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Key professional achievements

I have doctoral training in public health nutrition and am a registered public health nutritionist. I am a recognized leader in nutrition across Africa and have been instrumental in driving and promoting the establishment of a strong nutrition profession on the continent and training and research to underpin programme delivery especially across the health and education sectors in Africa.

I am very experienced in developing and implementing methodologies for nutrition and health related research activities to benefit vulnerable populations across Africa, Canada, Europe, Middle East and Asia. My research interests cover a global dimension of population and nutritional epidemiology; specifically, the links between poverty, food and nutrition security and non-communicable diseases (NCDs) across the life cycle. The global context of my work has enabled me to work in both developed and developing societies.

I am one of a pool of nutrition consultants on the WHO/AFRO database and have received training in WHO's main tools used in the field of nutrition. Areas for which I have expertise include:

- Improved technical capacity in the management of severe acute malnutrition. Training in this specialty has developed my skills, knowledge and the ability to implement the practices specifically needed for management of severely malnourished children in hospitals.
- Acquired technical capacity in the development of intersectoral policies and action plans and their operationalization. I am able to evaluate the quality of national food and nutrition policies and plans and better able to help build human resource capacities to strengthen national commitments to food and nutrition.
- Improved technical capacity in maternal, infant, and young child nutrition. This training has given me an in-depth understanding for the use of the international code of marketing of breast milk substitutes at country level. I have also successfully reviewed the WHO Guidelines 2010, on HIV/Infant Young Child Feeding practices.
- Improved technical capacity in the area of maintaining surveillance and coordination of nutrition interventions at national level. I am able to gather, analyse and interpret information about nutritional issues; identify populations at risk as well as target and evaluate interventions; facilitate action-oriented decisions that improve nutrition of any population. I have also acquired the skills to monitor secular trends and achievement of targets as well as enable international comparisons between countries. My training under the WHO umbrella has given me the opportunity to be a resource person that can be called upon to support countries in the area of nutrition and food security.

Currently, I serve on a number of international boards (in Africa, as Board member of African Catalyzing Actions for Nutrition; as Trustees of the African Nutrition Society and the Federation of African Nutrition Societies; at the global level, I did serve as member of the United Nation's Scaling Up Nutrition Civil Society Network (2012-2016). I also serve as Vice President of the International Union of Nutritional Sciences (IUNS), a body that oversees the strategic directions of nutrition across the globe. In Ghana, I chair the Food and Drugs Authority's Technical Advisory Committee on Nutrition.

I am co-initiator, Trustee and former President of the Africa Nutrition Society (ANS) which oversees the biennial Africa Nutritional Epidemiology Conferences (ANEC), an Africa-wide nutrition society (www.ansnet.org). The Society under my leadership had provided a continental professional scientific forum, which thereafter continues to create a unified continental nutrition profession of individual members, promoting training, research and capacity building in nutrition and as well, making important strides in contributing to workforce development to meet Africa's nutrition and health policy agenda.

I am co-originator of the food multimix (FMM) concept. This was the basis of my doctoral research study which led to the design of recipes from which food products were developed to meet the needs of vulnerable groups in food-insecure communities including infants and young children, pregnant women and the malnourished. Some of these recipes were tested over four months in a phase three field-based food intervention trial using FMM products among pregnant women in a poor community in South Africa and where we demonstrated the impact of reducing low birth weight among mothers. Recipes have also been developed and have shown to be effective in improving the glycaemic properties and the dietary management of type 2 diabetes among South Asians living in South East London and Kent, England. Findings from this study were shown to have implications in conditions such as diabetes, hypertension and other chronic NCDs in developing countries.

My programmatic activities in Africa have spanned over two and a half decades and include helping to develop a multisectoral, multidisciplinary national strategic framework for school health and nutrition activities in Ghana working as part of a UK team working with the Ghana Health and Education Services between 2002 and 2006 supported by country offices of UNICEF and WHO. This task also entailed training of health and education sector workers and a review of their competencies and needs gaps. I have expertise in programme monitoring and evaluation and placing emphasis on value-added in the funding of intervention programmes within the context of national health and development priorities. I also did consult on behalf of Ernst & Young with the Ministry of Health and Social Welfare, Liberia as Pool Fund Manager.

I spent a year at the University of Alberta, Edmonton, Canada, working in population health interventions and programmes geared towards improving nutrition and health of Aboriginal peoples and other vulnerable populations or groups. The focus of my research in Canada was geared towards an analysis and better understanding of the variables required for optimum health among Aboriginal peoples and other minority groups.

Whilst based at the University of Greenwich for over 10 years, my research work focused primarily in developing economies spanning the Arab Gulf (Qatar, Kuwait and Saudi Arabia), South Asia (Bangladesh, India, Malaysia, Nepal and Sri Lanka) and Africa (Ghana, Nigeria and South Africa). My work focused on demographic and economic transitions and links between poverty, food and nutrition security and their impact on the nutrition transition and non-communicable diseases (NCDs) across the human life cycle. I have conducted diabetes research as part of a team of researchers in the Arab Gulf (Qatar) focusing on patient-centred and culturally targeted education interventions for self-management of diabetes and research projects on maternal nutrition and birth outcomes in Nepal (South Asia) and the Gauteng Province (South Africa).

Until recently taking a more senior management role at the University of Health and Allied Sciences, I was involved in capacity building initiatives with faculty members coupled with establishing and creating collegiate relationships in the workplace to empower other individuals and teams to succeed. I am also involved in building and strengthening relationships with the Ghana Health Service (GHS) via the Hohoe Municipal Hospital, with Local Government Industry and other NGO's and institutions.

