Christiana Naa Atsreh Nsiah-Asamoah

Associate Professor · Department of Clinical Nutrition and Dietetics
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RESEARCH

Interests	Maternal and Child Nutrition · Adolescent Nutrition · Public Health · Nutrition Education
Areas	Nutrition and Dietetics · General Health Professions · Public Health, Environmental and Occupational Health · Epidemiology · Safety Research · Physiology

RESEARCH SUMMARY

61	488	12	14	1.09	16%
Publications	Citations	h-index	i10-index	Field-weighted impact	World top 10%

Counted from the 61 publications listed below, 2010–2026. Field-weighted impact is the mean over the 45 works scored for it; 1.00 is the world average for works of the same field, type and year. 7 of the 45 papers scored for it are among the world's most cited tenth for their field, type and year.

POSITIONS

Lecturer 2010–present
Department of Health Sciences Education, University of Cape Coast, Cape Coast, Ghana

EDUCATION AND QUALIFICATIONS

M. Sc. Public Health Nutrition 2007–2009
Division of Human Nutrition, Wageningen University, Wageningen, Netherlands

Post Graduate Diploma in Education 2006–2007
Center for Teacher Professional Development, University of Cape Coast, Cape Coast, Ghana

B.Sc. (Nutrition and Food Science) 2000–2004
Department of Nutrition and Food Science, University of Ghana, Legon, Ghana

PUBLICATIONS

Journal articles 57

1. Uju M Onuorah, Harriet Okronipa, **Christiana Nsiah-Asamoah**, Emil Amenu, Madina Habib, Esther D Entwi, Moses Klevor, Erika Cione, Emmanuel Ayifah (2026). Adolescent and Young Mothers' Experiences With a Combined Nutrition and Livelihood Intervention in Cape Coast, Ghana: A Qualitative Exploration. *Current Developments in Nutrition*. https://doi.org/10.1016/j.cdnut.2026.108666
2. Abigail Nana Ama Twekuwa Hayford, **Christiana Nsiah-Asamoah**, Jessica Ayensu, Nana Ama Frimpomaa Agyapong, Eric Komla Anku, Abdul Aziz Mohammed, Selina Atayoko (2026). Edible Insect Phobia and Associated Factors Among Women of Reproductive Age in the Central Region of Ghana: A Cross Sectional Study. *Integrated Health Research Journal*. https://doi.org/10.47963/ihrj.v3i1.2033
3. 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
4. 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

