Prof. Kingsley Kwadwo Asare Pereko

Associate Professor · Community Medicine
University of Cape Coast

ORCID 0000-0001-9638-1562 · Email kpereko@ucc.edu.gh · Homepage directory.ucc.edu.gh/p/kingsley-k-asare-pereko · Google Scholar scholar.google.com/citations?user=RGc1BL0AAAAJ&hl=en · Profile scholar.ucc.edu.gh/staff/60576a4b-204b-4fbd-9af0-3c5204a0f012

RESEARCH

Interests: Nutrition · public health in emergencies

Areas: Nutrition and Dietetics · General Health Professions · Public Health, Environmental and Occupational Health · Epidemiology · Food Science · Hematology

RESEARCH SUMMARY

52	587	9	9	1.03	10%
Publications	Citations	h-index	i10-index	Field-weighted impact	World top 10%

Counted from the 52 publications listed below, 2009–2026. Field-weighted impact is the mean over the 30 works scored for it; 1.00 is the world average for works of the same field, type and year. 3 of the 30 papers scored for it are among the world's most cited tenth for their field, type and year.

POSITIONS

Associate Professor 2008–2036
Community Medicine, University of Cape Coast, Cape Coast, Ghana

EDUCATION AND QUALIFICATIONS

PhD Nutrition 2011–2015
Nutrition, University of Ghana, Accra, Ghana

MPhil Nutrition 2003–2006
Nutrition, University of Ghana, Accra, Ghana

BSc Community Nutrition 1998–2002
Community Nutrition, University for Development Studies, Tamale, Ghana

DISTINCTIONS, MEMBERSHIPS AND SERVICE

Full 2019–present
Nurition, Ghana Academy of Nutrition and Dietetics, Accra, Ghana

PUBLICATIONS

Journal articles 36

1. Patience Darko, **Kingsley Kwadwo Asare Pereko**, Esther Kumea Ashun (2026). Nutritional status, dietary diversity and hemoglobin levels among children under five in Ntakorfam Lowcost Community, Ghana. *Discover Medicine*. https://doi.org/10.1007/s44337-026-00625-5
2. Robert Fungo, Francis Zotor, Andrew Prentice, Habiba Hassan-Wassef, Muhammad Ali Dhansay, Hassan Aguenaou, Aloysius Maduforo, **Kingsley K A Pereko**, Given Chipili, Betrand Tambe, Augustin Zeba (2026). The EAT–Lancet Commission: issues and responses. *The Lancet*. https://doi.org/10.1016/s0140-6736(25)02507-3
3. Ruth Nana Adwowa Aidoo, **Kingsley Pereko** (2025). Evaluating the Nutritional Quality of Processed Foods for Children in Ghana: Insights From the WHO Nutrient Profiling Criteria. *Current Developments in*

