Kasim Abdulai

Lecturer · Department of Clinical Nutrition and Dietetics
University of Cape Coast

ORCID 0000-0002-9645-9638 · Facebook facebook.com/kasimabdulai · LinkedIn linkedin.com/in/kasim-abdulai-741a68a8/?lipi=urn%3Ali%3Apage%3Ad_flagship3_profile_view_base_contact_details%3BHCza5Jt7SnSKlcurBkRd2Q%3D%3D · HopeSpring Harvest hosh-gh.org · Google Scholar scholar.google.com/citations?user=oc_SpLMAAAAJ&hl=en · Profile scholar.ucc.edu.gh/staff/d32d3c5c-078f-4588-a3a7-e5d2eda3b4ec

RESEARCH

Interests	Nutrition and Public Health
Areas	Public Health, Environmental and Occupational Health · General Health Professions · Emergency Medicine · Infectious Diseases · Physiology · Nutrition and Dietetics

RESEARCH SUMMARY

31	139	6	5	2.10	24%
Publications	Citations	h-index	i10-index	Field-weighted impact	World top 10%

Counted from the 31 publications listed below, 2021–2026. Field-weighted impact is the mean over the 25 works scored for it; 1.00 is the world average for works of the same field, type and year. 6 of the 25 papers scored for it are among the world's most cited tenth for their field, type and year.

POSITIONS

Lecturer 2018–present
Department of Clinical Nutrition and Dietetics, University of Cape Coast, Cape Coast, Ghana

EDUCATION AND QUALIFICATIONS

Certificate 2023
Monitoring and Evaluation in Global Health, University of Washington, Seattle, United States

Certificate 2022
Leadership and Management in Health, University of Washington, Seattle, United States

PhD 2020
Public Health, University of Ghana, Accra, Ghana

MSc 2015
Dietetics, University of Ghana, Accra, Ghana

BSc 2012
Community Nutrition, University for Development Studies, Tamale, Ghana

PUBLICATIONS

Journal articles 29

1. **Kasim Abdulai**, Nathan Kumasenu Mensah (2026). Admission Morbidity Characteristics as Predictors of Hospital Length of Stay in Diabetic Patients: A Retrospective Study from Ghana. *Integrated Health Research Journal*. https://journal.ucc.edu.gh/index.php/ihrj/article/view/2015
2. **Kasim Abdulai**, Emil Kafui Amenu, Portia Bangkuu, Ivan Addae-Mensah, Francis Adane, Abass Daudi (2026). Beyond the sugar tax: public acceptability of a comprehensive food policy bundle in urban Ghana.

