**MARY AMOAKO (nee ADJEPONG) (Ph.D, R.D.)**

**Position: Lecturer, Nutritionist and Registered Dietician**

*Kwame Nkrumah University of Science & Technology (KNUST)*

*College of Science| Department of Biochemistry and Biotechnology (Nutrition Unit)*

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1. RESEARCH INTERESTS AND COMMUNITY SERVICE

I am passionate about research that focuses on improving health outcomes in the vulnerable individuals in the population through nutrition and lifestyle. Due to this, my research area spans from prevention of chronic complications that relates to diet in infants, children and women. The role of diet in progression of diseases and health outcomes and making these vulnerable populations’ food secure is crucial. The underlying questions directing my research includes,

* How can vulnerable populations achieve food security?
* How does specific nutrients nor the lack of it contribute to the progression of some chronic conditions?
* How can malnutrition be eradicated from populations in Africa?

I actively pursue community engagements through nutrition education programs, nutrition advocacy and nutrition consultation that support vulnerable groups reach their academic and career potential for improved livelihoods. I also have expertise in Medical Nutrition Therapy for various conditions.

1. EDUCATIONAL BACKGROUND

**August 2014 – May 2018:** Michigan State University, Michigan, PhD Human Nutrition

**September 2012 – June 2014:** Kwame Nkrumah University of Science and Technology,Kumasi, Ghana MPhil. Human Nutrition and Dietetics

**August 2006 – June 2010:** University of Science and Technology, Kumasi, Ghana.B.Sc. (Hons) Biochemistry (2nd Class Upper Division)

**September 2002 – June 2005:** Ghana Secondary School, Koforidua.

**September 1999 – April 2002:** Presbyterian JSS, Effiduase - Koforidua

1. PROFESSIONAL TRAINING

* Registered Dietician, Allied Health Professions Council licensure examination
* Certificate Program in Epidemiology, Michigan State University, Department of Epidemiology and Biostatistics, 2015-2017.
* Graduate of the Borlaug Summer Institute on Global Food security, at Purdue University, 2015

1. COMMITTEES (Selected)

* Seminar Coordinator- Department of Biochemistry and Biotechnology
* Moderator and Affiliates Coordinator – Naleirugu Nursing and Mid-Wifery school, for KNUST , August 2021 to date
* Committee member- KNUST Wellness Centre, August 2021-date
* Committee member- College of Science Wellness Team, January 2022 to date
* Representative for Faculty of Biosciences-Health and Safety awareness Promotion Committee – February 2022 to date
* Founding Member and Advocacy committee member-Ghana Academy of Nutrition and Dietetics 2020 till date

1. AWARDS

* British Council Job for Youths (Incubator) , 2019
* PhD BHEARD scholar, August 2014 to August 2018.
* Borlaug LEAP fellowship award, April 2016 to June 2017
* OWSD Early Career fellowship award- 2023 to 2026
* L’Oreal UNESCO for women in science young talents award- 2023
* ACU SDG 2023
* Judges Special Commendation- Nature Inspiring Women awards, Scientific achievement category- 2023

1. WORK EXPERIENCE

August 2020 - date: Kwame Nkrumah University of Science and Technology

***Position: Lecturer***

*Responsibilities*

* Facilitating courses in Nutrition and Biochemistry courses
* Conducting relevant research to improve nutrition and health
* Community service
* Supervises National Service Personnel
* Mentoring and supervising student’s work

**August 2018 – date: Diet-trust foods and Nutrition Consult**

***Position: Nutrition Consultant***

*Responsibilities*

* Nutrition consultation for clients
* Nutrition education and advocacy
* Management of clients and volunteers of the growing brand
* In charge of advertisements, promotion and social media communications

**January 2018 – August, 2018: Kwame Nkrumah University of Science and Technology**

***Position: Research fellow***

*Responsibilities*

* Developing questionnaires for projects
* Training field enumerators on questionnaire administration and various tools used for nutritional assessment in the various projects
* Supervision of data collection
* Any other roles assigned by PI

