



**KUFRE JOSEPH OKOP** (BSc Hons, MPH, PhD)

✉ [kufre.okop@uct.ac.za](mailto:kufre.okop@uct.ac.za); [kufreokop@gmail.com](mailto:kufreokop@gmail.com)

## WORK HISTORY

**I: UNIVERSITY OF CAPE TOWN (UCT): MARCH 5, 2014 – To DATE: M&E LEAD; RESEARCH PROJECT COORDINATOR & POST-DOCTORAL RESEARCH FELLOW**  
University Of Cape Town (UCT), South Africa

**A: MONITORING AND EVALUATION LEAD: SCALLING UP PLH EVALUATION RESEARCH (SUPER) GLOBAL STUDY**

January 2020 – to date

**Centre for Social Science Research, Faculty of Humanities, UCT**

- Provides technical and coordination support for implementation parenting and Life-long Health projects in over 26 countries in Africa and Asia
- Develop M&E System and support Training and capacity-building of implementing partners on PLH projects
- Conducting interviews with implementing partners and staff, analysing the generated data, and writing up the results together with co-investigators;
- Build maintain positive collaboration with implementing partners, including Clowns Without Borders South Africa, Universities of Oxford and Cape Town;
- Securing ethics approval in the various implementation sites for research;
- Lead and contribute to research outputs, reporting and results dissemination in through media, and peer-reviewed journals.

**B: RESEARCH PROJECT COORDINATOR/POST-DOCTORAL RESEARCH FELLOW – NCD RESEARCH**

January 2017– January 2020

**Chronic Disease Initiative for Africa Unit, Dept of Medicine, UCT:**

- Provides technical and coordination support for implementation of CEBHA+ projects (NCD/CVD Screening & Evaluation) in Malawi, Ethiopia, Rwanda and South Africa
- Facilitates capacity building on implementation research & Citizen Science (CS) for country-level project teams
- Facilitates training and design of Citizen Science/Qualitative CVD risk perception, communication, advocacy study
- Facilitates population-level data source identification, data access, data sharing agreement, and data harmonization
- Support epidemiological data analysis, development of health risk prediction model estimates using population-based data
- Develop operationalizable proposals/Activity Plans for implementation and monitoring of project phases in the countries.
- Engage stakeholders on health systems strengthening and capacity development

### Key Outcomes:

- Implementation of CEBHA+ study (phases 1-3) in 3 countries

## PROFESSIONAL SKILLS

- Project planning & management
- Research, Monitoring, Evaluation and Learning (MERL)
- Experience in travel behaviour (survey) research
- Data sourcing & harmonization for transport-health impact modelling
- Coordination of wide-range health intervention programmes
- Coordination of Collaborative multi-country health
- Design & management of mobile-based qualitative and quantitative data collection
- Community-based M-Health support
- Technical support for national HIV/AIDS response review
- Situation analysis/desk reviews
- Evaluation, M&E training support
- Teaching and supervision of post-graduate students in public health
- Epidemiological data management
- Quantitative/qualitative research methods, ethnography, surveys, citizen science
- Peer/Editorial reviewing

## EDUCATION

- **2017:** University of the Western Cape, SA: **PhD, Public Health**
- **2004:** University of Ibadan, Nigeria: **Masters in Public Health**
- **1995:** University of Calabar, Calabar, Nigeria: **B.Sc. Human Anatomy/Physiology**
- **1989:** School of Arts & Science, Uyo, Nigeria: **Senior Secondary Science Certificate (SSCE/GCE)**

## COUNTRY OF EXPERIENCE

South Africa, Nigeria, Zambia, Malawi, Rwanda and Ethiopia, Cameroon, Kenya and the

- Over 114 community members and project staff trained on Citizen Science (CS) and mobile data collection in each country
- CS project findings provided priority areas needing intervention
- Community Stakeholders' advocacy workshop undertaken led to pilot interventions on CVD risk prevention and screening campaigns in Ethiopia, Rwanda and Malawi.
- Produced health risk performance prediction estimates using non-lab-based and lab-based CVD screening algorithms.
- 30-40 community health workers billed for training on mobile-base CVD risk screening and referral per country in 2020.

<sup>1</sup>**CEBHA+** - Collaboration for Evidence-Based Health Care and Public Health in Africa is a Research Networks for Health Innovations in Sub-Saharan Africa Project implemented in 5 Countries and funded by the German Ministry of Education and Research.

