

CURRICULUM VITAE

Oluwaseun Ariyo
B.Sc., M.Sc., PhD (Ibadan)

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University and Professional Education, with dates:

(i) Undergraduate Education: University of Ibadan, Ibadan 1995-2000

(ii) Postgraduate Education: University of Ibadan (2001 – 2003)

University of Ibadan (2005 - 2014)

Academic Qualification (with dates and granting bodies)

(i) B.Sc. Human Nutrition (2001), University of Ibadan.

(ii) M.Sc. Human Nutrition (2003), University of Ibadan.

(iii) Ph.D. Human Nutrition (2014), University of Ibadan.

Scholarships, Fellowships and Prizes (with dates) in respect of undergraduate and postgraduate work only

- a. African Nutrition Leadership Fellowship to attend the African Nutrition Leadership Programme, South Africa, 2016
- b. Africa Research Excellence Fund Fellowship to attend the Essential Grants Writing Workshop, Senegal, 2016
- c. Nutrition Society, UK Travel Grant to attend the African Nutritional Epidemiology Conference (VII), Marakkesh, Morocco, 2016
- d. MASHAV Scholarship to attend the Nutrition in a Changing Global Environment Short Course, Jerusalem, 2016
- e. Innovative Methods and Metrics for Agriculture and Nutrition Actions (IMMANA) Travel Award to attend the 2nd Annual Agriculture, Nutrition and Health Week and the 5th Annual Nutrition Innovation Lab Scientific Symposium, Nepal, 2017
- f. International Union of Nutritional Sciences Travel Award to attend the 21st International Congress of Nutrition, Argentina, 2017

Field Code Changed

- g. KOP-Netherlands Fellowship Programme to attend a short course on ‘Food systems for healthy and sustainable diets’ Wageningen, Netherlands. 2018
- h. Innovative Methods and Metrics for Agriculture and Nutrition Actions (IMMANA) Travel Fellowship to attend the 3rd Annual Agriculture, Nutrition and Health Week and the 6th Annual Nutrition Innovation Lab Scientific Symposium, Accra, 2018

Honours, Distinctions and Membership of Learned Societies

- (i) Member, Nutrition Society of Nigeria (NSN/F/14/1074)
- (ii) Member, African Nutrition Society (ANS) (Membership No.: ANS-14-248).
- (iii) Member, Nutrition Society, UK (Membership No.: 120570988)
- (iv) Member, Nigerian Institute of Food Science and Technology (NIFST) (14/10966/M)
- (v) Member, Nutrition Society of Nigeria Education Committee 2016-2020

Details of Teaching/Work Experience

A. Nutrition and Dietetics Unit January, 2010 – November, 2012
 Department of Food Science and Technology
 Wesley University of Science and Technology, Ondo, Ondo State

B. Department of Human Nutrition, December 2012 to date
 University of Ibadan, Ibadan, Oyo State

(i) Undergraduate level

The following courses were taught along with other lecturers in the Department

NUT 201	Introduction to Foods and Nutrition I	2012/2013
NUT 202	Introduction to Foods and Nutrition II	2013/2014
NUT 203	Food Production and Nutrition	2014/2015
NUT 204	Introduction to Nutrition Education	2012/2013 till date
NUT 305	Public Health Nutrition	2015/2016
NUT 403	Nutrition Survey	2013/2014 till date

NUT 404	Community Nutrition	2012/2013 till date
NUT 405	International Nutrition	2012/2013 till date
NUT 409	Nutritional Planning and Policy	2013/2014 till date

(ii) Postgraduate level

The following courses were taught along with other lecturers in the Department

NUT 703	Food Science	2015/16-2017/18
NUT 704	Agriculture and Nutrition Linkages	2015/2016 till date
NUT 713	Food Consumption Studies	2015/2016 till date
NUT 707	International Nutrition	2015/2016 till date
NUT 708	Proposal Writing and Seminar	2015/2016 till date

(iii) Supervision of Projects

I have supervised thirty five (35) undergraduate and nineteen (19) postgraduate students since I assumed duty in the Department.

Administrative Duties:

Staff Adviser, Association of Nutrition Science Students, UI (2023 till date)

Department Postgraduate Programme Coordinator (August 2015 to 2022)

Member, Department Finance Committee (April 2014 to 2022)

Member, Departmental Environmental Committee (August 2015 to date)

Honorary Chess Coach, University of Ibadan Sports Council (February 2013 to date)

Selected Professional Experience

Embedded Capacity Strengthening Consultant/United States Agency for International Development/State Committee on Food and Nutrition, Bauchi State, 2023

This assignment was undertaken to build the capacity of the members of Bauchi State Committee on Food and Nutrition on Nutrition Programming, inaugurate Local Government Committee on Food and Nutrition in six local government areas and support coordination of nutrition activities in the state.