5. Safianu O Aleboko, Cassidy Ring, Peabody Taylor, Harriet Okronipa, **Christiana Nsiah-Asamoah**, Deana Hildebrand (2026). Implementation Lessons From the United States National School Lunch Program for the Ghana School Feeding Programme: A Qualitative Study. *Current Developments in Nutrition*. https://doi.org/10.1016/j.cdnut.2026.108564
6. Harriet Okronipa, Esther Entwi, Emil Amenu, Kwadwo Kumi, Nila Pradhananga, **Christiana Nsiah-Asamoah** (2026). "Sometimes, I Have to Decide Between Buying Diapers and Buying Food": Child Feeding Experiences Among Adolescent Mothers in Ghana. *Journal of Nutrition Education and Behavior*. https://doi.org/10.1016/j.jneb.2026.06.024
7. Elise C. Reynolds, **Christiana Nsiah-Asamoah**, Harriet Okronipa, Charles D. Arnold, Christine P. Stewart (2025). Adolescent and Parental Perspectives of Food Insecurity at Home and at School Among Adolescents Attending Junior High Schools in Cape Coast, Ghana. *Maternal and Child Nutrition*. https://doi.org/10.1111/mcn.70066
8. Elise C Reynolds, **Christiana Nsiah-Asamoah**, Harriet Okronipa, Nicholas F Russell, Madina Habib, Christine P Stewart (2025). Drivers of Food Decision Making and Aspirations for the Future of the School Food Environment among Junior High School Students in Cape Coast, Ghana: a Photovoice Study. *Current Developments in Nutrition*. https://doi.org/10.1016/j.cdnut.2025.106009
9. Freda Nana Agyeiwaa Okrah, Portia Dadson, Safianu Osman Aleboko, **Christiana Nsiah-Asamoah** (2025). Experiences of Ghanaian School-Aged Children Regarding Dietary Practices for Weight Management. *Journal of Integrated Health Research*. https://doi.org/10.70109/jinher.v1i3.20
10. Harriet Okronipa, Isabelle Posey, **Christiana Nsiah-Asamoah**, Moses K Klevor, Emmanuel Ayifah (2025). Food Insecurity is Associated with Poor Diet Quality Among Pregnant Adolescents and Adolescent Mothers in Ghana. *Current Developments in Nutrition*. https://doi.org/10.1016/j.cdnut.2025.107469
11. Elise C. Reynolds, **Christiana Nsiah-Asamoah**, Harriet Okronipa, Charles D. Arnold, Amos Laar, Christine P. Stewart (2025). Food vendor characteristics in and around junior high schools and the relationship with adolescent diet quality in Ghana. *Public Health Nutrition*. https://doi.org/10.1017/s1368980025101596
12. Kwadwo Abankroh Kumi, **Christiana Nsiah-Asamoah**, Moses Klevor, Emmanuel Ayifah, Allison Hepworth, Rachel Liebe, Harriet Okronipa (2025). Maternal Depression Does Not Predict Growth Status Indicators in Children of Adolescent Mothers in Ghana. *Current Developments in Nutrition*. https://doi.org/10.1016/j.cdnut.2025.106747
13. **Christiana Naa Astreh Nsiah-Asamoah**, Safianu Osman Aleboko, Esther Darkwa Entwi, Moses Kwashie Klevor, Emmanuel Ayifah, Harriet Okronipa (2025). Nutrition Perspectives and Attitudes Among Ghanaian Pregnant Adolescents and Adolescent Mothers. *Journal of Nutrition Education and Behavior*. https://doi.org/10.1016/j.jneb.2024.12.012
14. Safianu Osman Aleboko, Yvonne Quist, Nana Adjoa Sarkwa, Genevieve Awuah-Cobbinah, Ivan Addae-Mensah, **Christiana Nsiah-Asamoah** (2025). Postpartum Weight Management Experiences of Ghanaian Women: A Qualitative Inquiry. *Journal of Nutrition Education and Behavior*. https://doi.org/10.1016/j.jneb.2025.03.008
15. Elise C Reynolds, **Christiana Nsiah-Asamoah**, Harriet Okronipa, Christine P Stewart (2024). Adolescent Experiences and Parental Perspectives of Food Insecurity at Home and at School Among Ghanaian Adolescents. *Current Developments in Nutrition*. https://doi.org/10.1016/j.cdnut.2024.102983
16. Elise C Reynolds, **Christiana Nsiah-Asamoah**, Harriet Okronipa, Christine Stewart (2024). Adolescent Food Insecurity at Home and at School Is Related to Diet Quality Among Ghanaian Adolescents. *Current Developments in Nutrition*. https://doi.org/10.1016/j.cdnut.2024.102984
17. Harriet Okronipa, **Christiana Nsiah-Asamoah**, Moses Klevor, Emmanuel Ayifah (2024). Association Between Maternal and Child Dietary Diversity: A Cross-Sectional Study of Adolescent Mothers and Their Children in Ghana. *Current Developments in Nutrition*. https://doi.org/10.1016/j.cdnut.2024.102975
18. Isabelle Posey, **Christiana Nsiah-Asamoah**, Nicholas Fergusson Russell, Esther Darkwa Entwi, Harriet Okronipa (2024). Experiences of Food Insecurity Among Pregnant Adolescents and Adolescent Mothers in Ghana: A Photovoice Method. *International Journal of Public Health*. https://doi.org/10.3389/ijph.