Education

- 2006 **PhD in Public Health Nutrition**
The University of Greenwich, London, UK
Thesis: “A novel approach to the development of nutrient-enriched traditional food multimixes for clinical and population-based interventions”. 278 p
- 2004 **Postgraduate Diploma in Higher Education**
The University of Greenwich, London, UK
- 1998 **The Further & Adult Education Teacher’s Certificate**
The College of North West London, London. U.K
- 1993 **Masters in Biotechnology,**
The International Institute of Biotechnology, University of Kent, Canterbury. UK
Dissertation: “Characterisation of *Pseudomonas putida* Tol plasmids PaW1 in aqueous two-phase systems”. 148 p
- 1992 **Bachelor’s Degree in Biotechnology, Upper Honours**
University of Westminster, London. UK
Dissertation: “A review of aqueous two-phase systems”. 140 p
- 1988 **Higher Diploma in Laboratory Management, Grade: Credit**
ILEA Paddington College, London. UK

Work History

- 2020 – 2022 **Head of Department, Family and Community Health, School of Public Health**
- 2019 – Present **Full Professor, Public Health Nutrition, School of Public Health**
- 2017 – 2019 **Director, International Programmes**
- 2015 – 2017 **Acting Director, International Programmes**
University of Health and Allied Sciences, PMB 31, Ho, Volta Region
- ✦ Primary point of contact for prospective international students to the University, coordinate the development and implementation of faculty exchange programmes in accordance with the established guidelines and standards of the University.
 - ✦ Project coordinator and primary point of contact on behalf of UHAS with Yonsei

University on the '**Public health educational capacity development of University of Health & Allied Sciences in Ghana**'

2016 - 2019 **Associate Professor, Public Health Nutrition**

2013 – 2015 **Head of Department, Family and Community Health**

School of Public Health, University of Health and Allied Sciences, PMB 31, Ho, Volta Region

- ✦ Responsibility over administrative and academic wings of the Department of Family and Community Health
- ✦ Responsibility as Programme leader of the Nutrition tract and course leader over a number of Nutrition courses within the Department of Family and Community Health.

2012 – 2013 **Pool Fund Manager**

Ernst & Young (Ghana) G15, White Avenue, Airport Residential Area, Accra, Ghana Ernst & Young (Ghana) Management Consultants was contracted with the responsibility of

managing Liberia's Ministry of Health & Social Welfare Health Sector Pool Fund set up to support the implementation of the National Health Plan. To date, six donors to the Pool Fund contributed in total a budget of exceeding \$60 million. My responsibilities include:

- Effective management of the Pool Fund mechanism across nine out of the fifteen counties spanning the country of Liberia
- Effective control over planning, monitoring control and implementation oversight over all pool funded counties
- Effective financial management and control of fiduciary risk in the use of Pool Fund resources

2011 - 2012 **Post-doctoral Fellow**

Department of Medicine, University of Alberta, Edmonton, Alberta, Canada

- Coordinate the review and updates of backlogs of all unpublished manuscripts by the Aboriginal and Global Health Research Group (AGHRG) as well as write new ones.
- Responsibilities over writing specific grants as well as contributing towards several others to various funding bodies.
- Fully participated as junior investigator in research activities within the AGHRG, some of which were:
 - Implementing protocols for assessing dietary and lifestyle risk factors for hypertension among Ghanaian adults in Ghana, West Africa.
 - Community-based interventions among communities in Nunavut and the Northwest Territories (Canada).
- Guest Lecturer on NU FS 223 at the Department of Nutrition, University of Alberta: The Cultural Ecology of Food & Health.

2008 - 2011 **Senior Lecturer**

2005 – 2008 **Lecturer**

2000 - 2004 **Lecturer (part-time)**

University of Greenwich, London, UK

Involved in undergraduate and postgraduate teaching in Life and Sports Sciences and Biotechnology; postgraduate research training, mentoring and supervision; coordinating

responsibility over placing all first year students in Life and Sports Sciences with academic mentors.

Graduate Courses: Public Health Nutrition; Nutritional Biochemistry; Physical Activity and Body Composition in Health and Disease; Research Methods, Biostatistics and Data Management; The Practical Programme; Biotechnology.

Undergraduate Courses: Basic Principles of Nutrition; Practical and Professional Skills; Nutritional Epidemiology and Health Promotion; Human Nutrition; Sports and Exercise Nutrition; Specialised Topics in Nutrition; Project.

2000 - 2004 **Lecturer (part-time)**

Department of Pre-medicine/Science, Schiller International University, London, UK

Undergraduate Courses: general biology (including health & health problems, basic nutrition ecology, and environment)

2004 – 2005 **Advisor and Research Fellow**

Hospitality, Tourism and Management, Vaal University of Technology, Gauteng, South Africa

- Community nutrition advisor to the Sharpeville Care of the Aged, Gauteng Province, South Africa.
- Supervisor for both undergraduate and postgraduate research students.
- Overseeing the development of several food recipes for intervention studies among various projects on school children, pregnant women and the elderly in the Vaal Triangle.

1999 – 2004 **Doctoral Research Student**

Department of Life Sciences, University of Greenwich, London, UK

- Doctoral research student and working on developing macro- and micronutrient-dense foods and various analytical techniques for nutrition intervention in developing countries.

1995 - 1999 **Research Assistant**

Baobab International Development Centre, London, UK.

- Developed multimix foods for various at-risk groups. Emphasis at this stage was developing the Food Multimix Concept as an approach to addressing nutritional challenges among weanlings, infants and pregnant women in developing countries.
- Food product analyses of multimixes developed in meeting international guidelines and quality standards.

1994 - 1995 **Research Assistant**

School of Life Sciences, University of Westminster, London, UK

- Responsibility over the care and maintenance of High-performance Liquid Chromatography systems.
- Development of inocula for various bacterial and fungal fermentation processes within the Biotechnology research group.

1988- 1990 **Technologist**

Department of Biochemistry, Ghana Medical School, Korle Bu, Accra, Ghana

- Oversight role of technical team with involvement in second year medical students' laboratory practical sessions.

- Supervisory role of technical team, management of inventory of laboratory equipment and maintenance.