Co-Principal Investigator/Formative Evaluation of the Federal Government of Nigeria-UNICEF Nutrition Country Programme Component of Cooperation, 2018-2022

This evaluation was conducted under the umbrella of the American Institute for Research activity, and I served as the local Principal Investigator on the project. Data collection cut across the various geopolitical zones in Nigeria and Hanovia Nigeria Limited served as the primary data collection partner. I was involved in the design of the study procedure, inception meeting, processing of ethical approval, training of the enumerators for data collection, training of the members of National Working Group on the evaluation procedure in preparation for monitoring activities, policy review components, desk review of relevant literature, report writing and presentation of final report.

Consultant/Mapping of Nutrition Interventions and Actors under Accelerating Nutrition Results in Nigeria Project (Oyo, Akwa-Ibom, Kogi and Plateau States)

This activity primarily involves mapping of nutrition stakeholders and the nutrition specific and nutrition sensitive interventions across the listed states. It involved conceptualization of the mapping process, design of the study instruments, interview of selected stakeholders, report writing, validation of the report in conjunction with the state ANRiN project implementation Unit. This was conducted once in Akwa Ibom, three times in Oyo State and two times in Plateau states.

Consultant/Facilitator on Infant and Young Child Feeding in Ogun, Ondo and Oyo States Nigeria, UNICEF (2016–Present)

This activity primarily involves engagement of the health care stakeholders including heads of health facilities, head nurses, principal officers of the nursing and midwifery council, Nutrition Society of Nigeria, Nigeria Medical Association and other non-government stakeholders in the three states. The engagement included presenting the

current situation of infant and young child feeding in the state, implications on health and nutrition of women and under-five children, short and long term consequences, way forward and strategies that are best suited to the states. These are geared towards creating enabling environment for the promotion of optimal infant and young child feeding practices, sensitization of the frontline health workers on their roles and the opportunities that can be leveraged in the state to promote optimal infant and young child nutrition.

Lead Investigator/Supervisor, Assessment of Impact and Sustainability of Infant and Young Child Feeding Programmes in selected Local Government Areas in Akwa-Ibom State, (2019–Present)

This is an independent assessment of the strategy and methodology that three organizations with interest in infant and young child feeding are using in Akwa Ibom state. In addition, the outputs and impacts of the various organization was assessed.

Co-Principal Investigator, Nestle Research Switzerland Grant, Conducting a study on “Dietary Intake, Anthropometry, Lifestyle Parameters and Feeding Practices of Children Aged 4 -13.9 years in the City of Ibadan, Nigeria (Ibadan Kids Nutrition and Health Study), 2019-2021.

This study was designed to bridge the knowledge gap on the nutrition situation among school age children and identify the prevailing nutrient gaps among this age group. This is expected to lead to dietary improvement study to promote increased accessibility and affordability of nutritious foods to school age children.

Principal Investigator, Thomas Bassir Biomedical Foundation Small Research Grants, Study on “Positive Deviant Practices predisposing to Good Nutritional Status and Health of Nigerian Older People Living in Ibadan, Nigeria” December, 2017-2019.

This study was designed to identify strategies to promote better nutrition outcomes among indigent older population in Nigeria. The study was built on the premise that solutions to a problem already exists within the community where the problem persists and employed learning lens to understand existing innovative strategies that people are already using to achieve better health and nutrition outcomes in spite of limited resources.

Independent Consultant, Helen Keller International, the Monitoring of Maternal and Child Health Week in Jigawa, Katsina, and Benue States, Nigeria. (2014–2017)

This survey was designed to understand the level of use and the beneficiaries of Vitamin A supplements, deworming and other deliverables during the Maternal and Child Health Week in the states. This is part of the steps required to improve planning and scale up Vitamin A supplementation programme in Nigeria and other Maternal and Child Health Week programme and ultimately promote child nutrition and health.

Consultant, Food Basket Foundation International, Development of Facilitators and Training of Trainers Manual, Operation Research to reduce Bottlenecks in the implementation of Community Management of Acute Malnutrition in Northern Nigeria. (2013–2015)

This is a formative research conducted in conjunction with London School of Hygiene and Tropical Medicine. My responsibilities were to develop training manual and validated it, organize workshops and provide reports of all activities under the project.