**August 2014 to August 2017: Michigan State University**

***Position: Graduate Research Assistant***

*Responsibilities*

* Assisting students in food analysis
* Lipid extraction
* Fatty acid analysis

1. SEMINARS/WORKSHOPS ATTENDED (SELECTED)

* Health awareness and promotion workshop for College of Art and Built Environment, January 2020- **Resource Person**
* Ghana academy of Nutrition and Dietetics annual conference, July,2021 **Moderator/Facilitator**
* Women in Science and Technology Engineering and Mathematics –**Facilitator/Resource Person**
* World Food Prize Borlaug Dialogue, Des Moine, Iowa, October 2018 **(Participant)**
* Biosciences conference, KNUST, November, 2017 **(Presented a research)**
* USAID sponsored Biotechnology Forum for Women in Science, November 2017 **(Participant)**
* BHEARD conference in Washington DC, May 2017 **(Presented a research)**
* Experimental Biology Conference, Chicago, Illinois, April, 2017 **(Presented a research)**
* Ghana Biomedical Convention annual conference, Ho, August, 2016 **(Facilitated a food security workshop and presented a research)**
* Experimental Biology Conference, San Diego, California, March, 2016 **(Presented a research)**
* World Food Prize Borlaug Dialogue, Des Moine, Iowa, October 2015 **(Participant)**
* Borlaug Summer Institute on Global Food Security, Purdue University, June 2015 **(Participant)**
* BHEARD conference, Michigan State University, May, 2015 **(Participant)**

1. PUBLICATIONS (Selected)

* **Mary Adjepong,** Pius Agbenorku, Patricia Brown, Ibok Oduro(2015) The effect of dietary intake of antioxidant micro nutrients on burn wound healing: a study in a tertiary health institution in a developing country, Burns & Trauma, 3:12
* **Mary Adjepong**, Pius Agbenorku, Patricia Brown and Ibok Oduro (2016) The role of anti-oxidant micro nutrients on the role of recovery of burns patients, a systematic review, Burns and Trauma, 2016; 4: 18.
* Theresia J. Jumbe, C. Austin Pickens, Kelly Valentini, **Mary Adjepong,** Wei Li, Joyce L. Kinabo and Jenifer I. Fenton, Evaluation of fatty acid and mineral content of Tanzanian seeds and oils(2016) JFCA, (50), 108-113
* **Mary Adjepong**, Kelly Valentini, C. Austin Pickens, Wei Li, William Appaw, Jenifer I. Fenton, Quantification of fatty acid and mineral levels of selected seeds, nuts and oils in Ghana.2017 JFAC, (59)43-49
* **Mary Adjepong**, Raghav Jain , William S. Harris, Reginald A. Annan and Jenifer I. Fenton, Association of whole blood n-6 fatty acids with stunting in 2-to-6-year-old Northern Ghanaian children: A Cross Sectional Study, PLoS ONE 13(3): e0193301.
* **Mary Adjepong**, William Yakah, Reginald Annan, Matt Pontifex, William S Harris, Jenifer I Fenton, Whole Blood Fatty Acids are Associated with Executive Function in 2 to 6-Year-Old Ghanaian Children (Manuscript published at Journal of Nutritional Biochemistry, DOI 10.1016/j.jnutbio.2018.03.019)
* **Mary Adjepong**, Jain Raghav, C. Austin Pickens, William Appaw, Jenifer I. Fenton,Quantification of fatty acid and mineral levels of selected seeds, nuts and oils in Northern Ghana. Journal of Food Science and Technology, 2018. <https://doi.org/10.1007/s13197-018-3400-y>
* **Mary Adjepong,** William Yakah, William S. Harris, Esi Colecraft, Grace Marquis and Jenifer I Fenton, Association of whole blood fatty acids and growth in Ghanaian children 2-6 years of age, Nutrients, 2018, 10(8), 954
* **Adjepong M**, Amoah-Agyei F, Du C, Wang W, Fenton JI, Tucker RM. (2022)Limited negative effects of the COVID-19 pandemic on mental health measures of Ghanaian university students. **J Affect Disord Rep.**7:100306. doi: 10.1016/j.jadr.2021.100306.
* Du, C.; **Adjepong, M**.; Zan, M.C.H.; Cho, M.J.; Fenton, J.I.; Hsiao, P.Y.; Keaver, L.; Lee, H.; Ludy, M.-J.; Shen, W.; Swee, W.C.S.; Thrivikraman, J.; Amoah-Agyei, F.; de Kanter, E.; Wang, W.; Tucker, R.M. **(2022)** Gender Differences in the Relationships between Perceived Stress, Eating Behaviors, Sleep, Dietary Risk, and Body Mass Index. *Nutrients* **2022**, *14*, 1045. <https://doi.org/10.3390/nu14051045>
* JA Hamidu, CA Brown, **M Adjepong** (2021) [Improving the Cognitive Development of Children in Rural Areas as Development Tool](https://scholar.google.com/scholar?oi=bibs&cluster=17728868149937092305&btnI=1&hl=en). Rural Development-Education, Sustainability, Multifunctionality,INTECHOPEN [dx.doi.org/10.5772/intechopen.91068](http://dx.doi.org/10.5772/intechopen.91068), 110 pages
* **Amoako, M.**; Amoah-Agyei, F.; Mensah, G.O.; Du, C.; Sergin, S.; Fenton, J.I.; Tucker, R.M. Effects of the COVID-19 Pandemic on Health Behaviors of Higher Education Students in Ghana: A Cross-Sectional Study. *Int. J. Environ. Res. Public Health* 2022, *19*, 16442. https://doi.org/10.3390/ijerph192416442
* **Amoako M.**, Felicity Amoah-Agyei, Chen Du, Jenifer I. Fenton, Robin M. Tucker, Emotional Eating among Ghanaian University Students: Associations with Physical and Mental Health Measures. (,Nutrients, MDPI)
* **Mary Adjepong**, Jenifer Fenton, Suresh Chandra Babu , Drivers of Micronutrient Policy change in Ghana: An Application of the Kaleidoscope model. (Manuscript in review, Journal of Health Policy and Planning)

