Collins Afriyie Appiah

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PROFILE

Research areas: Human Nutrition, Clinical Nutrition, Dietetics, Nutrition Intervention in Chronic diseases of Lifestyle

RESEARCH

Interests	Diet and chronic diseases · maternal and child health · therapeutic potential of indigenous foods
Areas	Nutrition and Dietetics · General Health Professions · Endocrinology, Diabetes and Metabolism · Physiology · Public Health, Environmental and Occupational Health · Epidemiology

RESEARCH SUMMARY

22	184	6	5	1.29	16%
Publications	Citations	h-index	i10-index	Field-weighted impact	World top 10%

Counted from the 22 publications listed below, 2014–2026. Field-weighted impact is the mean over the 19 works scored for it; 1.00 is the world average for works of the same field, type and year. 3 of the 19 papers scored for it are among the world's most cited tenth for their field, type and year.

POSITIONS

Lecturer 2020–present
Department of Biochemistry and Biotechnology, Kwame Nkrumah University of Science and Technology, Kumasi, Ghana

Assistant Lecturer 2016–2020
Human Nutrition and Dietetics Programme, Department of Biochemistry and Biotechnology, College of Science, Kwame Nkrumah University of Science and Technology, Kumasi, Ghana

Assistant Lecturer (Part time) in Nutrition and Dietetics 2015–2016
Department of Biochemistry and Biotechnology, College of Science, Kwame Nkrumah University of Science and Technology, Kumasi, Ghana

Senior Dietitian 2012–2016
Dietherapy Department, Korle Bu Teaching Hospital, Accra, Ghana

EDUCATION AND QUALIFICATIONS

PhD Dietetics
Department of Nutrition and Dietetics, University of the Free State, Bloemfontein, South Africa

MASTER OF PHILOSOPHY IN DIETETICS 2008–2011
Dietetics, University of Ghana School of Allied Health Sciences, Accra, Ghana

BSc. (Hons) Biochemistry 2003–2007
Department of Biochemistry and Biotechnology, Kwame Nkrumah University of Science and Technology, Kumasi, Ghana

DISTINCTIONS, MEMBERSHIPS AND SERVICE

Nutrition Society of South Africa 2024–present
Hartbeespoort, South Africa

Full Member 2024–present
Association for Dietetics in South Africa, Johannesburg, South Africa

Member, Governing Board & Chair, Practice Standard and Accreditation
Ghana Academy of Nutrition and Dietetics, Accra, Ghana

Member 2021–2024
Society for Medicinal Plant and Natural Product Research, Darmstadt, Germany

Financial Secretary 2018–2019
Ghana Dietetic Association, Accra, Ghana

PUBLICATIONS

Journal articles 22

1. Daniel Ayeltigah, Nancy Gyima Wuabu, Mary Amoako, Moses Ofosu Amoako, **Collins Afriyie Appiah** (2026). Additional file 1 of Work stress, dietary patterns, and physical activity on metabolic and hepatic biomarkers among healthcare professionals in Ghana. *Figshare*. https://doi.org/10.6084/m9.figshare.33045008.v1
2. Daniel Ayeltigah, Nancy Gyima Wuabu, Mary Amoako, Mary Amoako, **Collins Afriyie Appiah** (2026). Work stress, dietary patterns, and physical activity on metabolic and hepatic biomarkers among healthcare professionals in Ghana. *Journal of Health Population and Nutrition*. https://doi.org/10.1186/s41043-026-01344-4
3. **CA Appiah**, FEA Hayford (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*. https://www.ajol.info/index.php/drjafs/article/view/301285
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. *Diabetology*. https://doi.org/10.3390/diabetology6010006
5. **Collins Afriyie Appiah**, Harriet Wugah, Janet Adede Carboo, Mary Amoako, Michael Akenteng Wiafe, Frank Ekow Atta Hayford (2025). Diet Therapy Improves Body Composition, Blood Pressure and Glycemic Status in Individuals Living with Type 2 Diabetes: A Prospective Cohort Study. *Obesities*. https://doi.org/10.3390/obesities5030056
6. Samuel Atta Tonyemevor, M Amoako, Lord Jephthah Joojo Gowans, Alexander Kwarteng, **Collins Afriyie Appiah**, Solomon Obiri-Yeboah, Daniel Kwesi Sabbah, Peter Donkor (2025). Maternal Dietary Patterns, Food Security and Multivitamin Use as Determinants of Non-Syndromic Orofacial Clefts Risk in Ghana: A Case–Control Study. *Women*. https://doi.org/10.3390/women5030034
7. M Amoako, Samuel Atta Tonyemevor, Lord Jephthah Joojo Gowans, Alexander Kwarteng, **Collins Afriyie Appiah**, Solomon Obiri-Yeboah, Daniel Kwesi Sabbah, Peter Donkor (2025). Maternal plasma folate, nutrients interactions, and the risk of orofacial clefts: A case–control study in a developing country setting. *Nutrition and Health*. https://doi.org/10.1177/02601060251400067
8. Mohammed Hashim Abukari, **Collins Afriyie Appiah**, Alexander Kwarteng, Sherifa Iddrisu (2024). Cardiovascular risk assessment of people living in prison in the Northern region of Ghana. *International Journal of Prison Health*. https://doi.org/10.1108/ijoph-09-2022-0054
9. Fiifi Amoako Atta Panyin Essiam, Mary Amoako (nee Adjepong), Desmond Afoakwa, Akosua Konadu Boateng, Benjamin Arthur, Ernest Tetteh Adokwei, Nathaniel Nana Ackon, Harriet Wugah, **Collins Afriyie Appiah** (2024). 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)*. https://doi.org/10.4314/just.v42i3.5