2024.1607043

19. **Christiana Nsiah-Asamoah**, Nicholas F Russell, Elise C Reynolds, Harriet Okronipa, Christine P Stewart (2024). Exploring Adolescents' Food Preferences and Perceptions of "Healthy Foods" in Ghana: Insights From a Photo Sorting Activity. *Current Developments in Nutrition*. https://doi.org/10.1016/j.cdnut.2024.102972
20. **Christiana Nsiah- Asamoah**, George Adjei, Samuel Agblorti, David Teye Doku (2024). Factors in Household Settings Linked to the Feeding and Nutritional Status of Children Aged 6-23 months in Rural Farming Districts, Ghana. *Current Research in Nutrition and Food Science Journal*. https://doi.org/10.12944/crnfsj.12.3.20
21. **Christiana Nsiah-Asamoah**, Madina Habib, Elise C Reynolds, Harriet Okronipa, Christine P Stewart (2024). Perceptions of School Food Vendors on Food Choices of Junior High School Students in Cape Coast, Ghana. *Current Developments in Nutrition*. https://doi.org/10.1016/j.cdnut.2024.102973
22. Kwadwo A Kumi, Moses Klevor, **Christiana Nsiah-Asamoah**, Emmanuel Afiyah, Harriet Okronripa (2024). Prevalence of Depression Among Pregnant Adolescents and Adolescent Mothers in Ghana. *Current Developments in Nutrition*. https://doi.org/10.1016/j.cdnut.2024.102959
23. Heckel Abban, Jacob Setorglo, **Christiana Nsiah-Asamoah**, Samuel Acquah, Matilda Steiner-Asiedu (2024). The Prevalence and Predictors of MetS Among Commercial Long Distance Bus Drivers (CLDBDs) in Cape Coast, Ghana. *World Journal of Public Health*. https://doi.org/10.11648/j.wjph.20240904.19
24. Bernard Appiah, Mahama Saaka, George Appiah, Lucy Asamoah-Akuoko, Elfreda Samman, Laura Forastiere, Brenda AZ Abu, Abena A Yeboah-Banin, Irene A Kretchy, Freda D Ntiful, **Christiana NA Nsiah-Asamoah**, Md Koushik Ahmed, Christopher R France (2024). The association between exposure to a radio campaign on nutrition and mothers' nutrition- and health-related attitudes and minimal acceptable diet of children 6–36 months old: a quasi-experimental trial. *Public Health Nutrition*. https://doi.org/10.1017/s1368980024001319
25. Harriet Okronipa, Elise C Reynolds, **Christiana Nsiah-Asamoah**, Christine P Stewart (2024). Understanding Adolescent Food Purchasing Decisions, Food Insecurity Coping Strategies and Their Aspirations for the School Food Environment: A Photovoice Study. *Current Developments in Nutrition*. https://doi.org/10.1016/j.cdnut.2024.102976
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. **Christiana Nsiah-Asamoah**, Moses Klevor, E Ayifah (2023). P17-054-23 Food Insecurity Among Pregnant Adolescents and Adolescent Mothers in Ghana: A Cross-Sectional Study. *Current Developments in Nutrition*. https://scholar.google.com/scholar?cluster=13109047755643645509&hl=en&oi=scholarr
28. **Christiana Nsiah-Asamoah**, Moses Klevor, E Ayifah (2023). PTFS05-02-23 Diet Quality Among Pregnant Adolescents and Adolescent Mothers in Ghana: A Cross-Sectional Study. *Current Developments in Nutrition*. https://scholar.google.com/scholar?cluster=7445247630114433717&hl=en&oi=scholarr
29. Abigail Nana Ama Twekuwa Hayford, Chujun Huang, Zhenzhen Xu, Min Wang, Ji Guo, Yonggao Mou, Chengcheng Guo, Qunying Yang, Fang Ma, Suyun Li, Desmond Omane Acheampong, **Christiana Nsiah-Asamoah**, Jessica Ayensu, Nana Ama Frimpomaa Agyapong, Erdong Yuan, Maojin Yao, Jiaoyan Ren (2023). Soypeptide supplementation attenuates weight loss and improves quality of life among brain cancer patients in a pilot study. *Food Frontiers*. https://doi.org/10.1002/fft2.242
30. S Amissah-Essel, **Nsiah-Asamoah** (2023). Women's Perspectives on Human Milk Banking in Ghana: Results from a Preliminarily Cross-sectional Study. *Frontiers in Public Health,*.
31. Cecilia Obeng, Frederica Jackson, Salome Amissah-Essel, **Christiana Nsiah-Asamoah**, Cydne A. Perry, Ines Gonzalez Casanova, Emmanuel Obeng-Gyasi (2023). Women's perspectives on human milk banking in Ghana: results from a cross-sectional study. *Frontiers in Public Health*. https://doi.org/10.3389/fpubh.2023.1128375