Nutrition. https://doi.org/10.1016/j.cdnut.2025.106359

4. Alice Charwudzi, Edward Morkporkpor Adela, **Kingsley Kwadwo Asare Pereko**, Martin Ampofo, Aaron Fenuku, Daniel Edem Azumah, Abdul Raman Asemah, Edward Ahiakwah, Angela Animwaah Osei, Emmanuel Kobina Mesi Edzie (2025). Prevalence and predictors of transfusion-transmitted infections among blood donor types at a teaching hospital in Ghana: Implications for haemovigilance. *PLoS ONE*. https://doi.org/10.1371/journal.pone.0335544
5. **Kingsley KA Pereko**, John Ganle, Richmond Aryeetey, Amos Laar (2024). Conflicts of Interest in Public Health and Nutrition: A Content Analysis of a Ghanaian Newspaper and Policy Documents. *The Global Health Network Collections*. https://tghncollections.pubpub.org/pub/l29afxdk?readingCollection=45d3af59
6. Geetah S Saydee, Freda Dzifa Intiful, Yauniuck Y Dogbe, **Kingsley Pereko**, Matilda Asante (2023). Anaemia and Dietary Diversity among Pregnant Women in Margibi and Grand Cape Mount Counties, Liberia. *Health Sciences Investigations Journal*. https://doi.org/10.46829/hsijournal.2023.12.4.2.560-567
7. B. Ariba Zarhari Abu, **K.K.A. Pereko** (2023). Building capacity for nutrition at all life stages and system levels: a national review of existing Nutrition and Dietetics programs curricula in Ghana. *Proceedings of The Nutrition Society*. https://doi.org/10.1017/s0029665123003816
8. Victoria Akuorkor Acquaye, AD Dai-Kosi, **Kingsley Kwadwo Asare Pereko**, Christian Ackom (2022). Discover Psychology. *Discover*. https://www.academia.edu/download/87269599/s44202-022-00041-7.pdf
9. Victoria Akuorkor Acquaye, Alfred Dickson Dai-Kosi, **Kingsley Kwadwo Asare Pereko**, Christian Ackom (2022). Perceived experiences of patients with breast cancer: a qualitative study of the influence of spirituality and health beliefs among preoperative breast cancer patients in Ghana. *Discover Psychology*. https://doi.org/10.1007/s44202-022-00041-7
10. F.J. Chadare, M. Affonfere, E. Sacla Aidé, F.K. Fassinou, K.V. Salako, **K. Pereko**, B. Deme, P. Failler, R.L. Glèlè Kakaï, A.E. Assogbadjo (2021). Current state of nutrition in West Africa and projections to 2030. *Global Food Security*. https://doi.org/10.1016/j.gfs.2021.100602
11. Robert Akparibo, Richmond Nii Okai Aryeetey, Evans Atiah Asamane, Hibbah Arabah Osei-Kwasi, Elysa Ioannou, Gisele Infield Solar, Vicki Cormie, **Kingsley Kwadwo Pereko**, Francis Kweku Amagloh, Samantha J. Caton, Joanne E. Cecil (2021). Food Security in Ghanaian Urban Cities: A Scoping Review of the Literature. *Nutrients*. https://doi.org/10.3390/nu13103615
12. Akoto Otupiri Darko, Simon Mariwah, Albert Machistey Abane, Regina Obilie Amoako-Sakyi, **Kingsley Asare Pereko** (2021). Public road transport system and the spread of communicable diseases: Perspectives of operators and passengers in Accra, Ghana. *Ghana Journal of Geography*. https://doi.org/10.4314/gjg.v13i3.10
13. Felix Yirdong, Sebastian Eliason, Frank N. Ghartey, Evans Ekenam, **Kingsley K. A. Pereko**, Emmanuel Okai, Felix Yiridong, Oheneba C. K. Hagan, Paul Nsiah (2020). Anthropometric indices and cardiometabolic risk factors in a Ghanaian adolescent population. *Journal of Pediatric Endocrinology and Metabolism*. https://doi.org/10.1515/jpem-2020-0273
14. Jacob Setorglo, Philip Narteh Gorleku, Kyei Roselyn, **Kingsley Kwadwo Asare Pereko** (2020). Perception of Body Image and Dietary Habit Among Adults Aged 20–45 Years at Sunyani Metropolis. *Current Developments in Nutrition*. https://doi.org/10.1093/cdn/nzaa043_128
15. Brenda A.Z. Abu, Nicole Buttner, Olivia D. Garror, Rachel Stefanic, Adam Sandow, **Kinglsey A. Pereko** (2020). Qualitative assessments of anemia-related programs in Ghana reveal gaps and implementation challenges. *Annals of the New York Academy of Sciences*. https://doi.org/10.1111/nyas.14538
16. Aïssatou Coulibaly, Kouadio Claver Degbeu, Abo Paul Marcelin Bekoin, Yapi Elisée Kouakoua, **Kingsley Kwadwo Asare Pereko**, Soumaïla Dabonné, N'Guessan Georges Amani (2019). Browning Prevention and Sensory Evaluation of Frozen Yam Slices (Dioscorea cayenensis-rotundata Cv Kponan) of Côte D'Ivoire. *Asian Food Science Journal*. https://doi.org/10.9734/afsj/2019/v9i430022
17. Nancy Innocentia Ebu, Salome Amissah-Essel, Christiana Asiedu, Selorm Akaba, **Kingsley Asare Pereko** (2019). Impact of health education intervention on knowledge and perception of cervical cancer and

screening for women in Ghana. *BMC Public Health*. https://doi.org/10.1186/s12889-019-7867-x

