

CURRICULUM VITAE

1.0 Personal Details

Name:	Dr. Collins Afriyie Appiah
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Google Scholar	https://scholar.google.com/citations?user=dDOVm8UAAAAJ&hl=en&oi=ao
ResearchGate	https://www.researchgate.net/profile/Collins_Appiah/publications
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SCOPUS Author ID	57188668195
KNUST Staff Profile	https://webapps.knust.edu.gh/staff/dirsearch/profile/summary/34c083e79a5c.html

2.0 Academic Qualifications (Degree/Education) with dates:

PhD Dietetics (2024) University of the Free State, Bloemfontein, South Africa
MPhil. Dietetics (July, 2011) University of Ghana, Accra, Ghana
BSc. Biochemistry (First Class Division) (June, 2007), KNUST, Kumasi, Ghana

Professional Qualifications

Dietetic Practice License, 2012

Allied Health Professions Council, Ghana

2.1 Institutions of Study with dates:

2019-2024: PhD Dietetics

University of the Free State, Bloemfontein, South Africa

2008-2011: MPhil. Dietetics

University of Ghana, Accra, Ghana

2003-2007: BSc. Biochemistry

Kwame Nkrumah University of Science and Technology, Kumasi

3.0 Teaching Experience and Other Positions Held/Hold (with dates):

1. Lecturer: August, 2020 to date

2. Assistant Lecturer: October, 2016- July, 2020

Department of Biochemistry and Biotechnology (Human Nutrition and Dietetics Unit), KNUST, Kumasi

Courses taught: NUT 557 Diet Therapy I; NUT 558 Diet Therapy II; NUT 553 Clinical Nutrition I; NUT 554

Clinical Nutrition II; BCHEM 451 Human Nutrition and Introduction to Dietetics

3. Part-time Lecturer: August, 2015- July, 2016

Human Nutrition and Dietetics Programme, Department of Biochemistry and Biotechnology, KNUST, Kumasi

4. Moderator, Diploma in Dietetics Programme, June 2019 to August, 2020

Nalerigu College of Nursing and Allied Health Sciences (Affiliate Institution)

Responsibilities: Curriculum development; support in setting up the Dietetics Department and Diet Kitchen (Advisory); moderation of semester examinations questions; administration of terminal examinations; mentoring of tutors.

5. Member, Clinical Rotation Coordination Committee 2019 to date

Department of Biochemistry and Biotechnology, KNUST,

6. Student Internship/Dietetic Clinical Rotation Coordinator, 2017 to August, 2016 to August, 2020

Department of Biochemistry and Biotechnology, KNUST

7. Deputy Interim Treasurer, Ghana Academy of Nutrition and Dietetics, July, 2019 to July, 2021

8. Financial Secretary, National Executive Committee, Ghana Dietetic Association January, 2018-July, 2019

9. Member/Dietitian, KNUST Wellness Centre Committee, March 2017 to date August, 2020

10. Service Dietitian, University Hospital, KNUST, October, 2016 to July, 2017

11. Lead Dietitian, Stroke Unit, January, 2015- September, 2016

Korle Bu Teaching Hospital, Accra

12. Senior Dietitian, Korle Bu Teaching Hospital, Accra October, 2015- September, 2016

13. Dietitian, Korle Bu Teaching Hospital, Accra October, 2012- September, 2015
14. Dietetic Internship, 2011-2012 Komfo Anokye Teaching Hospital, Kumasi, Ghana

4.0 Area of Specialty:

Dietetic intervention in the clinical setting (Diabetes, renal, gastrointestinal disorders, cardiovascular disorders including stroke)
Maternal and Paediatric dietetics
Nutrition and Non-communicable disease
Nutritional Biochemistry

5.0 Research Activities (*Current and Past Projects*): October, 2016 to date

<ul style="list-style-type: none"> • The effect of Bridelia tea consumption on oxidative status of people with type 2 diabetes at the outpatient clinic of the Centre for Plant Medicine Research, Mampong-Akuapim, Ghana (Doctoral research) • Postgraduate (MPhil/MSc) Supervised & Co-Supervised Research <ol style="list-style-type: none"> 1. Maternal perception of infant body size: Implication on infant nutritional status and feeding practices. MPhil project, 2022, Ongoing. (<i>MPhil Research, Main supervisor</i>)