32. **Christiana Nsiah-Asamoah**, George Adjei, Samuel Agblorti, David Teye Doku (2022). Association of maternal characteristics with child feeding indicators and nutritional status of children under-two years in Rural Ghana. *BMC Pediatrics*. https://doi.org/10.1186/s12887-022-03651-1

33. Levi Yafetto, **Christiana Naa Atsreh Nsiah-Asamoah**, Emmanuel Birikorang, George Tawia Odamtten (2022). Biotechnological Application of Saccharomyces cerevisiae and Lactobacillus delbrueckii sp. bulgaricus for Protein Enrichment of Fermented Unmalted and Malted Sorghum (Sorghum bicolor (L.) Moench). *International Journal of Food Science*. https://doi.org/10.1155/2022/2264993

34. Cecilia Obeng, Frederica Jackson, **Christiana Nsiah-Asamoah**, Salome Amissah-Essel, Barnabas Obeng-Gyasi, Cydne A. Perry, Ines Gonzalez Casanova (2022). Human Milk for Vulnerable Infants: Breastfeeding and Milk Sharing Practice among Ghanaian Women. *International Journal of Environmental Research and Public Health*. https://doi.org/10.3390/ijerph192416560

35. Satyajit Kundu, Najneen Rejwana, Md. Hasan Al Banna, Joseph Kawuki, Susmita Ghosh, Najim Z. Alshahrani, Natisha Dukhi, Subarna Kundu, Rakhi Dey, John Elvis Hagan, **Christiana Naa Atsreh Nsiah-Asamoah**, Suttur S. Malini (2022). Linking Depressive and Anxiety Symptoms with Diet Quality of University Students: A Cross-Sectional Study during the COVID-19 Pandemic in India. *Healthcare*. https://doi.org/10.3390/healthcare10101848

36. Md. Hasan Al Banna, Abdullah Al Zaber, Nahidur Rahman, Md Abrar Mozahid Siddique, Muhammad Abu Bakr Siddique, John Elvis Hagan, M. A. Rifat, **Christiana Naa Atsreh Nsiah-Asamoah**, Abdul-Aziz Seidu, Bright Opoku Ahinkorah, Md Shafiqul Islam Khan (2022). Nutritional Value of Dry Fish in Bangladesh and Its Potential Contribution to Addressing Malnutrition: A Narrative Review. *Fishes*. https://doi.org/10.3390/fishes7050240

37. **Christiana Naa Atsreh Nsiah-Asamoah**, Deborah Amoasi, Jacob Setorglo (2021). Dietary Practices of Health Professionals during Working Hours in a Tertiary Referral Teaching Hospital In Ghana: A Neglected Vulnerable Group. *European Journal of Nutrition & Food Safety*. https://doi.org/10.9734/ejnfs/2021/v13i530422