18. Brenda Abu, Rachel Stefanic, Olivia Garror, Nicole Buttner, **Kingsley Pereko**, Adam Sandow (2019). Multifocal Assessment Reveals Anemia-related Program Gaps and Implementation Challenges in Ghana (P10-088-19). *Current Developments in Nutrition*. https://doi.org/10.1093/cdn/nzz034.p10-088-19
19. Christiana Nsiah-Asamoah, **Kingsley Kwadwo Asare Pereko**, Freda Dzifa Intiful (2019). Nutritional counselling interactions between health workers and caregivers of children under two years: observations at selected child welfare clinics in Ghana. *BMC Health Services Research*. https://doi.org/10.1186/s12913-019-4692-y
20. **Kingsley Kwadwo Asare Pereko** (2019). Recommendations on digital interventions for health system strengthening. *World Health Organization*. https://scholar.google.com/scholar?cluster=5079594075506831771&hl=en&oi=scholarr
21. Victoria Akuorkor Acquaye, Alfred Dickson Dai-Kosi, Isaac Acheampong Sarfo, **Kingsley Kwadwo Asare Pereko**, Christian Ackom, Lebbaeus Asamani (2019). The influence of health beliefs on anxiety and depression among preoperative breast cancer patients. *International Journal of Research Studies in Psychology*. https://doi.org/10.5861/ijrsp.2019.3019
22. Nancy Innocentia Ebu Enyan, **KA Pereko**, T Hormenu (2018). Determinants of contraceptive use among women of reproductive age in Asankragwa in the Western Region of Ghana. *International Journal of Nursing and Midwifery*. https://ir.ucc.edu.gh/server/api/core/bitstreams/7c4a1bb1-c78b-40b2-8dfc-f1229f10262a/content
23. Mamadou Coulibaly, Camille Kouamé, Denis N'dri, Nestor Kouassi, **Kingsley Pereko**, Georges Amani (2018). Effect of Post-Harvest Traditional Technologies on the Nutrient Content and Antioxidant Compounds of Defatted Flours from Ricinodendron heudelotti (Baill. Pierre ex Pax) Seed Kernels. *Technologies*. https://doi.org/10.3390/technologies6020037
24. Camille Kouamé, Nestor Kouassi, Jacko Abodo, **Kingsley Pereko**, Maria Casiraghi, Denis N'dri, Georges Amani (2017). Glycemic Responses, Glycemic Index, and Glycemic Load Values of Some Street Foods Prepared from Plantain (Musa spp., AAB Genome) in Côte d'Ivoire. *Foods*. https://doi.org/10.3390/foods6090083
25. Jacob Setorglo, Kofi Awusabo-Asare, **Kingsley Kwadwo Asare Pereko**, Moses Kwashie Klevor, Matilda Steiner-Asiedu (2017). Nutritional Status of Illegal Drug Users in the Greater Accra Region of Ghana. *The FASEB Journal*. https://doi.org/10.1096/fasebj.31.1_supplement.lb447
26. Jacob Yaw Setorglo, Cyril Gavor-Kwashie, **Kingsley Kwadwo Asare Pereko**, Moses Kwashie Klevor, Matilda Steiner-Asiedu (2016). Nutrient adequacy among illegal drug users in the Greater Accra Region of Ghana. *The FASEB Journal*. https://doi.org/10.1096/fasebj.30.1_supplement.1149.13
27. **Asare Kingsley Kwadwo Pereko** (2014). Effects Of Three Traditional Sauces Commonly Consumed In Côte D'Ivoire On Glycaemic Index Of Rice Tested In Normoglycemic Adults. *International Journal of Scientific & Technology Research*. https://www.academia.edu/download/108714187/Effects-Of-Three-Traditional-Sauces-Commonly-Consumed-In-Cte-Divoire-On-Glycaemic-Index-Of-Rice-Tested-In-Normoglycemic-Adults.pdf
28. **K Asare Pereko** (2014). Exercise, Overweight and Obesity in Rural Communities, the Situation of Some Communities in the Central Region of Ghana. *Journal of Nutrition & Food Sciences*. https://www.academia.edu/download/102502347/exercise-overweight-and-obesity-in-rural-communities-the-situation-of-some-communities-in-the-central-region-of-ghana-2155-9600.1000250.pdf
29. **K Pereko**, A Brown (2014). P42 Exercise, overnutrition and obesity in rural Ghanaian communities. *Diabetes Research and Clinical Practice*. https://scholar.google.com/scholar?cluster=11814439582525825871&hl=en&oi=scholarr
30. Ato A. Brown, **Kingsley K. Asare Pereko**, Sebastian Eliason (2013). Drug use in Ghana: knowledge, perceptions, and attitudes in a small group of elite student sportspersons. *Biomedical Human Kinetics*. https://doi.org/10.2478/bhk-2013-0001
31. **Kingsley KA Pereko** (2013). Journal of Nutrition & Food Sciences. *J Nutr*. https://ir.ucc.edu.gh/server/api/core/bitstreams/778bed4d-ab1a-42e5-b3a9-62967f6797fa/content