Monitor, Helen Keller International, Maternal and Child Health Week Post Event Coverage Survey in, Nigeria. (January 2015)

This survey was designed to confirm the coverage report and the beneficiaries' perceived benefits of maternal and child health week in Ekiti State, Nigeria. This is part of the steps required to improve planning and scale up Maternal and Child Health Week programme in Nigeria and ultimately promote child nutrition and health.

Team Leader, Project Evaluation Team of the Nestle Healthy Kids Programme (2013-2014)

As the leader of the team to Lagos and Ondo State, I led a team of competent professions to conduct process evaluation, impact evaluation of the healthy kids programme and explore feasibility of building sustainability plan in the programme.

Research Assistant, Federal Ministry of Education/Federal Ministry of Health, New Food and Nutrition Textbook for Junior Secondary School1 (May, 2011)

I was responsible for the development of the draft text for secondary school students. This goal was to present age appropriate nutrition education in a simple, logical and systematic way to enhance learning of nutrition in schools in Nigeria.

Research Assistant, Federal Ministry of Education/Federal Ministry of Health/UNICEF, Development of a National Pupils' Text and Teachers' Manual on Primary School Nutrition and Health Education in Nigeria, Pupils' Book Three (August, 2010)

I was responsible for the development of the draft text for Primary four pupils. This goal was to present age appropriate nutrition education in a simple, logical and systematic way to enhance learning of nutrition in elementary schools in Nigeria.

Research Assistant, International Food Policy Research Institute (IFPRI), Nigeria Agriculture Policy Support Facility (APSF) (2009)

This project affords me the opportunity to understand the change process required in the agricultural sector that could substantially contribute to improved nutrition situation in Nigeria. Largely my responsibility under this project was limited to conduct desk review and synthesizing of draft report.

Team Leader, Food Basket Foundation/Micronutrient Initiative, Assessment of Vitamin A Supplementation (VAS) Coverage in Nigeria (2006)

This survey was designed to understand the level of use and the beneficiaries of Vitamin A supplements. This is part of the steps required to improve planning and scale up Vitamin A supplementation programme in Nigeria and ultimately promote child nutrition and health.

Field Team Leader, Human Nutrition Dept., University of Ibadan, Nigeria, Nigeria National Dietary Assessment Study (A Pilot Study for Nationwide Fortification of

**Iodized Salt with Iron) Humid Forest Agro ecological Zone (Akwa Ibom State)
(June 2004)**

This study was designed to assess the acceptability of double fortified salts (iron and iodine) in Nigeria to address the high burden of iodine and iron deficiency in the country. The study included testing for the compatibility of the salt to the various dishes or meals consumed. This is achieved by promoting the use of the double fortified salt and monitoring the household for change in selected parameters such as change in colour, taste, flavor, among others.

Community Service

Member, National Committee on Food and Nutrition	2017 till date
Member, Oyo State Committee on Food and Nutrition	2019 till date
Facilitator, Development of Jigawa State Strategic Plan of Action on Food and Nutrition	April 2022
Member, National Committee on Food and Nutrition Team to finalise the National Multisectoral Plan of Action on Food and Nutrition	2019-2020
Facilitator, finalization and validation of Ogun State Strategic Plan of Action on Food and Nutrition	2020
Facilitator, finalization and validation of Ekiti State Strategic Plan of Action on Nutrition	2019
Member, Consulting Team, Mapping of Nutrition Interventions and Actors in Oyo State, Nigeria	2019
Consultant, Assessment of Crop diversification and nutrition of farming households in selected local government areas of Niger state	2020
National Treasurer, Nutrition Society of Nigeria	2020 till date
Facilitator, finalization and validation of Oyo State Strategic Plan of Action on Food and Nutrition	2020

Lead Consultant, Mapping of Nutrition Specific and Nutrition Sensitive Interventions in Akwa Ibom State, Nigeria 2020

Lead Consultant, Mapping of Nutrition Specific and Nutrition Sensitive Interventions in Plateau State, Nigeria 2020

Research Experience

Nutritional status and Child Care Practices of Mothers with Children aged 6-23 months in Sabo Community, Ibadan.

This study was designed as a preliminary assessment of the relationship between child care practice, immunisation and anthropometric characteristics of children 6–23 months in Sabo community, Ibadan, Nigeria. The cross-sectional study involved 211 mother-child dyads. Information on socio-demographic characteristics, Child Care Practices (CCP) of mothers, immunisation status and anthropometric characteristics of children was collected using semi-structured questionnaire. A 30-point CCP scale was classified as poor (<20) and good (≥ 20). A 12-point immunisation scale was categorised as complete (12), incomplete ($>0 < 12$) and none (0). Weight and length were assessed using digital weighing scale and length board, respectively and analysed using WHO Anthro software. Data were analysed using descriptive statistics and Chi square test at $p < 0.05$. The outcome of the study showed that poor child practice and low immunisation coverage contribute to malnutrition among children 6-23 months in Sabo community, Ibadan.