38. **Christiana Naa Atsreh Nsiah-Asamoah**, David Nii Baah Buxton (2021). Hydration and water intake practices of commercial long-distance drivers in Ghana: what do they know and why does it matter? *Heliyon*. https://doi.org/10.1016/j.heliyon.2021.e06512

39. **Christiana Nsiah-Asamoah** (2020). Feeding practices and nutritional status of children under two years in Kwahu Afram Plains North and South Districts in Ghana. *University of Cape Coast*. https://ir.ucc.edu.gh/server/api/core/bitstreams/dde34512-e5e0-4499-89b1-06f1a80f6460/content

40. **Christiana Nsiah-Asamoah**, David Teye Doku, Samuel Agblorti (2020). Mothers' and Grandmothers' misconceptions and socio-cultural factors as barriers to exclusive breastfeeding: A qualitative study involving Health Workers in two rural districts of Ghana. *PLoS ONE*. https://doi.org/10.1371/journal.pone.0239278

41. **Christiana Naa Atsreh Nsiah-Asamoah** (2020). Socio-cultural Factors Associated with Complementary Feeding in Two Rural Districts in Ghana: A qualitative study involving Health Workers. *European Journal of Nutrition & Food Safety*. https://doi.org/10.9734/ejnfs/2020/v12i530224

42. **Christiana Naa Atsreh Nsiah-Asamoah**, PN Gorleku, G Egbi (2020). The prevalence and predictors of undiagnosed hypertension among commercial long-distance bus drivers (CLDBs) in Cape Coast, Ghana. *J Public Health Policy Plann*. https://www.academia.edu/download/77252419/the-prevalence-and-predictors-of-undiagnosed-hypertension-among-commercial-longdistance-bus-drivers-cldbs-in-cape-coast-.pdf

43. Esther Kumea Ashun, Sarah Darkwa, **Christiana Nsiah-Asamoah** (2019). Nutritional Quality, Functional Properties and Sensory Acceptability of an Orange - fleshed Sweet Potato - based Complementary Food. *Asian Food Science Journal*. https://doi.org/10.9734/afsj/2019/v11i430067

44. **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

45. **Christiana Nsiah Asamoah** (2018). Dietary Modification Guidelines for Diabetic Patients: Are Final Year

Nursing Students Prepared to Offer this Health Service? *Nursing & Healthcare International Journal*. https://doi.org/10.23880/nhij-16000139

