Jessica Ayensu

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RESEARCH

Interests	Human nutrition · dietetics
Areas	Nutrition and Dietetics · Public Health, Environmental and Occupational Health · General Health Professions · Insect Science · Experimental and Cognitive Psychology · Hematology

RESEARCH SUMMARY

21	335	7	7	1.56	17%
Publications	Citations	h-index	i10-index	Field-weighted impact	World top 10%

Counted from the 21 publications listed below, 2016–2026. Field-weighted impact is the mean over the 18 works scored for it; 1.00 is the world average for works of the same field, type and year. 3 of the 18 papers scored for it are among the world's most cited tenth for their field, type and year.

POSITIONS

Lecturer and Dietitian 2016–present
Nutrition and Dietetics, University of Cape Coast, Cape Coast, Ghana

PUBLICATIONS

Journal articles 21

1. 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
2. **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
3. 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
4. **Jessica Ayensu**, Freda Okrah, Micheal Akenteng Wiafe, Mary Amoako, Elinam Dzorgbe, Sandra Mensah (2026). Knowledge, Attitude And Practices towards Sugar-Sweetened Beverages amongst Adolescents in Senior High Schools in the Cape Coast Metropolis, Ghana. *Integrated Health Research Journal*. https://doi.org/10.47963/ihrj.v3i1.1901
5. **Jessica Ayensu** (2026). Nutrition Knowledge, Attitudes, and Dietary Practices Among Patients Undergoing Maintenance Hemodialysis in West Africa: A Cross-Sectional Study. *Journal of Nutrition Education and Behavior*. https://www.jneb.org/article/S1499-4046(26)00154-5/abstract
6. Daniel Ayeltigah, Bertrand Taabazuing, Mary Amoako, Adwoa Gyamfi, **Jessica Ayensu** (2026). Work stress, dietary patterns and metabolic syndrome among military personnel in Ghana: a cross-sectional study. *BMJ Open*. https://doi.org/10.1136/bmjopen-2025-109662
7. Mustapha Amoadu, Susanna Aba Abraham, William Akoto-Buabeng, Jones Abekah Baah, Edward Wilson

Ansah, **Jessica Ayensu** (2025). Hydration practices and water intake among truck and tanker drivers in Ghana. *Discover Public Health*. https://doi.org/10.1186/s12982-025-00575-w

8. Michael Akenteng Wiafe, **Jessica Ayensu**, Georgina Benewaa Yeboah, Divine Eli-Cophie, Anita Benewaa (2025). Management of adolescent obesity in developing countries: A systematic review. *Nutrition and Health*. https://doi.org/10.1177/02601060251330027
9. Gifty Araba Adadzeba Yawson, Mary Amoako, Charles Martyn-Dickens, Kenneth Ofori-Panyin, Serwah Bonsu Asafo-Agyei, **Jessica Ayensu**, Anthony Enimil (2025). The Prevalence and Determinants of Dyslipidemia and Lipodystrophy in Children on Highly-Active Antiretroviral Therapy at a Ghanaian Teaching Hospital: A Cross-Sectional Study. *Journal of the International Association of Providers of AIDS Care (JIAPAC)*. https://doi.org/10.1177/23259582251397741
10. **Jessica Ayensu** (2024). Correction: Predictors of food variety and food consumption scores of adolescents living in a rural district in Ghana. *Plos one*. https://doi.org/10.1371/journal.pone.0307682
11. Michael Akenteng Wiafe, **Jessica Ayenu**, Divine Eli-Cophie (2023). A Review of the Risk Factors for Iron Deficiency Anaemia among Adolescents in Developing Countries. *Anemia*. https://doi.org/10.1155/2023/6406286
12. 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
13. Michael Akenteng Wiafe, **Jessica Ayensu**, Georgina Benewaa Yeboah (2023). Predictors of food variety and food consumption scores of adolescents living in a rural district in Ghana. *PLoS ONE*. https://doi.org/10.1371/journal.pone.0286477
14. 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
15. **Jessica Ayensu**, Christopher Larbie, Reginald Adjetey Annan, Herman Lutterodt, Anthony Edusei, Su Peng Loh, Ernest Amponsah Asiamah (2020). Palm Weevil Larvae (Rhynchophorus phoenicis Fabricius) and Orange-Fleshed Sweet Potato-Enriched Biscuits Improved Nutritional Status in Female Wistar Albino Rats. *Journal of Nutrition and Metabolism*. https://doi.org/10.1155/2020/8061365
16. **Jessica Ayensu**, Reginald Annan, Herman Lutterodt, Anthony Edusei, Loh Su Peng (2020). Prevalence of anaemia and low intake of dietary nutrients in pregnant women living in rural and urban areas in the Ashanti region of Ghana. *PLoS ONE*. https://doi.org/10.1371/journal.pone.0226026
17. **Jessica Ayensu**, Herman Lutterodt, Reginald Adjetey Annan, Anthony Edusei, Su Peng Loh (2019). Nutritional composition and acceptability of biscuits fortified with palm weevil larvae (Rhynchophorus phoenicis Fabricius) and orange-fleshed sweet potato among pregnant women. *Food Science & Nutrition*. https://doi.org/10.1002/fsn3.1024
18. **Jessica Ayensu**, Reginald Adjetey Annan, Anthony Edusei, Herman Lutterodt (2018). Beyond nutrients, health effects of entomophagy: a systematic review. *Nutrition & Food Science*. https://doi.org/10.1108/nfs-02-2018-0046
19. 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
20. **Jessica Ayensu**, Anthony Edusei, Ibok Oduro, Christopher Larbie (2017). Status of Some Antioxidant Micronutrient and Pregnancy Outcomes in Ghanaian Adolescents Attending Antenatal Clinic in Urban (Suntreso) and Rural (Mampong) Hospitals. *European Journal of Nutrition & Food Safety*. https://doi.org/10.9734/ejnfs/2017/24209

21. **Jessica Ayensu**, Reginald Adjetey Annan, Anthony Edusei, Eric Badu (2016). Impact of maternal weight on pregnancy outcomes: a systematic review. *Nutrition & Food Science*. https://doi.org/10.1108/nfs-11-2015-0146