### **C: RESEARCH PROJECT ASSISTANT/ POST-DOCTORAL RESEARCH FELLOW**

*Division of Exercise Science and Sport Medicine, Human Biology (Dept)*

*January 2017- January 2019*

- Supports <sup>2</sup>GDAR Project in Cape Town
- Supports mixed-methods systematic review on travel behaviour determinants in Africa and the Caribbean
- Facilitates integrated transport and health impact modelling and research collaboration between Cambridge and UCT
- Provides technical support for data management (using REDCAP, EpiCollect, STATA) for GDAR activities

<sup>2</sup>**GDAR** – Global Diet and Activity Research. NIHR-funded Non-communicable disease prevention Research Network facilitated by the University of Cambridge.

#### **Key Outcomes:**

- Sourcing for travel survey/traffic and injury data
- Conducted separate systematic reviews on i)urban population health, ii)travel behaviour, and iii)food production and food choice

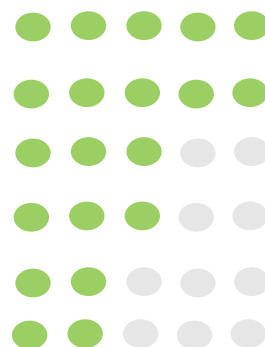
### **D: METS STUDY PROJECT SITE COORDINATION/ DOCTORAL RESEARCH ASSISTANT –**

*Division of Exercise Science and Sport Medicine, Human Biology (Dept)*

*March 2014- December 2017; January-May 2019*

- Coordinates longitudinal project, <sup>3</sup>METS, and obesity and Food environment research in South Africa
- Day to day coordination and management of Study - recruitment and data collection, and community ethnography
- Preparation of ethics documentations for research projects
- Organizes Research Network and collaborations meetings/engagements
- Harmonization, visualization, and analysis of cohort data
- Support research on ecological drivers of obesity, diabetes, and the nexus of obesity and food insecurity
- Coordinate research on food environment and health
- Grant/funding application development
- Epidemiological data analysis, dissemination, peer-reviewing

<sup>3</sup>**METS** – Modelling Epidemiological Transition Study. This is an NIHR-funded study supported by Loyola University, US and implemented in 5 countries (Jamaica, Seychelle, South Africa, and US).



### Key Outcomes:

- Instrumental to the success of IDRC grant (\$182,300 CAD)  
Title: 'Savings for Health: Harnessing Rotating Savings and Credit Associations to Improve Healthy Food Choices' (December 2019)
- Published 2 papers in Int'l Journal of Obesity, BMC Public Health
- Implemented Citizen Science and Physical activity project in low-income communities
- Advocacy on sugar tax using METS data/publication

## **2: SCHOOL OF PUBLIC HEALTH, UWC: FEBRAURY 17, 2013– July 30, 2016: PROJECT SUPERVISOR, 4PURE STUDY PROJECT - University of The Western Cape, South Africa**

- Supervising and coordinating the 4PURE project activities in South Africa (Cape Town and Eastern Cape)
- Project design and collaborations, fieldwork/survey implementation,
- Lead data tools design, data collection, quality assurance and analyses, and reporting.
- Facilitated Centre of Excellence on Food Security (CoFS) research collaboration on food systems and food choice
- Technical assistance for PURE Study and related research collaborations;
- Facilitates Winter/Summer Schools - School of Public Health

### Key Outcomes:

- Taught M&E Courses for Health Programme Managers
- Supervision of 5 years PURE study data collection and analysis
- Published 4 papers in peer-reviewed journals

<sup>4</sup>PURE study –Prospective Urban and Rural Epidemiology Study – An ongoing multi-country longitudinal (cohort) study started in 2005 in over 28 countries. Cape Town is a Centre

## **3 (Part-time): OPEN UNIVERSITY OF NIGERIA, ABUJA: MAY 20, 2006-JULY 30, 2013: LECTURER / COURSE FACILITATOR**

- Taught Anatomy, Research methods and Nursing Science.
- Supervision and course facilitation
- Research project Supervised/completed: Four (4) Post-graduate diplomas, 4 Bachelors, 2 Masters' degree students.

## **4: FHI360 & GHAIN/SIDHAS/AHNI PROJECTS. NOVEMEBR 12, 2004-JANUARY 13, 2013: TECHNICAL OFFICER, MONITORING & EVALUATION (M&E)/ M&E SPECIALIST**

### **A: MARCH 23, 2007-JANUARY 13, 2013: TECHNICAL OFFICER, MONITORING & EVALUATION (M&E) – Family Health International (FHI360), Abuja, Nigeria**

- Designing, and implementation of M&E activities in the states, health facilities and communities in PEPFAR- and Global Fund-supported Projects HIV/AIDS comprehensive care project
- Coordinating M&E activities and State-level teams in Niger State, and 5 other North-Central region states of Nigeria.
- Supporting comprehensive home-based care for orphans and

## **CONSULTANCIES**

### **September 1 – December 20, 2019**

#### **CEBHA+ Capacity building**

Training Project Staff in Ethiopia, Malawi & Rwanda on CEBHA+ Citizen Science/qualitative research  
-Training on mobile data collection

### **February-June 2015**

**Evaluation/data management of** mother-to-mother PMTCT programme in seven sub-Saharan Countries: University of the Western Cape (UWC)

### **August-November 2014**

#### **Research Intern**

CDIA, Department of Medicine, University of Cape Town  
Assessment of Cardiovascular Disease Risk in South African Communities.