46. **Christiana Nsiah-Asamoah** (2018). Gaps in Knowledge Levels of Health Workers on Recommended Child Feeding Practices and Growth Monitoring and Promotion Actions. *Pediatrics & Health Research*. https://ir.ucc.edu.gh/server/api/core/bitstreams/39dc5d85-f311-46b7-b865-8103b2d13400/content
47. **Christiana Naa Atsreh Nsiah-Asamoah**, J Ayensu, K Owusu (2018). Management and Care of Malnourished Children: Gaps in their Knowledge Levels of Final-Year Community Health Nursing Trainees. *Journal of Community & Public Health Nursing*. https://ir.ucc.edu.gh/server/api/core/bitstreams/af3fe3c9-0aa6-4f0d-b67f-46119ab74577/content
48. Jnr. John Elvis Hagan, **Christiana Nsiah-Asamoah**,, Thomas Hormenu,, Dietmar Pollmann,, Thomas Schack, (2018). Managing Overweight and Obesity in Ghana from a Cultural Lens: The Complementary Role of Behaviour Modification. *Journal of Preventive Medicine And Care*. https://doi.org/10.14302/issn.2474-3585.jpmc-18-2059
49. **Dominic Nsiah-Asamoah** (2018). University Students' Preferences for and Consumption Patterns of fruits and Vegetables: Implication for Nutrition Education Interventions. *EC Nutrition*. https://ir.ucc.edu.gh/server/api/core/bitstreams/a3294771-0bd6-4731-8219-b385eb67550d/content
50. **Christiana. Nsiah-Asamoah** (2017). Healthy Eating and its Barriers: Perceptions and Practices of adolescents in Ghana. *Advances in Nutrition & Food Science*. https://ir.ucc.edu.gh/items/57265ee1-b151-4f8c-8d14-3c22936e8fd2
51. **Christiana Nsiah-Asamoah**, Jacob Setorglo, John Bosco Mie (2017). Nutritional Counseling for Hypertensive Patients: Have Final-Year Nursing Students Learnt Enough to Be Able to Offer Advice to Such Patients? *Journal of Biomedical Education*. https://doi.org/10.1155/2017/6865704
52. **Christiana Naa Atsreh Nsiah-Asamoah** (2015). Professional nurses' knowledge level on type II diabetes mellitus at selected teaching and training hospitals in the Central Region of Ghana. *Grant*. https://www.researchgate.net/profile/Anita-Davies-2/publication/276596188_Professional_Nurses'_Knowledge_level_on_Type_II_Diabetes_Mellitus_at_Selected_teaching_and_Training_Hospitals_in_the_Central_Region_of_Ghana/links/66d0859e64f7bf7b1948589d/Professional-Nurses-Knowledge-level-on-Type-II-Diabetes-Mellitus-at-Selected-teaching-and-Training-Hospitals-in-the-Central-Region-of-Ghana.pdf
53. **Christiana Naa Atsreh Nsiah-Asamoah** (2014). Ghanaian junior high school adolescents dietary practices and food preferences: implications for public health concern. *Journal of Nutrition & Food Sciences*. https://www.researchgate.net/profile/Christiana-Nsiah-Asamoah/publication/285606884_Ghanaian_Junior_High_School_Adolescents_Dietary_Practices_and_Food_Preferences_Implications_for_Public_Health_Concern/links/58aea06145851503be9200fe/Ghanaian-Junior-High-School-Adolescents-Dietary-Practices-and-Food-Preferences-Implications-for-Public-Health-Concern.pdf
54. **Christiana Naa Atsreh Nsiah-Asamoah**, John E Hagan (2012). A survey of energy drinks consumption practices among student -athletes in Ghana: lessons for developing health education intervention programmes. *Journal of the International Society of Sports Nutrition*. https://doi.org/10.1186/1550-2783-9-9
55. **Christiana Naa Atsreh Nsiah-Asamoah**, Christiana Buxton (2012). Contraceptive Knowledge, Perceptions and Use among Adolescents in Selected Senior High Schools in the Central Region of Ghana. *Journal of Sociological Research*. https://doi.org/10.5296/jsr.v3i2.2311
56. **Christiana Naa Atsreh Nsiah-Asamoah** (2011). Effect of class sizes on the teaching and learning of Food and Nutrition in Senior High Schools: Views and experiences of students. *Ghana Journal of Education: Issues and Practice,*.
57. **Christiana Naa Atsreh Nsiah-Asamoah** (2010). Dietary practices and food intakes of athletes in a tertiary institution in Ghana: Baseline information for planning interventions. *Nigerian Journal of Health and Kinesiology*.

Book chapters 1

1. 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

Reports 3

1. Emmanuel E Asmah, **Christiana N Nsiah-Asamoah** (2025). Addressing the Gendered Impacts of Food Price Volatility in Ghana: Policy Options for Nutrition and Food Security. *AERC*. https://publication.aercafricalibrary.org/handle/123456789/4018
2. **Christiana Nsiah-Asamoah** (2025). Nutritional Gaps in the Ghana School Feeding Programme: A Rapid Review. *Current Developments in Nutrition*. https://cdn.nutrition.org/article/S2475-2991(25)01955-9/fulltext
3. **Christiana Naa Atsreh Nsiah-Asamoah** (2011). The impact of malnutrition on access to primary education: Case studies from Ghana. CREATE. *CREATE Pathway to Access Research Monograph No.60.*.