32. **Kingsley KA Pereko**, Jacob Setorglo, William B Owusu, Joyce M Tiweh, Emmanuel K Achampong (2012). Overnutrition and associated factors among adults aged 20 years and above in fishing communities in the urban Cape Coast Metropolis, Ghana. *Public Health Nutrition*. https://doi.org/10.1017/s1368980012002698

33. **K Pereko** (2011). Addressing Childhood obesity How Prepared is Ghana?: 27/91. Nutrition and Healthy Lifestyle. *Annals of Nutrition & Metabolism*. https://scholar.google.com/scholar?cluster=5727840371465667490&hl=en&oi=scholarr

34. Emmanuel Kusi Achampong, **Kingsley Kwadwo Asare Pereko** (2010). Computer Skills and the Training of Medical Students in a Ghanaian Medical School.

35. **Kingsley K A Pereko** (2009). NUTRITION SECURITY FOR ALL; A REVIEW OF THE GHANA REGENERATIVE HEALTH AND NUTRITION POLICY IN ENSURING HEALTH AND NUTRITION SECURITY FOR ALL: P38-06. *Annals of Nutrition & Metabolism*. https://scholar.google.com/scholar?cluster=11724173214999821 74&hl=en&oi=scholarr

36. **Kingsley K A Pereko** (2009). THE NUTRITIONAL STATUS AND FOOD HABITS OF ADOLESCENTS IN TWO PUBLIC BOARDING SCHOOLS IN TAMALE OF THE NORTHERN REGION OF GHANA.: P77-06. *Annals of Nutrition and Metabolism*. https://scholar.google.com/scholar?cluster=13177045867349457 79&hl=en&oi=scholarr

Book chapters 6

1. J Setorglo, **Kingsley K Asare Pereko** (2024). Achieving success in community-based nutrition programmes. *Community Nutrition for Developing Countries*. https://doi.org/10.15215/aupress/9781927356111.022

2. **Kingsley Kwadwo Asare Pereko**, Newlove Afoakwah, Gustav Komla Mahunu, Chukwuemeka Opara (2024). Bacterial Toxins and Cancer. *Microbial Toxins in Food Systems: Causes, Mechanisms, Complications, and Metabolism*. https://doi.org/10.1007/978-3-031-62839-9_16

3. Newlove A. Afoakwah, Gustav Komla Mahunu, Richard Osae, **Kinsley Pereko** (2024). Food Intoxication: Prevention, Diagnoses, and Treatment. *Microbial Toxins in Food Systems: Causes, Mechanisms, Complications, and Metabolism*. https://doi.org/10.1007/978-3-031-62839-9_12

4. Alfred Dickson Dai-Kosi, Victoria Akuorkor Acquaye, **Kingsley Kwadwo Asare Pereko**, Paa-Kwesi Blankson, Christian Ackom (2021). The impact of COVID-19 social restrictions on culture and psychosocial well-being: The Ghanaian experience. *Elsevier eBooks*. https://doi.org/10.1016/b978-0-12-824289-6.00003-9

5. **Kingsley Kwadwo Asare Pereko**, Enock Dugbatey Mensah, Victoria Akuorkor Acquaye, Christiana Nsiah-Asamoah, Flora Chadare, Freda Dzifa Intiful, Jacob Setorglo, Nancy Innocentia Ebu, Alfred Dickson Dai-Kosi (2021). The role of nutrition in respiratory disease and COVID-19 management. *Elsevier eBooks*. https://doi.org/10.1016/b978-0-12-824289-6.00011-8