2. 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, 2022 (*MPhil Research, Main supervisor*)
3. 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 2022 to date (*MPhil Research, Main supervisor*)
4. Exclusive Breast Feeding and Complementary Feeding Practices: Relationship with Nutritional Status of Children 6-24 Months at the University Hospital, KNUST. Completed, 2022 (*Co-Supervised MPhil Research*)
5. Nutritional Risk Markers Associated with Functional Recovery Among Stroke Survivors attending Outpatient Neurology Clinic at Komfo Anokye Teaching Hospital, Kumasi. 2016-2017 (*Co-Supervised MPhil Research*)
6. Dietary Intake and Serum Antioxidant Status in People Living with HIV/AIDS Attending Antiretroviral Clinic at The Volta Regional Hospital, Ho. 2016-2017(*Co-Supervised MPhil Research*)
7. Impact of Dietary Counseling Intervention on Nutritional Status and Biochemical Indices of Hemodialysis Patients in Kumasi. 2017-2018 (*Co-Supervised MPhil Research*)
8. Impact of Nutrition Education on the Nutritional Status of Malnourished Stroke Survivors at the Komfo Anokye Teaching Hospital, Ghana. 2017-2018 (*Co-Supervised MPhil Research*)
9. Impact of Nutritional Status on Functional Status of Patients Admitted at the Stroke Unit of Korle-Bu Teaching Hospital, Accra, Ghana. 2017-2018 (*Co-Supervised University of Ghana MSc. Research*)

- ***Undergraduate (BSc) Supervised Research Projects: 2016 to date***

1. Antioxidant activity and polyphenol content of Bridelia tea and selected commercial teas. 2022 (Ongoing)
2. Determination of Macronutrient Content and Serving Sizes with Pictorial Representation of Selected Composite Ghanaian Soups. 2016- 2017(*Undergraduate Research Project*)
3. Nutrition Knowledge, Dietary Habit and Lipid Profile of Undergraduate Students on KNUST Campus. 2017-2018 (*Undergraduate Research Project*)
4. Prevalence and Lifestyle Related Risk Factors of Metabolic Syndrome among Commercial Taxi Drivers around KNUST Campus. 2017-2018 (*Undergraduate Research*)
5. Determination of Sodium, Potassium, Calcium and Magnesium Content of Restaurant Vended Breakfast Meals on KNUST Campus. 2018-2019 (*Undergraduate Research Project*)
6. Determination of Sodium, Potassium, Calcium and Magnesium Content of Restaurant Vended Lunch Meals on KNUST Campus. 2018-2019 (*Undergraduate Research Project*)
7. Determination of Sodium, Potassium, Calcium and Magnesium Content of Street Vended Breakfast Meals KNUST Campus. 2018-2019 (*Undergraduate Research Project*)
8. Determination of Sodium, Potassium, Calcium and Magnesium Content of Street Vended Lunch and Super Meals on KNUST Campus. 2018-2019 (*Undergraduate Research Project*)

6.0 Selected Publications (or Articles) Arising out of Research

1. 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.

<p>2. 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. <i>Heliyon</i>, https://doi.org/10.1016/j.heliyon.2021.e07339</p> <p>3. 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. <i>The Pan African Medical Journal</i>, 37.</p> <p>4. Appiah, C.A., Mensah, F.O., Hayford, F.E.A., Awuuh, V.A. and Kpewou, D.E. (2020), "Predictors of undernutrition and anemia among children aged 6–24 months in a low-resourced setting of Ghana: a baseline survey", <i>Journal of Health Research</i>, Vol. 35 No. 1, pp. 27-37. https://doi.org/10.1108/JHR-05-2019-0095</p>
<p>5. Appiah CA, Afriyie EO, Hayford FEA, Frimpong E. Prevalence and lifestyle-related risk factors of metabolic syndrome among taxi drivers in a metropolitan city in Ghana. <i>Pan African Medical Journal</i>. 2020;36:136. [doi: 10.11604/pamj.2020.36.136.16861]</p>
<p>6. Appiah CA, Samwini AM, Brown PK Hayford FEA, Asamoah-Boakye. Proximate composition and serving sizes of selected composite Ghanaian soups. <i>African Journal of Food Agriculture Nutrition and Development</i>. Vol 20, No. 3 (May, 2020). DOI: 10.18697/ajfand.91.18055</p>
<p>7. Vincent Adocta Awuuh, Collins Afriyie Appiah, Faustina O. Mensah, (2019) "Impact of nutrition education intervention on nutritional status of undernourished children (6-24 months) in East Mamprusi district of Ghana", <i>Nutrition & Food Science</i>, Vol. 49 Issue: 2, pp.262-272, https://doi.org/10.1108/NFS-05-2018-0134</p>
<p>8. Frank Ekow Atta Hayford, Collins Afriyie Appiah, Taofik Al Hassan, Odeaf O Asamoah-Boakye, Matilda Asante, (2019) "A pilot study comparing bioelectrical impedance analysis and body mass index in determining obesity among</p>