Frontiers in Nutrition. https://doi.org/10.3389/fnut.2026.1847802

3. **Kasim Abdulai**, Awal Mohammed Seidu (2026). Bridging the know-do gap in diabetes care: multi-level barriers to dietary adherence among adults with type 2 diabetes in Accra, Ghana—a cross-sectional study. *BMC Public Health*. https://doi.org/10.1186/s12889-026-29500-9
4. Ahmed Alhassan, **Kasim Abdulai**, Yakubu Mubaric, Paul Armah Aryee (2026). Characterizing dietary diversity among urban office workers in northern Ghana: a cross-sectional study. *Journal of Health Population and Nutrition*. https://doi.org/10.1186/s41043-026-01319-5
5. **Kasim Abdulai**, Frank Ekow Atta Hayford, Wisdom Kudzo Axame, Abdul Rauf Alhassan, Charles A. Brown (2026). Dietary Pattern and Body Composition of Professional Football Players in Ghana. *African Journal of Sports and Physical Sciences*. https://doi.org/10.62154/ajsps.2025.06.01012
6. Jessica Ayensu, **Kasim Abdulai**, Nana Ama Frimpomaa Agyapong, Ivan Addae-Mensah, Isaac Anane, Christiana Nsiah-Asamoah (2026). Food vendors in the school foodscape: roles, challenges and opportunities for improving child nutrition. *Journal of Public Health Research*. https://doi.org/10.1177/22799036261474137
7. **Kasim Abdulai**, Jessica Ayensu, Christiana Nsiah-Asamoah (2026). High burden of cardiometabolic risk factors among university lecturers: a cross-sectional study in cape coast, Ghana. *Journal of Health Population and Nutrition*. https://doi.org/10.1186/s41043-026-01271-4
8. **Kasim Abdulai** (2026). Indigenous Knowledge and Food-Based Coping Mechanisms for ART Side Effects: A Qualitative Inquiry. *AIDS Research and Treatment*. https://doi.org/10.1155/arat/7724391
9. **Kasim Abdulai**, Safianu Osman Aleboko, Isaac Anane, Ivan Addae-Mensah, Abdul-Malik Bawah (2026). Prevalence and determinants of hypertension among people living with HIV in Ghana: A cross-sectional study. *PLoS ONE*. https://doi.org/10.1371/journal.pone.0342198
10. **Kasim Abdulai** (2026). Taxation of sugar-sweetened beverages: an exploratory study on consumer perspectives in the cape coast metropolis, Ghana. *BMC Public Health*. https://doi.org/10.1186/s12889-026-29380-z
11. **Kasim Abdulai**, Ivan Addae-Mensah, Ahmed Alhassan, Paul Armah Aryee (2026). The sedentary foodscape: a qualitative case study of workday dietary practices and perceived drivers of food choice among office workers in Tamale, Northern Ghana. *BMC Public Health*. https://doi.org/10.1186/s12889-026-29336-3
12. **Kasim Abdulai**, Safianu Osman Aleboko, Emil Kafui Amenu, Awal Mohammed Seidu, Gifty Korsah, Fatimatu Salifu, Olivia Ohui Otchie, Ivan Addae-Mensah, Sylvester Ofosu-Gyeabour, Abdul-Malik Bawah (2026). Ulna length predicts height measured by stadiometer among adults attending the University of Cape Coast Hospital, Ghana. *Health Sciences Investigations Journal*. https://doi.org/10.46829/hsijournal.2026.4.8.2.1508-1515
13. Mariam Kubanue Danah, Martin A. Sumbo, Mark Bigool, **Kasim Abdulai**, John Azaare (2026). Uptake of cervical cancer screening and associated factors among women of childbearing age – evidence from a cross-sectional survey in northern Ghana. *BMC Women s Health*. https://doi.org/10.1186/s12905-026-04913-1
14. **Kasim Abdulai**, Ivan Addae-Mensah (2026). Weaving the Net: The Interplay of Micro- and Macrosupport in ART Adherence. *AIDS Research and Treatment*. https://doi.org/10.1155/arat/5805050
15. **Kasim ABDULAI**, Kwasi, Agnes M KOTOH, Francis ADANE, John AZAARE, Amos LAAR (2025). Antiretroviral therapy and cardiovascular risk in low-and middle-income countries (LMICs): A systematic review and meta-analysis. *Health Sciences Investigations Journal*. https://doi.org/10.46829/hsijournal.2025.12.7.2.1360-1368
16. Robert Bagngmen Bio, Patricia Akweongo, John Azaare, Francis Adane, **Kasim Abdulai**, Richard Ali Laar, Abraham Titiati (2025). Costs and psychosocial burden of tuberculosis to the treatment supporters in Ghana. *Health Policy and Technology*. https://doi.org/10.1016/j.hlpt.2025.101060
17. **Kasim Abdulai** (2025). Efficacy of anthropometric measures in predicting hypertension among adult Ghanaians: A community based cross-sectional study. *Health Sciences Investigations Journal*. https://journals.ug.edu.gh/index.php/hsij/article/view/3165

18. **Kasim Abdulai**, Abdul Rauf Alhassan, Isaac Anane, Ivan Addae-Mensah, HopeSpring Harvest (2025). High dyslipidemia in people living with HIV in ghana: a cross-sectional analysis of prevalence and associated factors. *AIDS Research and Therapy*. https://doi.org/10.1186/s12981-025-00816-7

19. Abdul-Malik Bawah, **Kasim Abdulai**, Priscilla Cecilia Akpene Amenya (2025). Therapeutic potential of Medical Nutrition Therapy (MNT) in Non-Alcoholic Fatty Liver Disease (NAFLD). *Human Nutrition & Metabolism*. https://doi.org/10.1016/j.hnm.2025.200308

20. **Kasim Abdulai**, Kwasi Torpey, Agnes Millicent Kotoh, Amos Laar (2024). Associated factors of diet quality among people living with HIV/AIDS in Ghana. *BMC Nutrition*. https://doi.org/10.1186/s40795-024-00898-y