1. CONFERENCE PRESENTATIONS (Selected)

* Mrs. F. O. Mensah, Edward Bentil, Dolo W. O., **Mary Adjepong**. Causes of Maternal Mortality in Ghana, A case study at the Koforidua Regional Hospital. Presented at College of Health Sciences, 3rd Annual Scientific Conferences, Reproductive and Child Health, Current Trends and Challenges, August 2010
* **Mary Adjepong,** Pius Agbenorku, Patricia Brown, Ibok Oduro, The effect of dietary intake of antioxidant micro nutrients on burn wound healing Presented at Ghana Surgical research conference, Ghana Biomedical Convention Conference and GRASAG research conference, all in 2014.
* Theresia J. Jumbe, C. Austin Pickens, Kelly Valentini, **Mary Adjepong**, Wei Li, Joyce L. Kinabo and Jenifer I. Fenton, Determination of Essential Fatty Acids and Mineral Content in a variety of local Seeds and Oils available to residents of Rudewa-Mbuyuni village in Tanzania. Presented at Experimental Biology, 2016, San Diego, California.
* **Mary Adjepong**, Kelly Valentini, C. Austin Pickens, Wei Li, William Appaw, Jenifer I. Fenton, Quantification of fatty acid and mineral levels of selected seeds, nuts and oils in Ghana. Presented at Experimental Biology,2016, San Diego, California.
* Jain Raghav, **Mary Adjepong**, C. Austin Pickens, William Appaw, Jenifer I. Fenton, Quantification of fatty acid and mineral levels of selected seeds, nuts and oils in Northern Ghana. Presented at Experimental Biology,2017, Chicago Illinois.
* **Mary Adjepong**, William Yakah, Raghav Jain , William S. Harris, Reginald A. Annan and Jenifer I. Fenton, Whole Blood Levels of the n-6 Essential Fatty Acid and Total PUFAs are Inversely Associated with Stunting in 2-to-6 Year Old Ghanaian Children: A Cross Sectional Study Presented at Experimental Biology,2017, Chicago Illinois
* William Yakah, **Mary Adjepong**, Reginald Annan, Matt Pontifex, William S Harris, Jenifer I Fenton, Whole Blood Fatty Acids are Associated with Executive Function in 2 to 6-Year-Old Ghanaian Children Presented at Experimental Biology,2017, Chicago Illinois
* Rachael Effe Asabo Mensah, **Mary Adjepong,** Collins Afriyie Appiah, Complementary Feeding Practices and Nutritional Status of Children 6-23 Months in the Cape Coast Metropolis, Presented at Convention of biomedical research of Ghana conference, 2022, Cape Coast, Ghana
* Joseph Amoah, **Mary Adjepong**, Collins Afriyie Appiah, Iron and Folic Acid Supplement use and Anaemia Status among Non-Pregnant Women of Reproductive Age in Sekondi -Takoradi Metropolis, Presented at Convention of biomedical research of Ghana conference, 2022, Cape Coast, Ghana
* Isaac Aning Ankamah, **Mary Adjepong**, Collins Afriyie Appiah, Diet and Lifestyle-Related Risk Factors of Pre-Diabetes in Young Adults in Sunyani Municipality, Ghana, Presented at Convention of biomedical research of Ghana conference, 2022, Cape Coast, Ghana
* Evelyn F. Zagbuor, Faustina O. Mensah, **Mary Adjepong**, Collins A. Appiah, Factors influencing Dietary Habits and Weight Status among Senior High School students in the Kumasi Metropolis, Ashanti Region, Ghana, Presented at Convention of biomedical research of Ghana conference, 2022, Cape Coast, Ghana
* Fiifi Amoako Atta Panyin Essiam, Akosua Konadu Boateng, Benjamin Arthur Desmond Afoakwa ,Nathaniel Ackon, Adokwei Ernest, **Mary Amoako**, Collins Afriyie Appiah, The Relationship between Food Security, Dietary Intake and Physical Activity Levels and Development of Elevated Blood Glucose Level of Adults in Ejisu Municipality, Presented at the 12th Ghana Science Association Research Seminar and Poster Presentations, 2023, Kumasi, Ghana
* Nella Y. S. Darko, Nsoh G. Anabire, **Mary Amoako**, Collins A. Appiah, Relationship between dietary diversity with maternal anemia and neonatal birthweight among pregnant women attending antenatal clinic in a malaria endemic setting in Ghana, Presented at the 12th Ghana Science Association Research Seminar and Poster Presentations, 2023, Kumasi, Ghana
* Ama Achiaa-Afriyie, Faustina O. Mensah, **Mary Amoako**, Collins Afriyie Appiah, Nutrition knowledge of patients with type 2 diabetes and its relationship with glycaemia status: a study at the Manhyia hospital, Kumasi, Ghana. Presented at the 12th Ghana Science Association Research Seminar and Poster Presentations, 2023, Kumasi, Ghana
* Kenneth Ofori-Panyin, Leslie Oduro, Prisca Akosua Saah Asiedu, **Mary Amoako**, Collins Afriyie Appiah, Dietary intake, physical activity and cardiovascular risk factors among Traders at Ayigya Market in the Kumasi Metropolis, Presented at the 12th Ghana Science Association Research Seminar and Poster Presentations, 2023, Kumasi, Ghana
* Joseph Buabeng, **Mary Amoako** and Collins Afriyie Appiah, Dietary patterns and Its Role in Obesity and Cognitive Function in School-Age Children in Agona West Municipality.Presented at the 12th Ghana Science Association Research Seminar and Poster Presentations, 2023, Kumasi, Ghana
* Andrew Appiah Darkwah, Doku Ernest, Aryee Annabella Naa Dedei, Sakyi Clifford Gyebi, Amankwah Richard, **Mary Amoako**and Collins Afriyie Appiah, Assessing cardiovascular disease risk factors in traders at Ejisu market, Ashanti region-Ghana. Presented at the 12th Ghana Science Association Research Seminar and Poster Presentations, 2023, Kumasi, Ghana