<p>staff of a Ghanaian University", <i>Nutrition & Food Science</i>, Vol. 49 Issue: 2, pp.240-248, https://doi.org/10.1108/NFS-02-2018-0061</p>
<p>9. Atule, M. T., Larbie, C., & Afriyie, C. (2019). Dietary Pattern and Prevalence of Metabolic Syndrome in Hypertensive Outpatients and Associated Effect on Target Organ Damage. <i>Journal of Clinical Nutrition and Dietetics</i>, 5(1), 4.</p>
<p>10. Appiah CA, Otoo GE and Steiner-Asiedu M. (2016). Preferred Body Size in Urban Ghanaian Women: Implication on the Overweight/Obesity Problem. <i>Pan African Medical Journal</i>. 2016;23:239. doi:10.11604/pamj.2016.23.239.7883.</p>
<p>11. Appiah CA, Steiner-Asiedu M, and Otoo GE. (2014). Predictors of Overweight/Obesity in Urban Ghanaian Women. <i>International Journal of Clinical Nutrition</i>. 2014;2(3): 60-68. doi: 10.12691/ijcn-2-3-3.</p>

7.0 Conferences (Arising from Research Activities):

<p>1. Seth Obiri-Yeboah, George Cudjoe, Collins Afriyie Appiah, Charles Apprey. Nutrition Knowledge, Dietary Habit and Lipid Profile of Undergraduate Students on Knust Campus. <i>International Congress of Dietetics</i>, Cape Town, South Africa. 1-3 September, 2021.</p>
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2. 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.
3. Priscilla Adjei, Brown Mendel and **Collins Afriyie Appiah**. Determination of sodium, potassium, calcium and magnesium contents of restaurant vended lunch meals on KNUST campus. *International Congress of Dietetics*, Cape Town, South Africa. 1-3 September, 2021.
4. 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
5. 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 8th Africa Nutrition Conference*, October 1-5, 2018, Addis Ababa, Ethiopia.
6. Mohammed Hashim Abukari, **Collins Afriyie Appiah**, Alexander Kwarteng. Cardiovascular risk factors among Prisoners in the Tamale Central Prisons, Northern Region, Ghana. *8th Ghana Science Association Research Seminar and Poster Presentations*, 1st May, 2019, College of Science Allotey Auditorium, Aboagye Menyeh Complex, KNUST, Kumasi.
7. Daniel Afrifa, Kwabena Nsiah, **Collins Afriyie Appiah**, Moses Monday Omoniyi. Cardiovascular Disease Risk Factors among Football Players In Ashanti Region, Ghana. *8th Ghana Science Association Research Seminar and Poster Presentations*, 1st May, 2019, College of Science Allotey Auditorium, Aboagye Menyeh Complex, KNUST, Kumasi
8. 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. *8th*

Ghana Science Association Research Seminar and Poster Presentations, 1st May, 2019, College of Science Allotey Auditorium, Aboagye Menyeh Complex, KNUST, Kumasi.