Prevalence and Risk Factors of Malnutrition in Children aged 6–59 Months in Okolo-Eruwa Community, Ibarapa East Local Government Area, Oyo State

This community-based descriptive cross-sectional study involved 160 mother-child dyads. A semi-structured, interviewer-administered questionnaire was used to collect data on socio-demographic characteristics, infant feeding practices, and immunization history. Vaccination status was categorized as complete (12), incomplete immunization ($>0 < 12$) and None (0). Weight and length were assessed using standard procedure and analysed using WHO Anthro software. Prevalence of stunting ($< -2SD$; height-for-age), underweight ($< -2SD$; weight-for-age), and wasting ($< -2SD$; weight-for-height) was

determined using standard procedure. Weight and height of mothers were assessed to determine underweight (BMI <18.5kg/m²). Data were analysed using descriptive statistics, and Chi-square test was used to investigate the relationship at p=0.05. Household size was 2.29±0.85 and 98.7% were male-headed. Age of mothers was 28.9±7.9 years, 67.5% were married, 44.4% had no formal education and 56.9% were farmers. Age of index children was 29.44±14.9 months, 51.9% were females, 20.0% were first child and 55.6% were home delivered. Only 26.3% of the children were initiated to breastfeeding within 1 hour of birth, 56.9% were not fed colostrum, 39.9% were exclusive breastfed as at day 3 of birth, 41.3% presented diarrhea within the last two weeks and 30.0% had complete immunisation for age. Prevalence of stunting, wasting and underweight were 48.1%, 8.1% and 16.9% among index children. Overweight and underweight among mothers were 30.0% and 8.1% respectively. Overall double burden of malnutrition was 27.5% with 53.8% burden of mothers' underweight and child's stunting. Major risk for co-existence of underweight and stunting was method of sewage disposal.

Co-existence of mothers' underweight and child stunting is high among rural household in Okolo-Eruwa Community and major risk factor is the method of sewage disposal.

Influence of Nutrition Education on Nutrition Knowledge and Attitude of In-school adolescents with hearing disability in Ibadan

This study was designed to develop a sign-language based nutrition education material for hearing-impaired in-school adolescents and understand its effectiveness in promoting nutrition knowledge and attitude. Four secondary schools for the hearing-impaired/deaf were purposively selected for the study, with two of these schools as the control group and the other two served as the experimental school. The result showed that nutrition education using sign language increased the nutrition knowledge and attitude of hearing-impaired adolescent students.

Effect of Lifestyle Education on Knowledge of Non-Communicable Diseases Risk Factors among Public School Teachers in Ibadan Municipal, Nigeria. (2016-2018)

As the lead researcher, this study was designed to address the rising incidence of non-communicable diseases among teachers through promotion of lifestyle education particularly the dietary practices. This quasi-experimental study involved 284 teachers selected across four schools in two local government areas selected using a three-stage, simple random sampling procedure. Information on socio-demographic characteristics, lifestyle, knowledge of risk factors of NCDs, and anthropometric characteristics was collected using semi-structured, interviewer-administered questionnaire. Experimental group was exposed to 30 minutes/week lifestyle education for six week using interactive lecture mode. Knowledge was assessed on a 20-point scale classified as poor (<7), fair (7-13) and good (>13) at baseline and endline. Weight, height and body composition were assessed and categorised using WHO standard. Data were analysed using descriptive statistics and Chi-square tests at $\alpha_{0.05}$. The outcome of the study showed that lifestyle education increases knowledge on modifiable risk factors for non-communicable diseases.

Effect of Home Gardening on Food Security and Diet Quality of Households in Ijebu-Igbo, Nigeria. (2016-2018)

As the lead researcher, this study seeks to promote home gardening by demonstrating its impact on food security and diet quality. In addition, the study adopts a focus group discussion to identify barriers to home gardening in the study area. The study found that the practice of home gardening remains unpopular (less than one-third of households), food security and diet quality were higher among households with home garden than households without home garden. Perceived benefits of home gardening as identified by the respondents included enhanced income, increased physical access to foods and inclusion of available food stuff during food preparation. Identified challenges to home gardening included inadequate space, limited time and free range domestic animals intrusion into the home gardens. Based on the outcome of this study, home gardening have been promoted in Benue, Kaduna and Kogi states with support from Synergos Innovations.

