

FRED BAFFOUR ADDO

Public Health Nutritionist

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Sekondi-Takoradi, Ghana | +233 55 771 1533 |

PERSONAL PROFILE

I am a capable individual with great potential for academic success and personal development. My confidence, talent, and adaptability enable me to effectively handle complex situations, as seen by my experiences with research initiatives such as the Brukina project and the FAO project. I have remarkable focus, which allows me to immerse myself in projects without distractions. Furthermore, my inventiveness and imagination inspire me to create new and efficient ways to complete jobs. I am a deliberate decision-maker with strong problem-solving skills. As a good listener, I value and appreciate diverse points of view and thoughts. While I am constantly working to improve my networking and self-promotion skills, I am determined to overcome my fears and embrace my self-confidence.

EDUCATION

08/2018-10/2022: Bachelor of Public Health (Nutrition), University of Health and Allied Sciences

WORK EXPERIENCE

11/2022 - Present: Research and Teaching Assistant, University of Health and Allied Sciences, Ghana

- Supervised 140+ students to write examinations, ensuring that the standards of integrity were maintained.
- Assisted 20+ supervisees with first draft proposals to ensure the tenets of scientific writing were met
- As part of the Nutritional Assessment course, I supervised 80+ students over 16+ hours of lab practical sessions
- Organized a Kobocollect software tutorial session for 20+ supervisees

02/2022 – 03/2023: Research Assistant/Assistant Coordinator University of Health and Allied Sciences, Ghana

- Recruited 200+ participants and collected survey data for Soymilk-Brukina project sponsored by Bill and Melinda gates foundation to acquire an inferential sample size to gather reliable information.
- Served as team leader to ensure organization resulting in timely distribution of Soymilk-Brukina
- Performed full blood count test on samples from 200+ participants to identify blood biomarkers of iron status
- Performed ELISA test on human blood and stool samples for Human ferritin, Myeloperoxidase and lipocalin-2

05/2023: Research Assistant/ Assistant project coordinator NCD surveillance project

- Visited 7 communities and collected survey data on diabetes and hypertension from 500+ community members
- Measured Blood sugar, Hemoglobin level and BMI of 500+ community members

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- Gave nutrition counseling to 500+ community members

01/2023 – 03/2023: Field Research Assistant/ Acting Site Coordinator (FAO-WFP’s school meal nutrition guide lines and standards project), University of Ghana- Legon

- Visited 16+ schools within the Hohoe municipality to identify school practicing the School Feeding Programme in order to enroll participants onto the project
- Conducted Quantitative interviews for 300+ children and 300+ parents to identify various experiences with school feeding
- Conducted in depth interviews on teachers and focus group discussions with children and parents separately to understand their experience of the School Feeding Programme
- Transcribed interviews conducted to be used in the analysis of research findings
- Interviewed 16 caterers from 16 schools to get a picture of the nutrient density of the food given to the school children
- Conducted meetings with the research assistants to address challenges, track progress and plan for field activities

06/2022 – 07/2022: Research Assistant, University of Health and Allied Sciences (Uhas)/University of Birmingham

- Conducted qualitative interviews of 6+ stakeholders in various sectors to enquire about the extent of awareness, implementation, evaluation and monitoring of the 2007 WHO guidelines on the preparation of Powdered Infant Formula (PIF) and their application in current practice in Ghana.
- Transcribed 6+ interviews conducted for analysis with Atlas ti to identify findings from research

03/2022 – 04/2022: Research Assistant, University of Health and Allied Sciences /YORK University

- Visited the diabetes clinic and recruited 6+ patients to participate in survey to understand the experience of people living with diabetes
- Conducted qualitative interviews with 6+ participants for research on the experience on people living with diabetes.
- Transcribed interviews conducted for analysis to help generate findings form the research

10/2021 – 11/ 2021: Intern, Anloga District Health Directorate, Ghana

- Developed flyers for long lasting insecticide nets campaign (LLIN) to help advocate the use of LLIN
- Visited schools to speak to parents and teachers during PTA meetings about girl iron-folate tablet supplementation (GIFTS) which resulted 100% parent satisfaction

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- Engaged in Covid-vaccine education at the Anloga Health Directorate to provide 50 + community members with accurate knowledge on the vaccine and also dispute myths surrounding it resulting in 100% understanding
- Visited Anloga market to vaccinate 30+ community members with the Covid-19 vaccine

08/2021: Research Assistant, Myhealthcop, Ghana

- Collected survey data on diet and anthropometric measurements from 20+ Total company workers in order to perform analysis for dietary intake and nutrient density
- Calculated nutrient components the workers' diets with excel work book for Total healthy thirty dietary assessment project.

VOLUNTEER

05/2023: Anaemia prevalence study among Liklebi Senior High School girls

- Collected survey data on menstruation and anemia status from 90+ students
- Measured BMI and Hemoglobin level of 90+ students

05/2023: Community health assessment with Campbell University Public Health Team

- Collected survey data on health seeking behaviour, alcohol use, smoking, diabetes and hypertension from 100+ community members
- Checked blood sugar level, blood pressure and BMI of 100+ community members
- Gave counseling and a health talk to 100+ community members

06/2023: Medical outreach with Campbell University School of Osteopathic Medicine

- Coordinated community entry in four selected communities to conduct outreach
- Collaborated with community leaders to organize meeting points for outreach
- Ensured smooth patient flow for 600+ community members and achieved 80% patient satisfaction

TRAINING ATTENDED

06/2023: Stanford University Course on Introduction to Food and Health

04/2023: International Business Machines Corporation (IBM) course on Enterprise Design Thinking sponsored by IBM, United States

06/2022: McGill Summer School course on Qualitative Methods in Global Infectious Disease Research sponsored by McGill University, Canada

LANGUAGE

English: Reading, Speaking, Writing is excellent

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SKILLS/ABILITY

- STATA, ESHA Food Processor, WHO AnthroPlus, Atlas ti, Kobo Collect, Microsoft Applications (MS Word, MS Excel, and MS Powerpoint), Epidata Entry, and Canva software
- Conduct nutrition education, research, organize, analyze, and interpret data efficiently
- Good communication skills and interpersonal relationship

PROFESSIONAL REFERENCES

Dr. Isaac Agbemaflle

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Dr. Phyllis Addo

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