

Prof. Kingsley Kwadwo Asare Pereko

Associate Professor · Community Medicine
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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 Community Medicine, University of Cape Coast, Cape Coast, Ghana	2008–2036
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EDUCATION AND QUALIFICATIONS

PhD Nutrition Nutrition, University of Ghana, Accra, Ghana	2011–2015
MPhil Nutrition Nutrition, University of Ghana, Accra, Ghana	2003–2006
BSc Community Nutrition Community Nutrition, University for Development Studies, Tamale, Ghana	1998–2002

DISTINCTIONS, MEMBERSHIPS AND SERVICE

Full Nurition, Ghana Academy of Nutrition and Dietetics, Accra, Ghana	2019–present
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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 Aguenau, 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](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 (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, 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 Kakai, 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. Gharthey, 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=scholar>
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=scholar>
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=scholar>
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=1172417321499982174&hl=en&oi=scholar>
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=1317704586734945779&hl=en&oi=scholar>

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 heamoglobin 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=scholar>
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=scholar>
3. Kingsley Pereko (2017). THE IMPACT OF COMMUNITY VOLUNTEER ACTIONS ON CHILD NUTRITION. *ANNALS OF NUTRITION AND METABOLISM*. <https://scholar.google.com/scholar?cluster=243689294859683868&hl=en&oi=scholar>
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=scholar>

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=2032563710433486506&hl=en&oi=scholar>

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=vhkIEAAQBAJ&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>