and Planning Unit (Vice-Chancellor's Office), KNUST
<b>2021</b>	Micronutrient-Directed Nutrition-Focused Physical Examination for Ghana Dietitians organized by University of North Florida & University of Ghana
<b>2021</b>	Nutrition Support in Cancers: European Society for Clinical Nutrition and Metabolism Life-Long Learning Programme
<b>December 2020</b>	South-South Cooperation Forum on Food Security and Agrobiodiversity in Times of COVID-19 and Climate Change organized by the UN Environment programme
<b>November 2020</b>	Clinical Nutritional Management of Patients with COVID 19 by Ghana Academy of Nutrition and Dietetics
<b>September 2020</b>	Theoretical and Practical Approaches to Nutritional Management of COVID-19 by Ghana Academy of Nutrition and Dietetics
	• <b>2016-2020</b>

1. **20-24 August, 2018:** KNUST 8<sup>th</sup> Summer School. Improving quality of Higher Education through Effective Measurement and Evaluation., Quality Assurance and Planning Unit (Vice-Chancellor's Office), KNUST.
2. **August 21 – 25, 2017 KNUST:** 7<sup>th</sup> Summer School for Senior Members on the Theme: Technology, Manpower Training and Development; organized by the Quality Assurance and Planning Unit (Vice-Chancellors Office), KNUST.
3. **22-24<sup>th</sup> March, 2018:** Workshop on Indexing for Heads of Allied Training Institutions (Participated with HOD, Department of Biochemistry & Biotechnology), Tyco Hotel, Sunyani,
4. **11<sup>th</sup>-12<sup>th</sup> September, 2018:** 1<sup>st</sup> West African Regional Workshop on Oxidative Stress and Immunohistochemistry Techniques – Theory and Practice.. College of Science, KNUST, Kumasi
5. **23<sup>rd</sup> April, 2018:** International Workshop on Nutrigenetics & Personalised Nutrition, 2018 Collaborative Workshop by University of Reading, University of Chester & KNUST,. Venue: Room B1, College of Science, KNUST
6. **29-30 November, 2018:** Re-envisioning Our Profession: Promoting Dietetic Entrepreneurship and Financial Literacy. Ghana Dietetic Association's Continuous Professional Development Workshop, Crystal Palace Hotel, Tesano, Accra
7. **22<sup>nd</sup> June, 2018:** Evidenced-Based Dietetic Practice. 2<sup>nd</sup> Quarter Continuous Professional Development Workshop organized by Ghana Dietetic Association. Accra
8. **29<sup>th</sup> September, 2019:** Advancing Nutrition Research Through Capacity Building. Continuous Professional Development Workshop organized by Ghana Dietetic Association, University of Ghana and North-West University, South Africa. Accra

9. **16<sup>th</sup> January 2018:** Participation in the National Sensitization and Dissemination of Health Professions Regulatory Bodies ACT(857:2013), Health Institutions and Facilities ACT(829:2011) and AHPC Approved CPD Guidelines CPD Workshop, SSNIT Conference Room, Kumasi.
10. **30<sup>th</sup>-31<sup>st</sup> January, 2017:** Problem Based Learning Workshop for New Lecturers, Ibis Tek Board Room, College of Science
11. **31<sup>st</sup> March, 2017:** Oesophagostomy to Colostomy: Physiological Implications, Nutritional Challenges and Intervention. 1<sup>st</sup> Quarter Continuous Professional Development Workshop organized by Ghana Dietetic Association, , KATH