Research Publications

Product Development for Indigenous Foods

1. Agbemaflle, I., Hadzi, D., Amagloh, F. K., **Zotor, F. B.**, & Reddy, M. B. (2020). Nutritional, microbial, and sensory evaluation of complementary foods made from blends of orange-fleshed sweet potato and edible insects. *Foods*, 9(9), 1225. <https://doi.org/10.3390/foods9091225>
2. Egbi, G., Glover-Amengor, M., Tohouenou, M. M., & **Zotor, F.** (2020). Contribution of Amaranthus cruentus and Solanum macrocarpon Leaves Flour to Nutrient Intake and Effect on Nutritional Status of Rural School Children in Volta Region, Ghana. *Journal of Nutrition and Metabolism*, 2020. <https://doi.org/10.1155/2020/1015280>
3. Ayoola, M. D., Adebajo, A. C., **Zotor, F. B.**, & Pinkoane, M. G. (2019). Justifying Antidiabetic Ethnomedicinal Claim of Senecio biafrae through Its Antihyperglycemic and Anti-Oxidant Activities. *Ann Complement Altern Med*. 2019; 1 (2), 1006.
4. **Zotor, F. B.**, & Amuna, P. (2017). The food multimix concept: Harnessing and promoting local composite complementary diets. *Proceedings of the Nutrition Society*, 76(4), 535–542. <https://doi.org/10.1017/S002966511700115X>
5. **Zotor F**, Egbi G, Gbogbo S, Ofosu W, Agbozo F, and Harrison E (2017). Mixed green leafy vegetables powder consumption improves anaemia status of Ghanaian school children. *Annals of Nutrition and Metabolism* 71, 1048-1049
6. **Zotor F**, Egbi G, Alataiah G and Steiner-Asiedu M (2017). Effect Of Red Palm Oil Beans Stew On Serum Vitamin A And Haemoglobin Concentrations Of School Children In Ghana. *Annals of Nutrition and Metabolism* 71, p1049-1050
7. Egbi, G., Ayi, I., Saalia, F. K., **Zotor, F.**, Adom, T., Harrison, E., Ahorlu, C. K., & Steiner-Asiedu, M. (2015). Impact of cowpea-based food containing fish meal served with Vitamin C-rich drink on iron stores and hemoglobin concentrations in Ghanaian school children in a Malaria endemic area. *Food and Nutrition Bulletin*, 36(3), 264–275. <https://doi.org/10.1177/0379572115596253>
8. **Zotor, F. B.**, Ellahi, B., & Amuna, P. (2015). Applying the food multimix concept for sustainable and nutritious diets. *Proceedings of the Nutrition Society*, 74(4), 505–516. <https://doi.org/10.1017/S0029665115002372>
9. Amuna P. **Zotor F. B** and T. Adewuya. (2012). Impact of locally made food multimix on maternal weight gain and outcome of pregnancy in Gauteng Province, South Africa. *Proceedings of the Nutrition Society*, Volume 71, Issue OCE2: E199 DOI: <https://doi.org/10.1017/S002966511200256X>
10. Muchuweti, M., Kasiamhuru, A., Benhura, M. A. N., Chipurura, B., Amuna, P., **Zotor, F.**, & Parawira, W. (2009). Assessment of the Nutritional Value of Wild Leafy Vegetables Consumed in the Buhera District of Zimbabwe: a Preliminary Study. *Acta Horticulturae*, 806, 323–330. <https://doi.org/10.17660/actahortic.2009.806.40>
11. **Zotor, F. B.**, & Amuna, P. (2008). The food multimix concept: New innovative approach to meeting nutritional challenges in Sub-Saharan Africa. *Proceedings of the Nutrition Society*, 67(1), 98–104. <https://doi.org/10.1017/S0029665108006071>
12. **Zotor, F. B.**, Amuna, P., Oldewage-Theron, W. H., Adewuya, T., Prinsloo, G., Chinyanga, Y., ... & Amuna, N. (2006). Industrial and dietetic applications of the food multimix (FMM) concept in meeting nutritional needs of vulnerable groups in South Africa. *Acad J. Vaal Univ Technol*, 3, 54-63.

13. Trowse, V., Amuna, P., **Zotor, F. B.**, & Hill, N. L. (2006). Glycaemic response to a high-fibre, low-glycaemic index novel food product in human volunteers: possible implications for dietary management of type 2 diabetes mellitus. *PROCEEDINGS OF THE NUTRITION SOCIETY*, 65, 74A--74A.
14. **Zotor, F.**, Amuna, P. and Oldewage-Theron WH (2005). Application Of The Food Multimix (FMM) Concept As An Adjunct To Community Nutrition Support In Food Insecure Economies. *Proceedings of the Inaugural National Nutrition Congress (INNC): Food and Nutrition Security for Health & Development*, p166-173
15. Amuna, P., **Zotor, F.**, & Tewfik, I. (2004). Human and economic development in developing countries: a public health dimension employing the food multimix concept. *World Review of Science, Technology and Sustainable Development*, 1(2), 129–137. <https://doi.org/10.1504/WRSTSD.2004.005510>
16. Amuna, P., **Zotor, F.**, Sumar, S., & Chinyanga, Y. T. (2000). *Nutrition & Food Science Emerald Article: The role of traditional cereal / legume / fruit-based multimixes in weaning in developing countries*. *Nutrition & Food Science* 30(3):116-122 <https://doi.org/10.1108/00346650010319688>

Nutrition Policies, Advocacy, Leadership and Capacity Building

17. Tandoh, A., Aryeetey, R., Agyemang, C., Holdsworth, M., Asiki, G., Zotor, F., ... & Laar, A. (2022). The Africa Food Environment Research Network (FERN): from concept to practice. *Global Health Promotion*, 17579759221126155.
18. Laar A, Kelly B, Holdsworth M, Quarpong W, Aryeetey R, Amevinya GS, Tandoh A, Agyemang C, **Zotor F**, Laar ME, Mensah K, Laryea D, Asiki G, Pradeilles R, Sellen D, L'Abbe MR and Vandevijvere S (2021). Providing Measurement, Evaluation, Accountability, and Leadership Support (MEALS) for Non-communicable Diseases Prevention in Ghana: Project Implementation Protocol. *Front. Nutr.* 8:644320. <https://doi:10.3389/fnut.2021.644320>
19. Holdsworth, M., Pradeilles, R., Tandoh, A., Green, M., Wanjohi, M., **Zotor, F.**, Asiki, G., Klomegah, S., Abdul-Haq, Z., Osei-Kwasi, H., Akparibo, R., Bricas, N., Auma, C., Griffiths, P., & Laar, A. (2020). Unhealthy eating practices of city-dwelling Africans in deprived neighbourhoods: Evidence for policy action from Ghana and Kenya. *Global Food Security*, 26(October), 100452. <https://doi.org/10.1016/j.gfs.2020.100452>
20. Laar, A., Kelly, B., Holdsworth, M., Quarpong, W., Aryeetey, R., Amevinya, G., Tandoh, A., **Zotor, F.**, Laar, M. E., Mensah, K., Laryea, D., Asiki, G., Pradeilles, R., Sellen, D., Abbe, M. L. ', & Vandevijvere, S. (2020). *Providing Measurement, Evaluation, Accountability, and Leadership Support for NCDs Prevention in Ghana: Adapting the INFORMAS Approach*. 1–29. Research Square <https://doi.org/10.21203/rs.3.rs-99032/v1>.
21. Forsyth, S., Calder, P. C., **Zotor, F.**, Amuna, P., Meyer, B., & Holub, B. (2018). Dietary Docosahexaenoic Acid and Arachidonic Acid in Early Life: What Is the Best Evidence for Policymakers? *Annals of Nutrition and Metabolism*, 72(3), 210–222. <https://doi.org/10.1159/000487271>
22. Huybrechts, I., Aglago, E. K., Mullee, A., De Keyzer, W., Leclercq, C., Allemand, P., Balcerzak, A., **Zotor, F. B.**, & Gunter, M. J. (2017). Global comparison of national individual food consumption surveys as a basis for health research and integration in national health surveillance programmes. *Proceedings of the Nutrition Society*, 76(4), 549–567. <https://doi.org/10.1017/S0029665117001161>
23. Laar, A. K., Aryeetey, R. N. O., Mpereh, M., & **Zotor, F. B.** (2017). Improving nutrition-sensitivity of social protection programmes in Ghana. *Proceedings of the Nutrition Society*, 76(4), 516–523. <https://doi.org/10.1017/S0029665117001136>
24. Laar, A. K., Aryeetey, R. N. O., Annan, R., Aryee, P. A., Amagloh, F. K., Akparibo, R., Laar, M. E., Amuna, P., & **Zotor, F. B.** (2017). Contribution of scaling up nutrition Academic Platforms to nutrition capacity strengthening in Africa: Local efforts, continental prospects and challenges. *Proceedings of the Nutrition Society*, 76(4), 524–534. <https://doi.org/10.1017/S0029665117001124>
25. Laar, A. K., Aryeetey, R. N. O., & **Zotor, F. B.** (2016). From Science to Action: Academia and Decision-Makers Unite in SUN Countries. Academics in Ghana go the extra mile to engage policy-makers. *SCALING UP NUTRITION*. In Practice. Bill & Melinda Gates Foundation