21. **Kasim Abdulai**, Abdul Rauf Alhassan, Safianu Osman Aleboko, Mohammed Doobia Ahmed, Awal Seidu Mohammed, Odei-Asare Fremah Adom, Rhoda Kumah (2024). Dietary diversity and nutritional status of adults living with HIV during the COVID-19 era. *PLoS ONE*. https://doi.org/10.1371/journal.pone.0307427

22. Nathan Kumasenu Mensah, Godwin Adzakpah, Jonathan Kissi, **Kasim Abdulai**, Hannah Taylor-Abdulai, Stephen Benyi Johnson, Christabell Opoku, Cephas Hallo, Richard Okyere Boadu (2024). Health professionals' perceptions of electronic health records system: a mixed method study in Ghana. *BMC Medical Informatics and Decision Making*. https://doi.org/10.1186/s12911-024-02672-3

23. John Azaare, Gifty Apiung Aninanya, **Kasim Abdulai**, Francis Adane, Robert Bagngmen Bio, Martin Hushie (2024). Maternal health care utilization following the implementation of the free maternal health care policy in Ghana: analysis of Ghana demographic and health surveys 2008–2014. *BMC Health Services Research*. https://doi.org/10.1186/s12913-024-10661-5

24. Abdul Rauf Alhassan, Tina Wepeamo Wepeba, **Kasim Abdulai**, Rhubamatu Iddrisu, Gifty Apiung Aninanya (2024). Prevalence and Associated Factors of Adolescent (15–19 Years) Childbearing in Ghana. *BioMed Research International*. https://doi.org/10.1155/2024/3237882

25. Pearl Aovare, **Kasim Abdulai**, Amos Laar, Eva L van der Linden, Nicolaas Moens, Edo Richard, Eric P Moll van Charante, Charles Agyemang (2023). Assessing the Effectiveness of mHealth Interventions for Diabetes and Hypertension Management in Africa: Systematic Review and Meta-Analysis. *JMIR mhealth and uhealth*. https://doi.org/10.2196/43742

26. Abigail Nana Ama Twekuwa Hayford, **Kasim Abdulai**, Jessica Ayensu, Nana Ama Frimpomaa Agyapong, Awal Seidu Mohammed, Christiana Nsiah-Asamoah, Moses Kwashie Klevor, Gloria Boakyewaa Darko, Patricia Nkrumah (2023). Knowledge, attitudes, and practices regarding anaemia among pregnant women attending antenatal clinic at the University of Cape Coast hospital in the Cape Coast Metropolis, Ghana. *Integrated Health Research Journal*. https://doi.org/10.47963/ihrj.v1i2.1372

27. Jacob Loonin Laari, Martin Anab, Damyetin Peter Jabong, **Kasim Abdulai**, Abdul Rauf Alhassan (2022). Maternal Age and Stage of Pregnancy as Determinants of UTI in Pregnancy: A Case of Tamale, Ghana. *Infectious Diseases in Obstetrics and Gynecology*. https://doi.org/10.1155/2022/3616028

28. Abdul Alhassan, John Anyinzaam-Adolipore, **Kasim Abdulai** (2022). Short birth interval in Ghana: Maternal socioeconomic predictors and child survival. *Population Medicine*. https://doi.org/10.18332/popmed/145914

29. Abdul Rauf Alhassan, **Kasim Abdulai**, Mohammed Awal Alhassan (2021). Early Sexual Debut among Ghanaian Women: Correlates and Psychological Effect. *BioMed Research International*. https://doi.org/10.1155/2021/5838510

Book chapters 1

1. John Azaare, **Kasim Abdulai**, Robert Bagngmen Bio (2024). Policy Impact Divergence: Multiple Model Regression Analysis of Ghana's 'Free' Maternal Health Care Policy. *Disease and Health Research - New Insights Vol. 1*. https://doi.org/10.9734/bpi/dhrni/v1/1262

Conference papers 1

1. **Kasim Abdulai**, Kwasi Torpey, Agnes Kotoh, Amos Laar (2023). Assessing the diet quality of people living with HIV/AIDS in Ghana. *ANNALS OF NUTRITION AND METABOLISM*. https://scholar.google.com/scholar?cluster=13420436001221271960&hl=en&oi=scholarr