Nutrition Education improves In-School Adolescent Nigerian Girls' Knowledge and Attitude to Iron Deficiency Risk Factors. (2016-2018)

As the lead researcher, this project work was designed to address inadequate iron intake among Nigerian adolescents and its consequential high burden of iron deficiency anaemia. We explored how school-based, lecture-mode nutrition education influence knowledge and attitude of adolescents girls to iron deficiency risk factors. The study found improvement in knowledge and increasing positive attitude to reduce risks of iron deficiency among adolescents girls. The study recommended the need to scale up sensitization and nutrition education targeted at reducing iron deficiency among the adolescents girls using the school space.

The Effect of Game-enhanced Nutrition Intervention on Breakfast Habits of In-School Adolescents. (2017-2018)

Functioned as the lead researcher in a quasi-experimental design study involving 360 in-school adolescents assigned into Participatory Experimental (PEG), Experimental (EG) and Control groups (CG) of 120 each. A 'Breakfast Master' board game was developed with PEG to teach benefits of regular and healthful breakfast intake and consequences of skipping breakfast. The board game was used for a 3-week nutrition education intervention among the experimental groups. Knowledge, attitude and breakfast habit were assessed at baseline and endline. The study found that board-game based nutrition education enhanced breakfast habit among in-school adolescents and the use of participatory approach in development of intervention tool heightened knowledge, attitude and practice change.

Positive Deviant Practices predisposing to Good Nutritional Status and Health of Nigerian Older People Living in Ibadan (Principal Investigator, 2018 till date)

The study was designed to identify already existing behaviours and dietary practices that are associated with reduced risks of malnutrition, cardio-metabolic risks and good health among individuals aged 65 years and above. The data collection phase is completed, preliminary report is available. Advanced data analysis and thematic

analysis of qualitative data are presently ongoing. The outcome of the study would inform strategies to promote good nutrition and health among older people in Ibadan and other areas.

Barriers and Enablers of Exclusive Breastfeeding Practices among Mothers with Infants 0-6 Months in Ogun State (Principal Investigator, 2018 -2021)

The study was designed to contribute to the ongoing efforts to promote optimal infant and young child feeding practices and reduce health consequences associated with low exclusive breastfeeding practices in Nigeria. Both quantitative and qualitative data collection have been completed. Quantitative data analysis is completed and preliminary report is available. Qualitative data analysis is still ongoing. The outcome of the study is intended to strengthen efforts to promote practice of exclusive breastfeeding in Nigeria.

Effect of iron and folic acid counselling and text message reminder on the uptake and adherence to supplementation among pregnant women attending ante-natal services in two health facilities in FCT, Abuja, Nigeria (Investigator, 2020-2022)

This study was conducted to address poor compliance to iron and folic acid supplementation among Nigerian pregnant women and thereby contribute to improving maternal and child health and promotes favourable pregnancy outcomes. The study aimed to assess how IFA counselling and Text Message reminders could improve the uptake and adherence of Iron and Folic Acid Supplements amongst pregnant women attending antenatal clinics at the University of Abuja Teaching Hospital and the Gwagwalada Township Clinic. This study adopted a type-2 effectiveness implementation hybrid design with a quasi-experimental technique. A purposive sampling technique was used to select 153 respondents and divided into three groups; counselling group (51), text message reminder and counselling group (51) and control group (51). Advanced data analysis and thematic analysis of qualitative data are presently ongoing. The outcome of the study would inform strategies to promote adherence to iron folic acid supplementation programme among pregnant women.

Potential Social and Economic Impacts of World Bank Accelerating Nutrition Results in Nigeria Project in Abia and Oyo States (Investigator, 2021 till date)

The study is designed to model the opportunity costs and the potential benefits of the ongoing Accelerating Nutrition Results in Nigeria Project in Abia and Oyo States. In addition, the prospects and the consequences of the approach adopted for the implementation of the project in the two states will be examined. Both quantitative and qualitative data collection will be adopted for the study. The outcome of the study is intended to document the effectiveness of the implementation approach in the Accelerating Nutrition Results in Nigeria Project across the two states.

Optimizing Social Protection Policies and Programmes for Nutrition Outcomes in Nigeria (Investigator, 2021 till 2022)

The study seeks to explore the opportunities embedded in social protection programmes and strategies to strengthen outcomes of nutrition intervention programmes. The study specifically intends to identify social protection policies and programmes at both federal and state levels, document the opportunities or leverages of social protection programs in improving the outcome of nutrition intervention programmes and explore the perception of relevant stakeholders on the approach to operationalize the outcome.