9. Seth Obiri-Yeboah, George Cudjoe, **Collins Afriyie Appiah**, Charles Apprey. Nutrition Knowledge, Dietary Habit and Lipid Profile of Undergraduate Students on Knust Campus. *8th Ghana Science Association Research Seminar and Poster Presentations*, 1st May, 2019, College of Science Allotey Auditorium, Aboagye Menyeh Complex, KNUST, Kumasi.
10. 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. *8th Ghana Science Association Research Seminar and Poster Presentations*, 1st May, 2019, College of Science Allotey Auditorium, Aboagye Menyeh Complex, KNUST, Kumasi.
11. Emmanuel Frimpong, Edward Opoku Afriyie and **Collins Afriyie Appiah**. Prevalence of Metabolic Syndrome among Commercial Taxi Drivers around KNUST Campus. *8th Ghana Science Association Research Seminar and Poster Presentations*, 1st May, 2019, College of Science Allotey Auditorium, Aboagye Menyeh Complex, KNUST, Kumasi.
12. Edward Opoku Afriyie, Emmanuel Frimpong and **Collins Afriyie Appiah**. Lifestyle Related Risk Factors of Metabolic Syndrome among Commercial Taxi Drivers around KNUST Campus. *8th Ghana Science Association Research Seminar and Poster Presentations*, 1st May, 2019, College of Science Allotey Auditorium, Aboagye Menyeh Complex, KNUST, Kumasi.
13. 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* 26-28th July, 2017, Accra, Ghana

14. 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 26-28th July, 2017, Accra, Ghana*

15. 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 & 7th College of Health Sciences Scientific Conference, 7th – 9th August, 2017, Kumasi, Ghana*

8.0 Reviews for Journals:

Plos ONE
Asian Women

9.0 Short Courses & Continuous Professional Development Workshops Attended:

1. KNUST 8th Summer School. Improving quality of Higher Education through Effective Measurement and Evaluation. 20-24 August, 2018, Quality Assurance and Planning Unit (Vice-Chancellor’s Office), KNUST.
2. KNUST 7th Summer School for Senior Members on the Theme: Technology, Manpower Training and Development; from August 21 – 25, 2017 organized by the Quality Assurance and Planning Unit (Vice-Chancellors Office), KNUST.
3. Workshop on Indexing for Heads of Allied Training Institutions (Participated with HOD, Department of Biochmistry & Biotechnology), Tyco Hotel, Sunyani, 22-24th March, 2018

4. 1st West African Regional Workshop on Oxidative Stress and Immunohistochemistry Techniques – Theory and Practice. 11th-12th September, 2018. College of Science, KNUST, Kumasi
5. International Workshop on Nutrigenetics & Personalised Nutrition, 2018 Collaborative Workshop by University of Reading, University of Chester & KNUST, 23rd April, 2018. Venue: Room B1, College of Science, KNUST
6. Re-envisioning Our Profession: Promoting Dietetic Entrepreneurship and Financial Literacy. Ghana Dietetic Association's Continuous Professional Development Workshop. 29-30 November, 2018, Crystal Palace Hotel, Tesano, Accra
7. Evidenced-Based Dietetic Practice. 2nd Quarter Continuous Professional Development Workshop organized by Ghana Dietetic Association, 22nd June, 2018. Accra
8. Advancing Nutrition Research Through Capacity Building. Continuous Professional Development Workshop organized by Ghana Dietetic Association, University of Ghana and North-West University, South Africa. 29th September, 2019. Accra
9. 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, 16th January 2018, SSNIT Conference Room, Kumasi.
10. Problem Based Learning Workshop for New Lecturers, Ibis Tek Board Room, College of Science, 30th-31st January, 2017
11. Oesophagostomy to Colostomy: Physiological Implications, Nutritional Challenges and Intervention. 1st Quarter Continuous Professional Development Workshop organized by Ghana Dietetic Association, 31st March, 2017, KATH

10.0 Grants Proposals Written & Submitted:

- The capacity of dietary polyphenols in two indigenous African herbal plants to reverse redox-induced DNA methylation: Implication on their antioxidant and antidiabetic properties in type 2 diabetes. A multidisciplinary team (South Africa & Ghana) grant proposal submitted to the International Centre for Genetic Engineering and Biotechnology. Submitted 30th April, 2021.
- Effect of Rooibos Tea Consumption on Oxidative Stress, Antioxidant Gene Expression and glycaemic control in people with type 2 diabetes. A multidisciplinary team (South Africa & Ghana) grant proposal submitted to the South African Rooibos Council. Submitted 15th January, 2021.
- Effect of Lippia Tea Consumption on Markers of Oxidative Stress and Glycaemic Status in People Living with Type 2 Diabetes: A Randomised Blinded Controlled Trial. A multidisciplinary team (South Africa & Ghana) grant proposal submitted to the Kwame Nkrumah University of Science and Technology Research Fund. Submitted 31st October ,2020.