1. SERVICES/VOLUNTEERING

* Reviewer, International Journal of Environmental Research and Public Health (IJERPH), MDPI, 2023 to date
* Mentor for Mastercard foundation Scholars-2022 to date
* Committee member, KNUST Wellness Committee, 2021 to date
* Volunteer/Visiting Scholar at the Department of Biochemistry and Biotechnology, KNUST, 2019-2020
* Scientific Committee member of the Ghana Biomedical Convention, annual meeting, 2017
* MSU expert at the World Food prize Michigan Youth Institute at Michigan State University, May 2016
* Graduate student evaluator at the University Undergraduate Research and Arts forum,

(UURAF), April, 2016.

* Facilitated a Food security workshop at the Ghana Biomedical Convention Annual Conference in Ho, Ghana, August, 2016.
* Facilitator of USAID/BHEARD workshop on “Skill Building and Professional Development Workshop for Research Technicians”, KNUST, Kumasi
* Assisted in a webinar presentation on ‘Research and poster presentation’ for BHEARD scholars, December, 2016
* Graduate student evaluator at the University Undergraduate Research and Arts forum, (UURAF), April, 2015
* Graduate student evaluator at the University Summer Undergraduate Research forum, (USURE), July, 2015

1. MEMBERSHIP OF PROFESSIONAL ORGANIZATIONS

* Ghana academy of Nutrition and Dietetics, Founding Member
* Ghana Nutrition association (2019-date )-Member
* American society of Nutrition, 2015 to date
* Ghana Biomedical Convention, 2014 to date
* Ghana Science Association, 2020 to date
* OSWD, 2022 to date
* American Society of Biochemistry and Molecular Biology, 2023 to date

1. REFEREES
2. Prof. Ibok Oduro

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