Project, Dissertation and Thesis

1. **Ariyo, O.** (2000): Effect of Vitamin C Supplementation in the third trimester of pregnancy on ascorbic acid concentration in maternal breastmilk post partum. B. Sc. Human Nutrition Project, University of Ibadan, Ibadan, Nigeria.
2. **Ariyo, O.** (2003). Nutrition in Sports: The effect of caffeine intake on ascorbic acid status. M. Sc. Dissertation, University of Ibadan, Ibadan, Nigeria.
3. **Ariyo, O.** (2014): Comparison of lifestyle, nutritional status and vulnerability among the elderly in rural and urban areas of Ibadan, Nigeria. Ph.D. Human Nutrition Thesis, University of Ibadan, Ibadan, Nigeria.

Publications

1. **Ariyo, O.**, Akintimehin, O., Taiwo, A. F., Nwandu, T., & Olaniyi, B. O. (2023). Awareness, practices and perspectives on ensuring access to ideally packaged iodized salt in Nigeria. *Dialogues in Health*, 3, 100148.
2. **Ariyo, O.**, Alabi, O., Aleru, E. O., & Ojo, T. J. (2023). Effect of emotion-based nutrition messages on consumption of calcium-rich foods among early adolescents in Ogbomoso, Nigeria. *Dialogues in Health*, 2, 100130.
3. Adeyemi, O., Adejoh, V., Anjorin, O., **Ariyo, O.**, Makanjuola, B., Sablah, M., & Onabolu, A. (2023). Nutrition Capacity Assessment of Agriculture Extension Services in Nigeria. *Food and Nutrition Bulletin*, 03795721231158417.
4. **Ariyo, O.**, Taiwo, A., Ogunjinmi, J., & Oduneye, M. (2023). Knowledge, Attitude and Compliance to Dietary Recommendation Among Type-2 Diabetes Patients Attending Medical Outpatient Clinic at the University College Hospital, Ibadan, Southwest Nigeria. *African Journal of Biomedical Research*, 26(3), 347-353.
5. **Ariyo, O.**, Oladipo, F. S., Alimi, E. J., & Atojoko, M. A. (2023). Access to Nutrition Information, Dietary Diversity and Shortfall Food Groups among Nigerian In-School Adolescents. *Annals of Health Research (The Journal of the Medical and Dental Consultants Association of Nigeria, OOUTH, Sagamu, Nigeria)*, 9(4), 279-289.
6. Sanusi, R. A., Wang, D., **Ariyo, O.**, Eyinla, T. E., Tassy, M., Eldridge, A. L., Ogundero, A., Leshi, O., Lenighan, Y.M., Ejoh, S.I. & Aleru, E. (2022). Food Sources of Key Nutrients, Meal and Dietary Patterns among Children Aged 4–13 Years in Ibadan, Nigeria: Findings from the 2019 Kids Nutrition and Health Study. *Nutrients*, 14(1), 200.
7. **Ariyo, O.**, Leshi, O. O., Adedipe, E. O., & Aleru, O. O. (2022). Board-Game based Nutrition Education enhanced Breakfast Habit of In-School Adolescents in Ile-Ife, Nigeria. *African Journal of Biomedical Research*, 25(1), 45-52.

8. Brai, B. I., Afolabi, W. A., **Ariyo, O.**, Oloyede, J., Anjorin, F., & Owolabi, A. (2022). Large scale food fortification in Nigeria: Opportunities and challenges: A position of the Nutrition Society of Nigeria. *Nigerian Journal of Nutritional Sciences*, 43(2), 1-8.
9. **Ariyo, O.**, Dudulewa, B. I., & Atojoko, M. A. (2022). Nutritional and sensory properties of biscuits based on wheat (*Triticum aestivum*), beniseed seed (*Sesamum indicum*) and sweet potato (*Ipomoea batatas*) composite flour. *Agro-Science*, 21(2), 66-73.
10. Bede, E. N., Uwandu, C. N., **Ariyo, O.**, Odoemenam, E. F., Odega, E. E., & Ojo, T. J. (2022). Assessment of nutrient intake among rural farming households in Imo State, Nigeria. *Nigerian Journal of Nutritional Sciences*, 43(2), 183-191.
11. Leshi, O. O., **Ariyo, O.**, & Iweha, O. M. (2022). Employers perception on skills and competencies of nutrition and dietetics graduates from Nigerian universities. *Nigerian Journal of Nutritional Sciences*, 43(1), 13-25.
12. Otekunrin, O. A., Otekunrin, O. A., Ayinde, I. A., Sanusi, R. A., Onabanjo, O. O., & **Ariyo, O.** (2022). Dietary diversity, environment and health-related factors of under-five children: evidence from cassava commercialization households in rural South-West Nigeria. *Environmental Science and Pollution Research*, 29(13), 19432-19446.
13. **Ariyo, O.**, Balogun, B. and Solademi, E. A. (2021). Effect of accelerated ripening agent on nutrient and antinutrient composition of banana. *Journal of Agriculture and Food Sciences* Vol. 19. No.1: 63-77pp
14. **Ariyo, O.**, Balogun, B., Adeboyejo, F. and Ilesanmi, F. (2021). Proximate, Mineral, Antinutritional Composition and Antioxidant Properties of Formulated Cocoa Spread Enriched with Date Palm Fruit (*Phoenix Dactylifera*) and Nuts. *Nigerian Food Journal*, Vol. 39, No. 2, 112-127.
15. Okareh, O. T., **Ariyo, O.** and Ibobo, A. J. (2021). Amelioration of heavy metals in beverages using eggshell adsorbent: a potential novel approach for improving the quality of beverages. *African Journal of Agriculture, Technology and Environment* Vol. 10, No. 2: 59-69
16. **Ariyo, O.**, Adetutu, O. and Keshinro, O. (2021). Nutritional composition, microbial load and consumer acceptability of tiger nut (*Cyperus esculentus*),