10. **RD Collins Afriyie Appiah**, M Amoako (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)*. https://www.ajol.info/index.php/just/article/view/274846
11. Prince Kwabena Osei, **Collins Appiah**, Alex Kojo Anderson (2021). Impact of Dietetic Intervention on Metabolic Syndrome Patients Attending Diet Therapy Clinic: A prospective, Single-Arm Intervention Study. *Global Journal of Health Science*. https://doi.org/10.5539/gjhs.v13n7p89
12. Daniel Edem Kpewou, Faustina O. Mensah, **Collins A. Appiah**, Huseini Wiisibie Alidu, Vitus Sambo Badii (2021). Serum vitamin E deficiency among people living with HIV and undergoing antiretroviral therapy at Ho Teaching Hospital, Ghana. *Heliyon*. https://doi.org/10.1016/j.heliyon.2021.e07339
13. Daniel Afrifa, Kwabena Nsiah, **Collins Afriyie Appiah**, Omoniyi Monday Moses (2020). Dietary Intake and Body Composition Characteristics of National Football League Players. *International journal of Sport Studies for Health*. https://doi.org/10.5812/intjssh.104103
14. Lloyd Chauwa, **Collins Afriyie Appiah**, Kwabena Nsiah, Fred Stephen Sarfo (2020). Nutritional risk markers among stroke out-patients at the neurology clinic of a teaching hospital in Ghana. *Pan African Medical Journal*. https://doi.org/10.11604/pamj.2020.37.258.16929
15. **Collins Afriyie Appiah**, Faustina O. Mensah, Frank E. A. Hayford, Vincent A. Awuuh, Daniel Edem Kpewou (2020). 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*. https://doi.org/10.1108/jhr-05-2019-0095
16. **Collins Afriyie Appiah**, Edward Opoku Afriyie, Frank Ekow Atta Hayford, Emmanuel Frimpong (2020). Prevalence and lifestyle-associated risk factors of metabolic syndrome among commercial motor vehicle drivers in a metropolitan city in Ghana. *Pan African Medical Journal*. https://doi.org/10.11604/pamj.2020.36.136.16861
17. **CA Appiah**, AM Samwini, PK Brown, FEA Hayford, O Asamoah-Boakye (2020). Proximate composition and serving sizes of selected composite Ghanaian soups. *African Journal of Food Agriculture Nutrition and Development*. https://doi.org/10.18697/ajfand.91.18055
18. Frank Ekow Atta Hayford, **Collins Afriyie Appiah**, Taofik Al Hassan, Odeafo Asamoah-Boakye, Matilda Asante (2018). A pilot study comparing bioelectrical impedance analysis and body mass index in determining obesity among staff of a Ghanaian University. *Nutrition & Food Science*. https://doi.org/10.1108/nfs-02-2018-0061
19. Vincent Adocta Awuuh, **Collins Afriyie Appiah**, Faustina O. Mensah (2018). Impact of nutrition education intervention on nutritional status of undernourished children (6-24 months) in East Mamprusi district of Ghana. *Nutrition & Food Science*. https://doi.org/10.1108/nfs-05-2018-0134
20. **Collins Afriyie Appiah**, Gloria Ethel Otoo, Matilda Steiner-Asiedu (2016). Preferred body size in urban Ghanaian women: implication on the overweight/obesity problem. *Pan African Medical Journal*. https://doi.org/10.11604/pamj.2016.23.239.7883
21. Joseph Yorke, Babatunde M Duduyemi, Abiboye C Yifieyeh, P K S Fiifi-Yankson, **Collins Appiah**, Dorcas Afful-Yorke, Michael O Adinku, D Ahulu (2016). Schwannoma extending from the umbilical region to the mid-thigh, compressing the major vessels of the right leg: A case report and review of the literature. *South African Medical Journal*. https://doi.org/10.7196/samj.2016.v106i7.10252
22. **CA Appiah** (2014). Predictors of overweight/obesity in urban Ghanaian women. *Int J Clin Nutr*. https://www.academia.edu/download/93969321/ijcn-2-3-3.pdf