26. Geissler, C., Amuna, P., Kattelman, K. K., **Zotor, F. B.**, & Donovan, S. M. (2016). The nutrition academy: Supporting a new generation of nutritional scientists around the world. *Advances in Nutrition*, 7(1), 190–198. <https://doi.org/10.3945/an.115.010728>
27. Laar, A., Aryeetey, R. N. O., Akparibo, R., & **Zotor, F.** (2015). Nutrition sensitivity of the 2014 budget statement of Republic of Ghana. *Proceedings of the Nutrition Society*, 74(4), 526–532. <https://doi.org/10.1017/S0029665115002426>
28. Aryeetey, R. N. O., Laar, A., & **Zotor, F.** (2015). Capacity for scaling up nutrition: A focus on pre-service training in West Africa and a Ghanaian case study. *Proceedings of the Nutrition Society*, 74(4), 533–537. <https://doi.org/10.1017/S0029665114001748>

Food and Nutrition Security

29. Martínez-González, M. A., Kim, H. S., Prakash, V., Ramos-Lopez, O., **Zotor, F.**, & Martinez, J. A. (2021). Personalised, population and planetary nutrition for precision health. *BMJ Nutrition, Prevention and Health*, 4(1), 355–358.
30. Fanzo J, Bhutta Z, Nakamura T, Kojima H, Kraemer K, Martinez A, **Zotor F**, Covic N, Delzenne N, Meenakshi J, Henry J. (2020). Building Better Food Systems For Nutrition And Health. Effecting Change In A Fractured Landscape, Breakout Session On Nutrition For Health. Springer Nature Food
31. Omari, R., **Zotor, F.**, Tagwireyi, J., & Lokosang, L. (2019). Advocacy for scaling up biofortified crops for improved micronutrient status in Africa: Approaches, achievements, challenges and lessons. *Proceedings of the Nutrition Society*, 78(4), 567–575. <https://doi.org/10.1017/S0029665119000521>
32. Pradeilles, R., Marr, C., Laar, A., Holdsworth, M., **Zotor, F.**, Tandoh, A., Klomegh, S., Coleman, N., Bash, K., Green, M., & Griffiths, P. L. (2019). How ready are communities to implement actions to improve diets of adolescent girls and women in urban Ghana? *BMC Public Health*, 19(1), 1–14. <https://doi.org/10.1186/s12889-019-6989-5>
33. Audain, K. A., **Zotor, F. B.**, Amuna, P., & Ellahi, B. (2015). Food supplementation among HIV-infected adults in Sub-Saharan Africa: Impact on treatment adherence and weight gain. *Proceedings of the Nutrition Society*, 74(4), 517–525. <https://doi.org/10.1017/S0029665115000063>
34. Tewfik, I., Amuna, P., & **Zotor, F.** (2004). Would food irradiation as a means of technology transfer assist food productivity and security in Africa and sustain its development? *International Journal of Technology, Policy and Management*, 4(1), 44–52. <https://doi.org/10.1504/IJTPM.2004.004566>

Non-Communicable Diseases

35. Agbozo, F., Bannerman, E., Klomegh, S., & Zotor, F. (2022). Lifestyle habits and perceived wellbeing of adults presenting with metabolic syndrome at a diabetic clinic in Ghana: A case-control study. *Human Nutrition & Metabolism*, 29, 200154.
36. Ellahi, B., Dikmen, D., Seyhan-Erdoğan, B., Karabulut, O. F., Aitken, A., Agbozo, F., & Zotor, F. B. (2022). Prevalence, risk factors, and self-awareness for hypertension and diabetes: rural–urban and male–female dimensions from a cross-sectional study in Ghana. *International Journal of Diabetes in Developing Countries*, 1-15.
37. Agbozo, F., Abubakari, A., **Zotor, F.**, & Jahn, A. (2021). Gestational Diabetes Mellitus per Different Diagnostic Criteria, Risk Factors, Obstetric Outcomes and Postpartum Glycemia: A Prospective Study in Ghana. *Clinics and Practice*, 11(2), 257–271. <https://doi.org/10.3390/clinpract11020039>
38. Ayanore, M. A., Adjuik, M., Ameko, A., Kugbey, N., Asampong, R., Mensah, D., Alhassan, R. K., Afaya, A., Aviisah, M., Manu, E., & **Zotor, F.** (2020). Self-reported breast and cervical cancer screening practices among women in Ghana: Predictive factors and reproductive health policy implications from the WHO study on global AGEing and adult health. *BMC Women's Health*, 20(1), 1–10. <https://doi.org/10.1186/s12905-020-01022-5>
39. Bannerman E, Klomegh S, **Zotor F**, Agbozo F (2019). Dietary intakes, perceived quality of life and risk factors for metabolic syndrome among middle aged adults in Ghana: a case-control study. *Trans*