6. **Kingsley Asare Kwadwo Pereko**, Jacob Setorglo, Matilda Steiner-Asiedu, Joyce Bayebanona Maaweh Tiweh (2018). Nutrition and Lifestyle Modifications in the Prevention and Treatment of Non-Alcoholic Fatty Liver Disease. *InTech eBooks*. https://doi.org/10.5772/intechopen.71368

Conference papers 5

1. **Kingsley Kwadwo Asare Pereko**, Charles Adongo (2023). Solanum Torvum Consumption as a means of improving heamogloblin levels in pregnancy, a facility-based study of pregnant women attending antenatal services in the Cape Coast …. *ANNALS OF NUTRITION AND METABOLISM*. https://scholar.google.com/scholar?cluster=12110343627047372867&hl=en&oi=scholarr

2. Moses Kwashie Klevor, Jacob Setorglo, **Kingsley Pereko** (2017). INFANT FEEDING PRACTICES AMONG MOTHERS WITH CHILDREN 6 TO 24 MONTHS OF AGE IN THE ADENTAN MUNICIPALITY OF THE GREATER ACCRA REGION, GHANA. *ANNALS OF NUTRITION AND METABOLISM*. https://scholar.google.com/scholar?cluster=7829965293838229611&hl=en&oi=scholarr

3. **Kingsley Pereko** (2017). THE IMPACT OF COMMUNITY VOLUNTEER ACTIONS ON CHILD NUTRITION. *ANNALS OF NUTRITION AND METABOLISM*. https://scholar.google.com/scholar?cluster=24368929485968386 8&hl=en&oi=scholarr

4. **KKA Pereko** (2013). CHILD UNDER NUTRITION, A CROSS SECTIONAL STUDY OF THE ASSOCIATED FACTORS AMONG CHILDREN ATTENDING CHILD WELFARE CLINIC IN CAPE COAST METROPOLIS. *ANNALS OF NUTRITION AND METABOLISM*. https://scholar.google.com/scholar?cluster=18356523012340064802&hl=en&oi=scholarr

5. **K Pereko** (2011). The nutritional status and food habits of adolescents in two public boarding schools in tamale of the northern region of Ghana. *ANNALS OF NUTRITION AND METABOLISM*. https://scholar.google.com/scholar?cluster=20325637104334865 06&hl=en&oi=scholarr

Reports 3

1. **Kingsley Kwadwo Asare Pereko**, Nancy Innocentia Ebu Enyan (2024). To Stay or to Go? Outmigration of Nurses from Ghana. A GPN/UCC Project. *KOBRA Universität Kassel*. https://kobra.uni-kassel.de/items/4d385a3a-61a2-4288-a50c-9d3d25c1e5a2

2. **Kingsley Kwadwo Asare Pereko** (2021). Mental health effects of COVID-19. *Academic Press*. https://books.google.com/books?hl=en&lr=&id=vhkIEAAAQBAJ&oi=fnd&pg=PP1&dq=info:FPp9N8DstXYJ:scholar.google.com&ots=sVpGcO_-Wn&sig=D90fQWUB2qJs6AVcDqncj2u4r2E

3. **Kingsley Kwadwo Asare Pereko** (2018). Non-Alcoholic Fatty Liver Disease: Molecular Bases, Prevention and Treatment. *BoD–Books on Demand*. https://books.google.com/books?hl=en&lr=&id=shCQDwAAQBAJ&oi=fnd&pg=PR9&dq=info:5sRp4d0LaFEJ:scholar.google.com&ots=RtLKfkb1vM&sig=P5cDawxqBO1w3sJFMr0ZkeNs_6I

Theses 2

1. **Kingsley Kwadwo Asare Pereko** (2020). Fever Management in Children 0–5 Years: a Survey of the Knowledge, Beliefs and Practices Among Nurses in the Cape Coast Metropolis of Ghana. *University of Cape Coast*. https://ir.ucc.edu.gh/server/api/core/bitstreams/f04e747e-7726-4d04-8d66-b4c2957fae2a/content

2. **Kingsley Kwadwo Asare Pereko** (2018). Use of ehealth in nursing practice among nurses in Cape Coast. *UCC*. https://ir.ucc.edu.gh/items/1759a1e8-85ff-4452-8c77-a37e74c9a398