11.0 Grants/Funds won: 2017-2024

- The Nutrition Society, UK and the Nutrition Society of South Africa full travel grant for research presentation and participation at the 2024 Nutrition Congress, Durban, South Africa.
- International Union of Nutritional Sciences Travel Grant for research presentation and participation at the International Congress of Dietetics 2021, Cape Town
- College of Science, KNUST, Postgraduate Scholarship Research Grant Award 2017/2018 (Won by my Postgraduate Research Student: Maame Yaa Karl Ohene-Obeng for whom I was the Main Supervisor)

12.0 Awards:

- University of the Free State Research Masters and Doctoral Bursary 2021
- University of the Free State Research Masters and Doctoral Bursary 2020
- University of the Free State Research Masters and Doctoral Bursary 2019
- College of Health Sciences Postgraduate Scholarship Award, 2010. University of Ghana

13.0 Professional Associations/Affiliations:

Member, Governing Board, Ghana Academy of Nutrition and Dietetics: 2024 to date

Chair, Practice Standards and Accreditation, Ghana Academy of Nutrition and Dietetics: 2024 to date

Member, Association for Dietetics in South Africa

Member, Nutrition Society of South Africa

Member, Ghana Science Association

Founding Member, Ghana Academy of Nutrition and Dietetics: 2019

Member, National Executive Committee, Ghana Dietetic Association: January, 2018 to July, 2019

Licensed Dietitian, 2012 to date: Allied Health Professions Council. PIN Number: 17002212

14.0 Service to Community (with dates):

11.1 Service to the National Community

1. **Financial Secretary/National Executive Member**, Ghana Dietetic Association 2018-July, 2019
2. **Interim National Executive Member**, Ghana Academy of Nutrition and Dietetics, July 2019 to July, 2021

3. **Key Note Speaker**: Mini Summit on “Financing the Maize, Rice and Soy Value Chains for Enhanced Feed and Poultry Production in Ghana” hosted by USAID-FinGAP, 16th March, 2017, Eusbett Hotel, Sunyani.
4. **Facilitator** of Diet Aspect of Multidisciplinary Team in Stroke Management and Complications Workshop organized by the Medical Surgical Skills Institute (MSSI), 27th July, 2018, Komfo Anokye Teaching Hospital
5. **Resource Person**: Oesophagostomy to Colostomy: Physiological Implications, Nutritional Challenges and Intervention. 1st Quarter Continuous Professional Development Workshop organized by Ghana Dietetic Association, 31st March, 2017, KATH
6. **Resource Person**: “You and Your Diet” at the 2018 Colloquium/Harmonization of the Connexional Lay Movement Programmes for 2019 and 2018 Leadership Retreat, 25th May, 2018, Kwadaso Methodist Retreat Centre, Kumasi
7. **Resource Person**: 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. February, 2018.

14.1 Service to the University Community

1. **Moderator**: Diploma in Dietetics Programme, Nalerigu College of Nursing and Allied Health Sciences. August, 2019 to date
2. **Co-opted Member**: Curriculum Review Committee to review curricula for the introduction of new programmes at Bibiani College of Health Sciences and the College of Nursing and Midwifery, Nalerigu. April, 2018
3. **Dietitian**: University Hospital, KNUST. 2017
4. **Dietitian & Member, Interim Management Committee**: KNUST Wellness Centre 2017-2019

5. **Member, Clinical Rotation Coordination Committee:** Department of Biochemistry and Biotechnology. December, 2019 to date
6. **Student Internship Coordinator:** Department of Biochemistry and Biotechnology. August, 2017 to December, 2019.
7. **Member, Website, Media and Visibility Management Committee:** Department of Biochemistry and Biotechnology. December, 2019 to date
8. **Member, General Laboratory Committee:** Department of Biochemistry and Biotechnology. 2017/2018 academic year
9. **Member, Department Quality Assurance Committee:** Department of Biochemistry and Biotechnology. 2018
10. **Department Representative:** 6th Induction and Oat Swearing Ceremony for Allied Health Graduates, AICC, Accra. 19th September, 2018
11. **Department Representative with Prof Twumasi 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. 28th November, 2018