40. Harris, W. S., & Zotor, F. B. (2019). N-3 Fatty acids and risk for fatal coronary disease. *Proceedings of the Nutrition Society*, 78(4), 526–531. <https://doi.org/10.1017/S0029665118002902>
41. Aglago, E. K., Bray, F., **Zotor, F.**, Slimani, N., Chajès, V., Huybrechts, I., Ferrari, P., & Gunter, M. J. (2019). Temporal trends in food group availability and cancer incidence in Africa: An ecological analysis. *Public Health Nutrition*, 22(14), 2569–2580. <https://doi.org/10.1017/S1368980019000831>
42. Ellahi B, Agbozo F, Dikmen D, Darrah S, and **Zotor F** (2017). Prevalence of metabolic syndrome in a Ghanaian population. *Annals of Nutrition and Metabolism*, 71, 755-756
43. Aglago, E. K., Bray, F., **Zotor, F.**, Slimani, N., Ferrari, P., & Gunter, M. J. (2017). Temporal trends in food group availability and cancer incidence in Africa: An ecological analysis. *Annals of Nutrition and Metabolism* 71, p759
44. Al Lenjawi, B., Mohamed, H., Amuna, P., **Zotor, F.**, & Ziki, M. D. A. (2017). Nurse-led theory-based educational intervention improves glycemic and metabolic parameters in South Asian patients with type II diabetes: a randomized controlled trial. *Diabetology International*, 8(1), 95–103. <https://doi.org/10.1007/s13340-016-0286-7>
45. Mohamed, H., A-Lenjawi, B., Amouna, P., **Zotor, F.**, El Mahdi, H., & Barakat, N. (2015). Knowledge, attitude, and practice of type 2 Arab diabetic patients in Qatar: a cross-sectional study. *International Journal of Diabetes in Developing Countries*, 35, 205–209. <https://doi.org/10.1007/s13410-014-0263-2>
46. Mohamed, H. (2014). The Importance of Locus of Control, Health Belief and Empowerment in Determining Self Care Behaviors in Arab Diabetic Subjects: A Qualitative Study. *Journal of Community Medicine & Health Education*, 04(03), 628–633. <https://doi.org/10.4172/2161-0711.1000293>
47. Mohamed, H., Al-Lenjawi, B., Amuna, P., **Zotor, F.**, & Elmahdi, H. (2013). Culturally sensitive patient-centred educational programme for self-management of type 2 diabetes: A randomized controlled trial. *Primary Care Diabetes*, 7(3), 199–206. <https://doi.org/10.1016/j.pcd.2013.05.002>
48. Al Lenjawi, B., Mohamed, H., Amouna, P., **Zotor, F.**, Almahdi, H., & Hassan, I. (2012). Efficacy of a culturally competent group-based educational program for type diabetics: A randomized controlled trial. *Middle East Journal of Family Medicine*, 7(10), 21–27

Nutrition for Health

49. Adam, A., Fusheini, A., Agbozo, F. A., Asalu, G. A., Ayanore, M. A., Amuna, N., ... & Zotor, F. B. (2022). Impact of antiretroviral therapy regimens adherence on perceived health and wellbeing status among adults living with HIV in Ghana. *F1000Research*, 11(208), 208.
50. Kinyoki, D. K., Ross, J. M., Lazzar-Atwood, A., Munro, S. B., Schaeffer, L. E., Abbasalizad-Farhangi, M., ... **Zotor F. B.**, Afshin A. and Hay, S. I on behalf of the LBD Double Burden of Malnutrition Collaborators. (2020). Mapping local patterns of childhood overweight and wasting in low- and middle-income countries between 2000 and 2017. *Nature Medicine*. <https://doi.org/10.1038/s41591-020-0807-6>
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85. Adam, A., Fusheini, A., Ayanore, M. A., Amuna, N., Agbozo, F., Kugbey, N., Kubi Appiah, P., Asalu, G. A., Agbemaflle, I., Akpalu, B., Klomegah, S., Nayina, A., Hadzi, D., Afeti, K., Makam, C. E., Mensah, F., & **Zotor, F. B.** (2021). HIV stigma and status disclosure in three municipalities in Ghana. *Annals of Global Health*, 87(1), 1–12. <https://doi.org/10.5334/aogh.3120>
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88. Agboli, E., Egu, E., Kweku, M., Cham, M., **Zotor, F.**, & Binka, F. (2018). Assessment of Some Physico-chemical Properties and Bacteriological Status of Sachet Water Consumed in the Hohoe Municipality, Ghana. *International Journal of Tropical Disease & Health*, 28(2), 1–8. <https://doi.org/10.9734/ijtdh/2017/37744>
89. Audain, K., Carr, M., Dikmen, D., **Zotor, F.**, & Ellahi, B. (2017). Exploring the health status of older persons in Sub-Saharan Africa. *Proceedings of the Nutrition Society*, 1–6. <https://doi.org/10.1017/S0029665117000398>
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92. Oldewage-Theron, W. H., Salami, L., **Zotor, F. B.**, & Venter, C. (2008). Health status of an elderly population in Sharpeville, South Africa. *Health SA Gesondheid*, 13(3), 3–17. <https://doi.org/10.4102/hsag.v13i3.282>
93. Salami, L. I., **Zotor, F. B.**, Oldewage-Theron, W. H., & Venter, C. S. (2006). Socio-Demographic and Anthropometric Characteristics of Institutionalized Street Children Living in Shelters in the Vaal Triangle, Gauteng, South Africa. *The Inaugural Nutrition Congress: Food and Nutrition for Health & Development*, 64-68.
94. Oldewage-Theron W.H., Salami L.I., **Zotor F.B.**, Matiwane N. and Venter C.S. (2005). The Elderly

Miscellaneous

95. Tarkang, E. E., Kweku, M., & **Zotor, F. B.** (2017). Publication practices and responsible authorship: A review article. *Journal of Public Health in Africa*, 8(1), 36–42.
<https://doi.org/10.4081/jphia.2017.723>

Selected Relevant Peer-Reviewed Short Communications in Peer-reviewed Journals:

- 1 B Ellahi, F Agbozo, D Dikmen, S Darrah, F Zotor (2017) Prevalence of metabolic syndrome in a Ghanaian population. *Annals of Nutrition and Metabolism* 71, 755-756
2. EK Aglago, F Bray, F Zotor, N Slimani, P Ferrari, M Gunter (2017) Temporal trends in food group availability and cancer incidence in Africa: an ecological analysis . *Annals of Nutrition and Metabolism* 71, 759-759
3. F Zotor, G Egbi, G Alataiah, M Steiner-Asiedu (2017) Effect of red palm oil beans stew on serum vitamin A and haemoglobin concentrations of school children in Ghana. *Annals of Nutrition and Metabolism* 71, 1049-1049
4. F Zotor, G Egbi, S Gbogbo, W Ofori, F Agbozo, E Harrison (2017) Mixed green leafy vegetables powder consumption improves anaemia status of Ghanaian school children. *Annals of Nutrition and Metabolism* 71, 1048-1049
5. L Chiwona-Karltun, S Hamed, L Malet, F Zotor, P Amuna (2017) Migration and the Food Environment. *Ending Childhood Obesity*, 18
6. N Gyenes, I Agbemaflé, F Zotor, C Duggan, W Fawzi, W Willett, B Ellahi (2017) Child Dietary Patterns and Diversity in Rural and Semi-Rural Ghanaian Communities *The FASEB Journal* 30 (1 Supplement), 1149.30-1149.30
7. N Gyenes, I Agbemaflé, F Zotor, C Duggan, W Willett, W Fawzi, B Ellahi (2017) Maternal Nutritional Status and Dietary Diversity in Ghana *The FASEB Journal* 30 (1 Supplement), 1149.16-1149.16
8. MP Carson, MI Frank, E Keely, PR Wermeling, J Janssen, KJ Gorter, ... (2013) Primary Care Diabetes Europe *Primary Care Diabetes* 7 (3)
9. Sarkar, S., Amuna, P., **Zotor, F.B.**, Ndanu, T., Tetteh, T., & Harbige, L.S. (2013): Relationship between energy intake, body composition and risk of hypertension in an adult male Punjabi migrant population in Kent UK. *Annals of Nutrition & Metabolism*, 63(1), 1372.
- 10 Amuna, P., Sarkar, **S.**, **Zotor, F.B.**, Ndanu T., Tetteh, J., & Harbige, L.S. (2013): Evidence of the nutrition transition in an adult male Punjabi population in Medway, Kent United Kingdom. *Annals of Nutrition & Metabolism*, 63(1), 1778

- 11 Zand, N., **Zotor, F.B.**, Chowdhry, B., Tetteh, J., Wray, D., & Amuna, P. (2010): Determination of mineral content of commercial infant foods in the United Kingdom. *Proceedings of the Nutrition Society*, 69 (OCE6), E485.
- 12 **Zotor, F.B.**, & Amuna, P. (2009): Application of the Food Multimix Concept in nutritional support for HIV/AIDS patients: new strategies in HIV/AIDS management in developing countries. *Annals of Nutrition & Metabolism*; 55(1), 523.
- 13 Amuna, P., & **Zotor, F.B.**, (2009): The Food Multimix Concept: Potential of an innovative food based approach on nutritional status in pregnant women in resource-poor communities. *Annals of Nutrition & Metabolism*, 55(1), 247.
- 14 **Zotor, F.B.**, Amuna, P., Tetteh, J., & Ndanu, T. (2009): Age and Gender Influences on Sensory Perceptions of Novel Low Cost Nutrient-Rich Food Products Developed Using Traditional Ghanaian Food Ingredients. *Annals of Nutrition & Metabolism*, 54, 247-248.
- 15 Muchuweti, M., Kasiamhuru, A., Benhura, M.A.N., Chipurura, B., PAmuna, P., **Zotor, F.**, & Parawira, W. (2009): Assessment of the nutritional value of wild leafy vegetables consumed in the Buhera district of Zimbabwe: a preliminary study. *ISHS Acta Horticulturae*; 806.
- 16 Al-Shammari, H., P Amuna, P., Tewfik, I., & **Zotor, F.B** (2006) Changing trends in physical characteristics, obesity and non-communicable disease risk among 6-13 year old Kuwaiti school children. *Proceedings of the Nutrition Society*, **65**, 95A.
- 17 Trowse, V., Amuna, P., **FB Zotor** & Hill, N.L. (2006) Glycaemic response to a high-fibre low glycaemic novel food product in human volunteers: possible implications for dietary management of type 2 diabetes mellitus. *Proceedings of the Nutrition Society*, **65**, 74A.
- 18 Amuna, P., Hill, N.L., **Zotor, F.B.**, & Trowse, V. (2006) Development of High Fibre, low-glycaemic index novel food products for the management of type 2 diabetes employing the food multimix concept. *Proceedings of the Nutrition Society*, **65**, 55A.
- 19 **Zotor, F.**, Amuna, P., & Sumar, S. (2000) The role of Soya and sorghum as constituents in traditional food multimixes for infants in developing countries. *Soy & Health: Clinical Evidence & Dietetic Applications 2000*, 197. ISBN 10: 9044111272 / ISBN 13: 9789044111279.

Current Doctoral Graduate Student Supervision (ongoing) (PhD):

1. **2021 to Date Senam Klomegah:** Diabetes Mellitus in Ghana: Effective Diabetic Consultations in Health Care and the adherence of diabetic patients to nutritional therapy/advice given (**2nd Supervisor**)
2. **2021 to Date Faustina Vimariba:** Assessing the effect of a fonio-based complementary food (fbcf) on the nutritional status of children in saboba, in northern region of Ghana: a randomized control trial (**2nd Supervisor**)
3. **2022 to Date Kamal Sumani Mumuni:** Effect of an Intensive Lifestyle Modification intervention in reducing the incidence of gestational diabetes mellitus among at-risk women: a randomized control trial. (**1st Supervisor**)

4. **2023 to Date Abenaa Okyere:** Micronutrient deficiency in children: contribution of local foods and edible insects with high nutritional values (**1st Supervisor**)

Contributions to Graduate Student Supervision (PhD):

- 2013 Dr Swrajit Sarker: Time trends in dietary intake, lifestyles and risk of nutrition-related noncommunicable diseases in a homogenous South Asian male population in Kent.
- 2009 Dr Toluwalope Adewuya: Impact of a newly designed food complement (Food Multimix) on nutritional status and birth outcomes of pregnant women in low income communities in the Gauteng Province of South Africa
- 2009 Dr Badriya Al-Lenjawi: Development, Implementation and Evaluation of a Diabetes Patient Education Toolkit (DPET) for Self-management of Type 2 Diabetes Mellitus in Doha, Qatar.