- date (*Phoenix dactylifera L.*) and ginger (*Ziniber officinale Roscoe*) blended beverage. *Agro-Science* Vol. 20. No.1: 72-79pp
17. Okareh, O. T., **Ariyo, O.** and Loto-Charles, A. R. (2021). Glycemic Indices of Pineapple, Banana, Jollof Rice and Wheat Flour Dough. *Nigeria Journal of Nutritional Sciences* Vol. 42. No. 2: 180-186pp
 18. Samuel, F. O., Eyinla, T. E., **Ariyo, O.**, Leshi, O. O., Brai, B. I., & Afolabi, W. A. (2021). Food Access and Experience of Food Insecurity in Nigerian Households during the COVID-19 Lockdown. *Food and Nutrition Sciences*, 12(11), 1062-1072.
 19. **Ariyo, O.**, Samuel, F. O., Eyinla, T. E., Leshi, O. O., Brai, B. I. C., & Afolabi, W. O. (2021). Food-related Coping Strategies adopted by some Households during COVID-19 Lockdown in Nigeria. *Open Journal of Medical Research* (ISSN: 2734-2093), 2(2), 153-162.
 20. **Ariyo, O.**, Aderibigbe, O. R., Ojo, T. J., Sturm, B. and Hensel, O. (2021). Determinants of appropriate complementary feeding practices among women with children aged 6-23 months in Iseyin, Nigeria. *Scientific Africa* Vol.13. e00848pp
 21. **Ariyo, O.**, Okareh, O.T., Oloyede, F. and Okoror, T. A. (2021). Effects of Photo-Voice Approach on Recall Accuracy in 24-Hour Dietary Assessment Procedure among University of Ibadan Undergraduate Students. *Nigeria Journal of Nutritional Sciences* Vol. 42. No.1, 164-173pp
 22. Tassy, M., Eldridge, A. L., Sanusi, R.A., **Ariyo, O.**, Ogundero, A., Eyinla, T. E. and Wang, D. (2021). Nutrient Intake in Children 4-13 Years Old in Ibadan, Nigeria. *Nutrients* Vol.13. No.6: 1741pp
 23. Idowu, S. O., Akindolire, I. A., Adebayo, B. E., Adebayo, A.M. and **Ariyo, O.** (2020). Determinants of anthropometric characteristics of under-five children in internally displaced persons' camps in Abuja municipal area council, Abuja, Nigeria. *Pan African Medical Journal* Vol.36.No.313: pp
 24. Samuel, F. O., Aremu, O. O. and **Ariyo, O.** (2020). Nutrition Knowledge, Dietray Diversity and Intake among Pregnant Adolescents in Ibadan Metropolis, Nigeria. *Nigerian Journal of Public Health*, 5 (1), 69-79.