Examinations of Graduate Thesis and Dissertations:

- 2016 - 2024 Examined over **90** PHDs, MPhils and MPHs for Three Schools at University of Ghana Examined over **30** MPHs for University of Makerere, Uganda
Examined over **10** MPhils and MPHs for University of Development Studies
- 2015 Robert Maiteki (2015) Nutrition status of children under five years in tobacco and non tobacco growing households in Kiryandongo District. **Master's of Public Health.** University of Makerere, Uganda
- 2015 Loy Abenakyo (2015) Comparison of the nutritional status of pupils in the fishing and farming communities of Kaberamaido district **Master's of Public Health.** University of Makerere, Uganda
- 2015 Frederick Kigongo (2015) Factors associated with anaemia among pregnant women attending antenatal care in a rural health care facility in Mbale district, Uganda **Master's of Public Health.** University of Makerere, Uganda
- 2015 Nakyaze Esther (2015) Nutritional adequacy of meals by adolescents in public secondary schools in Jinja District Master's of Public Health Nutrition Assessing the Performance of Village Health
Team (VHT) members in promoting maternal and neonatal. **Master's of Public Health.** University of Makerere, Uganda
- 2015 Denis Kayiwa (2015) Assessing the Performance of Village Health Team (VHT) members in promoting maternal and neonatal health programs in Soroti District, Uganda **Master's of Public Health.** University of Makerere, Uganda
- 2015 **Fredrick Vuvor** (2015) The determinants of nutrition and health status of men: a case study from a peri-urban community in Accra, Ghana. **Doctor of Philosophy.** University of Ghana, Legon

- 2015 Isabella Tandoh (2015) Association between Household food consumption and dietary intake of children (3-6 years) in the Asewewa sub-district. **Master of Philosophy (Nutrition)** University of Ghana, Legon
- 2015 Ms Phindile Favourite Nzama: Nutritional adequacy of menus offered to children of two to five years registered child care facilities in Inanda. **Magister Technologiae, Durban University of Technology, South Africa.**
- 2013 Ms Leigh Felt: Food security and coping strategies of a rural community within the valley of a Thousand Hills. **Magister Technologiae, Durban University of Technology, South Africa.**
- 2001-2010 Examined over 12 Masters Dissertations. **Masters of Medical Sciences from the University of Sheffield, UK**
- 2009 Mr Kwame Offori Affram: Effect of regular consumption of coca on development of atherosclerosis in streptozotocin-induced diabetic rats. **Master of Philosophy from the University of Ghana, Ghana**
- 2009 Mr Swrajit Sarkar: Development of Glycaemic Index Reference Guide from Composite Recipes Targeted at Type 2 Diabetes Mellitus Patients of South Asian Background living in the United Kingdom. **Masters by Research from University of Greenwich, UK**

Relevant Selected Scholarly Presentations:

- 2015 **F.B. Zotor (2015)** The use of the Food Multimix concept for developing sustainable, secure and nutritious diets. Ghana Biomedical Convention 2015 Conference. University of Ghana, Legon 29 July – 31st July 2015.
- 2015 **Zotor, F.B. (2015)** eNutrition Academy in Context: Capacity Development in Africa. ASN Symposium, Experimental Biology 2015 Conference. Boston 27 March – 1st April 2015.
- 2014 **Zotor, F.B. (2014).** The use of the Food Multimix concept for developing sustainable, secure, and nutritious diets. Presented at the 6th Africa Nutritional Epidemiology Conference (ANEC VI). July 25th 2014. GIMPA, Accra, Ghana.
- 2013 Ellahi, B., Dadza, A., Jackson, A.A., Amuna, P., **Zotor, F.B.**, Sarkar, S. (2013) Current Gaps in training and Capacity building in Nutrition at African HE institutions. *20th IUNS Congress, Granada, Spain. 15 – 20th August, 2013.*
- 2013 Amuna, P., Sarkar, S., **Zotor, F.B.**, Ndanu, T., Tetteh, J., & Harbige, L.S. (2013). Evidence of the nutrition transition in an adult male Punjabi population in Medway, Kent United Kingdom. *20th IUNS Congress, Granada, Spain. 15 – 20th August, 2013.*
- 2013 Sakar, S., Amuna, P., **Zotor, F.B.**, Ndanu, T., Tetteh, J., & Harbige, L.S. (2013) Relationship between energy intake, body composition and risk of hypertension in an adult male Punjabi migrant population in Kent, United Kingdom *20th IUNS Congress, Granada, Spain. 15 – 20th August, 2013.*

- 2010 **Zotor, F.B.**, Adewuya, T., Ndanu, T., & Amuna, P (2010) “Cost implications of food multimix recipes developed for nutritional support in pregnancy in resource-poor communities”. 4th Africa Nutrition Epidemiology Conferences, Nairobi, Kenya, Oct 3-8, 2010
- Zotor, F.B.**, Tan, M.T., Abaye, D & Amuna, P. (2010) Development of a local complementary food multimix for infants aged 6 to 12 months in poor rural communities in Malaysia. 4th Africa Nutrition Epidemiology Conferences, Nairobi, Kenya, Oct 3-8, 2010
- 2009 **F.B. Zotor** & P. Amuna Application of the Food Multimix Concept in nutritional support for HIV/Aids patients – new strategies in HIV/Aids management in developing countries. 19th International Congress on Nutrition, Bangkok, Thailand, October 4-9, 2009.
- P. Amuna, T. Adewuya, **F.B. Zotor** & T Ndanu The Food Multimix Concept: Potential of an innovative food based approach on nutritional status in pregnant women in resource poor communities. 19th International Congress on Nutrition, Bangkok, Thailand, October 4-9, 2009.
- 2008 **F.B. Zotor**, P. Amuna, J. Tetteh & T. Ndanu Age and Gender Influences on Sensory Perceptions of Novel Low Cost Nutrient-Rich Food Products Developed Using Traditional Ghanaian Food Ingredients. 3rd Africa Nutrition Epidemiology Conferences, Cairo, Egypt, October 13-16, 2008.
- 2006 **Zotor, F.B.**, Amuna, P., Oldewage-Theron, W., Ndanu, T & Chinyanga, Y.T. (2006) Application of the food multimix (FMM) concept in nutritional support for HIV/AIDS patients. *2nd Africa Nutrition Epidemiology Conferences, Accra, Ghana.* August, 15-18, 2006.
- 2003 Amuna, P., **Zotor, F.B.**, & Tewfik, I. (2003) Human and Economic Development in Africa – A Public Health Dimension. *Globalization and Sustainable Development: The Road Ahead, World Review of Science, Technology and Sustainable Development*, London. November 11, 2003

Current Grants: Details of active Project currently on-going/envisaged

Period	Title of Project	Role	Grant amount	Funders
2023 – 2033	Nkabom (Unity): The Nutrition and sustainable Agri-Food Collaborative	Co-PI	6.2 million CAD	MasterCard
2023 – 2025	Food Systems Transformation through School Feeding Programme	PI	140,000 CAD	IDRC
2024- 2025	The effect of micronutrient supplementation in combination with healthy lifestyle coaching on nutrition status and well-being: A 6-month study in Ghana	PI	140,000 USD	Haleon-InnoNext
2024	“Good Nutrition Starts with me” Initiative	PI	80,000 USD	AfriCAN