25. Sanusi, R. A., Samuel, F. O., **Ariyo, O.** and Eyinla, T. E. (2019). Achieving food security in Nigeria by 2050. *African Journal of Medicine and Medical Sciences* Vol. 48. (Suppl) 23-27pp
26. **Ariyo, O.**, Leshi, O. O., Leshi, O., and Kayode-Ige, S. (2019). Breakfast Practice and Anthropometric Characteristics of School Age Children in Oyo Metropolis, Oyo State, Nigeria. *Nigerian Journal of Public Health*, 4 (1), 21-29.
27. **Ariyo, O.** (2018). Contribution of Adequate Nutrition in Cognitive Development in Children. In Osundahunsi, O. F. (Ed). Roadmap To Improve Livelihoods In Africa: Alexander von Humboldt (AvH) Kolleg Conference, Federal University of Technology, Akure. 363-372 pp.
28. Okareh, O. T., Oyelakin, T. M. and **Ariyo, O.** (2018). Phytochemical properties and heavy metal contents of commonly consumed alcoholic beverages flavoured with herbal extract in Nigeria. *Beverages* Vol.4.No.1:60pp
29. **Ariyo, O.**, Atojoko, M. and Osinowo, O. G. (2015). Nutritional and antinutritional composition of raw, boiled and roasted African Breadfruit (*Artocarpus Altilis*) Pulp. *West African Journal of Foods and Nutrition* Vol.13. No.2: 63-69pp
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2. Ariyo, O. (2015). Maternal, Newborn and Child Health Week in Katsina State. A Technical Report submitted to Helen Keller International. 87pp.
3. Ariyo, O. (2015). Maternal, Newborn and Child Health Week in Benue State. A Technical Report submitted to Helen Keller International. 105pp.
4. Ariyo O. (2018). Nutrition Sensitivity of Agricultural Interventions in selected Communities in Benue State, Nigeria. A Consultancy report submitted to Synergos

- Development Innovations LTD/GTE for the contextualization of agricultural sector food security and nutrition strategy for Benue (SPA) programme. 105pp.
5. Ariyo O. (2018). Nutrition Sensitivity of Agricultural Interventions in Kaduna State, Nigeria. A Consultancy report submitted to Synergos Development Innovations LTD/GTE for the contextualization of agricultural sector food security and nutrition strategy for Kaduna (SPA) programme. 73 pp.
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 11. Ariyo O. (2021). Mapping of Nutrition Interventions in Plateau State, Nigeria. A component of Accelerating Nutrition Results in Nigeria (ANRiN) Project. 131 pp
 12. Oyewole E. O. and **Ariyo O.** (2022). Updated Mapping of Nutrition Interventions in Oyo State, Nigeria. A component of Accelerating Nutrition Results in Nigeria (ANRiN) Project.

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15. Alonge, S. K., Wadinga, A., **Ariyo O.**, Adinya, M. A. (2022). In-depth Nutrition Assessment and System Review of Social Protection Programmes in Nigeria. Phase One Report: Documentation Review. Nutrition International, Abuja, Nigeria.
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17. Ring, H., **Ariyo, O.**, Morey, M., Warren, A., Behmer, T. & Coombes, A. (2022). Formative Evaluation of Federal Government of Nigeria-UNICEF Nutrition Country Programme Component of Cooperation, 2018-2022. UNICEF.

Selected Conferences and Workshops

- 52nd Annual General Meeting/Scientific Conference of Nutrition Society of Nigeria, Abeokuta 2022
- 51st Annual General Meeting/Scientific Conference of Nutrition Society of Nigeria, Enugu 2021
- 50th Annual General Meeting/Scientific Conference of Nutrition Society of Nigeria, Kaduna, 15th – 18th November, 2020
- 49th Annual General Meeting/Scientific Conference of Nutrition Society of Nigeria, Abuja, 10th – 13th September, 2019
- Alexander Von Humboldt Kolleg 2018 at the Federal University of Technology, Akure, 1st – 5th October, 2018.
- 48th Annual General Meeting/Scientific Conference of Nutrition Society of Nigeria, Ekpoma, 17th – 22nd September, 2018

- 3rd Annual Agriculture, Nutrition and Health Week and the 6th Annual Nutrition Innovation Lab Scientific Symposium at Kempinski Hotel, Accra, Ghana. June 25-29, 2018
- Food systems for healthy and sustainable diets at the Wageningen Centre for Development Innovation, Wageningen Campus, Netherlands. June 4-22, 2018.
- 21st International Congress of Nutrition held in the Sheraton Buenos Aires Hotel & Convention Center, Argentina 15-20 October, 2017.
- 12th International Food Data Conference, Buenos Aires, Argentina, October 11-13 2017.
- 47th Annual General Meeting/Scientific Conference of Nutrition Society of Nigeria, Ibadan 2017.
- 46th Annual General Meeting/Scientific Conference of Nutrition Society of Nigeria, Makurdi, Benue State. 2016.
- Food and Agriculture Organization Education for Effective Nutrition in Action, Training of Trainers Workshop, Teshie Nungua, Accra, Ghana, February 2015.
- 45th Annual General Meeting/Scientific Conference of Nutrition Society of Nigeria, Lagos State. 2015.



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Oluwaseun ARIYO

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