OTHER ENGAGEMENTS

A: Community Involvement

Chair, Food and Drugs Board Technical Advisory Committee on Nutrition

B: Scaling Up Nutrition (SUN) Platform

1. Active Member of Academic Platform on the Ghana Civil Society Network and contributed to workshops and publications for the SUN Platform on Conflict of Interest, Social Protection report and Bridging the gap between research and policy
2. Active Member of Civil Society Network contributing to the advancement of SUN objectives at global level
3. Member, SUN Academic Platform Taskforce Sub-committee

C: Leadership role in Nutrition at Global and Africa-wide

1. President, Chair of Board of Trustees and Convenor, Africa Nutritional Epidemiological Conferences
2. Member of Board of Trustees as part of consortium with the British Nutrition Society, American Society for Nutrition, The African Nutrition Society, the Federation for African Nutrition Societies, and the International Union of Nutritional Sciences to establish an e_learning hub for Africa
3. Vice President, International Union of Nutritional Sciences
4. Trustee, African Nutrition Society
5. Trustee, Federation of African Nutrition Societies
6. Board member and Director, Africa Catalyzing Actions for Nutrition (AfriCAN)

D: Newspaper Article & other Short communications:

- (i) **Zotor, F.B:** Spotlight on Africa: Moving the nutrition agenda: Daily Graphic May 27, 2014
- (ii) **Zotor F.B & Ackatiah-Armah Robert** (2013) Joining Cultures through Nutrition. *Sight and Life*
- (iii) **Zotor F. B** (2013): Africa's New Nutrition Initiatives 2013 *Global Food Policy Report International Food Policy Research Institute (IFPRI)*, p.80. (A peer-reviewed feature article).
- (iv) **Zotor F.B & Amuna, P** (2013) Capacity Building: a key ingredient to workforce development in enhancing the nutrition agenda in Africa. *Nestle Foundation*.

E: Convenor, Africa-wide School Feeding Programme (October 2024)

Recently brought together 25 African countries and International NGOs to a Pre-conference workshop in University of Cape Coast, Ghana

University Committees

- 2013 – Present Membership of the following University-wide Committees at University of Health and Allied Sciences
- ✦ Academic Board
 - ✦ Appointments and Promotions Board
 - ✦ Business and Executive Committee
 - ✦ Chaplaincy Committee
 - ✦ Endowment Fund: Chairman
 - ✦ Academic Planning and Management Committee

Professional Service - Chair of the selected Plenary sessions:

- 2014 6th Africa Nutrition Epidemiology Conference, Accra, Ghana: Plenary session 2: Scaling Up Nutrition Special Symposium, July 20 – 24, 2014
- 2014 6th Africa Nutrition Epidemiology Conference, Accra, Ghana: Plenary session 10: Nevin Scrimshaw Special Lectures, July 20 – 24, 2014
- 2014 6th Africa Nutrition Epidemiology Conference, Accra, Ghana: Plenary session 12: Closing Lecture: Frontiers of Knowledge, addressing current gaps in training in Higher Education Institutions in Africa, July 20 – 24, 2014
- 2011 Diabetes Spring Conference, Medway, Kent, UK: Plenary Session III: Management strategies for Diabetes II: Physical Activity & Lifestyle Aspects, April 15-16, 2011
- 2010 4th Africa Nutrition Epidemiology Conferences, Nairobi, Kenya: Plenary Session 5: Nutrition and communicable diseases in developing countries (including HIV/AIDS, Malaria and TB). October 3-8, 2010.
- 2008 3rd Africa Nutrition Epidemiology Conferences, Cairo, Egypt: Round Table Discussion: Partnership between Private Industry, Public Sector and Development Agencies on the Africa Nutrition Agenda: October 13-16, 2008
- 2006 2nd Africa Nutrition Epidemiology Conferences, Accra, Ghana: Nutrition and HIV AIDS: Current evidence on impact of nutrition interventions. August 15-18, 2006.

Selected Academic Fellowships and Awards:

- 2013 Sight & Life Travel Award, to attend and present at ICN Congress, Granada, Spain
- 2012 Sight & Life Travel Award, to attend and present at ANEC V conference, Bloemfontein, South Africa
- 2011 Postdoctoral fellowship in Aboriginal and Global Health Research Group, University of Alberta
- 2010 University Research Council Travel Award, University of Greenwich; to attend and present at ANEC IV conference, Nairobi, Kenya
- 2010 Sight & Life – PLAN (II) Nutrition Leadership Programme; Invited trainer and Guest of honour
- 2009 British Academy & Royal Society Travel Fellowship; to attend chronic disease conference in Accra and UGAN conference, Uganda

- 2009 University Research Council Travel Award, University of Greenwich; to attend and present at IUNS Congress, Bangkok, Thailand
- 2008 Danone Institute 2008 - PLAN (I) Nutrition Leadership Programme; Invited trainer and Guest of honour
- 2008 University Research Council Travel Award, University of Greenwich; to attend and present at ANEC III conference, Cairo, Egypt
- 2007 University Research Council Travel Award, University of Greenwich; to attend and present at FANUS Congress, Ouarzazate, Morocco
- 2006 University Research Council Travel Award, University of Greenwich; to attend and present at ANEC II Conference, Accra, Ghana
- 2005 University Research Council Travel Award, Vaal University of Technology; to attend and present at KCAN conference, Nairobi, Kenya
- 2004 Netherlands Fellowship Programme - African Nutrition Leadership Fellowship
- 2000 University Research Council Travel Award, University of Greenwich; to attend and present at Soy and Health conference, Brussels, Belgium

Membership of Professional Bodies:

Member, The Nutrition Society of United Kingdom and Northern Ireland. Reg. No: 00840546 (2002)

Member, African Nutrition Society. Reg. No: ANS-02-003 (2002)

Fellow, Higher Education Academy Reg. No: 30547 (2007)

Registered Status, Public Health Nutritionist Reg. No: 2521 (2008) Member,
Ghana Nutrition Association. (Registered since 2012)

Reviewer

Reviewer for several international journals including the following:

- Bulletin of the World Health Organization (BWHO)
- International Journal of Food Sciences Nutrition (IJFSN)
- Ghana Medical Journal (GMJ)
- Global Science Journal & Books (GSB)
- BioMed Central (BMC)
- Food and Nutrition Sciences (FNS)

Referees

Available on Request