### **August-October 2012**

#### **National Consultant (M&E),**

USAID funded MAPS (Malaria Action Project): Situation analyses and assessment of national malaria control programme in 10 Nigerian states.

### **Apr-May 2010**

**Consultant/Researcher Officer - FMOH**  
MDG Assessment

### **November December 2009**

**Consultant National Malaria Control**  
Programme/ FHI360

Technical assistance in LLIN campaign and distribution, NMCP/Global Fund

### **September 2008**

**Technical Expert (M&E), FHI360** Data quality Assurance

Service Quality Improvement  
Malaria prevention project (ILLN)

### **November 2004-April 2005**

#### **Technical Expert (M&E),**

NACA<sup>5</sup>/UNDP: National HIV/AIDS response review, desk reviews, Situation analyses, and development of National Strategic Frameworks (NSF) for HIV/AIDS in Nigeria (2005-2009).

<sup>5</sup>NACA -National AIDS Control Agency

### **December 2001-February 2002**

#### **Project Coordinator,**

Oriade Health Initiative (Malaria Project), Ekiti State, Nigeria

vulnerable children (OVCs)

- Conducting situation analysis, performance assessment, and developed M&E tools;
- Provided technical support on health systems capacity building
- Facilitating capacity building for local/state-level stakeholders and staff on HIV/AIDS care, and data collection, monitoring and reporting, and operational research.

**Outcomes:**

- Supported programme management, project development and technical assistance and leadership in the implementation of PEFFAR- and USAID funded HIVAIDS and Global Fund projects
- Design M&E system and implement FHI360 project activities that resulted in over 100,000 persons (living with HIV) on ART treatment for the first time in Nigeria
- Capacity building for local/state-level stakeholders and staff on HIVAIDS care and data collection, monitoring and reporting

**B: NOVEMBER 12, 2004-MARCH 23, 2007: DATA MANAGER/ M&E SPECIALIST - HUCE-PACE Howard University Continuing Education/FHI360-GHAIN Project: Area 3, Garki, Abuja, Nigeria**

- Coordinated the implementation, supervision, and evaluation activities for FHI360/GHAIN Project in 10 Nigerian States under FHI360 and Howard University ART programmes.
- Designed and implemented need assessments and surveys
- Managed M&E teams and activities in 8 project states;
- Analyse data and developed project reports/dissemination.
- Facilitate FHI360 collaboration with other stakeholders and implementing partners on the project implementation.
- Supported training and skill building on M&E systems and operational research
- Supervise a team of 10 M&E Officers
- Performing other duties assigned by HUCE/PACE and FHI360

**Outcomes:**

- Development of the first Pharmacy service best practices Guidelines for HIV/AIDS comprehensive care
- Designed and implemented Community Pharmacy services assessment in Abuja, Nigeria.
- Facilitated the training of over 20 young Pharmacist as M&E Pharmacist for GHAIN/HUCE-PACE project

**5: WOMEN'S HEALTH AND ACTION RESEARCH CENTRE (WHARC), BENIN CITY, NIGERIA: JANUARY 12, 2001-MARCH 25, 2004: PROGRAMME OFFICER –**

**1) Nigerian Safe Motherhood Project (NSMP); 2) Youth Advancement Programme (YAP) -**

- Managing community-directed women-focus reproductive health research/HIV/AIDS project.
- Supervising Research Network (Safe Motherhood) Project
- Managed project related budgets and activities under McArthur Foundation-Funded research on 'Leadership Training on Advocacy and Programming in Safe Motherhood' in 6 States
- Develop monthly, quarterly and yearly reports
- Supervising implementation and monitoring of youth-friendly

**MENTORSHIP**

**January 2020 – To Date**

**Mentoring of Project Teams (CEBHA+) on:**

- Citizen Science
- Mobile-data collection/management
- Stakeholders'/community Engagement

**January 2019 – November 2019**

**Mentoring of Medical Students on Problem-based learning (in UCT)**

- Provided mentoring support for 12 MBB CH students

**June 2013 – December 2016**

**Mentoring of National Research Foundation (NRF) Interns (in UWC)**

- Mentor/support 23 NRF Interns on implementation of PURE Study &
- Mentor interns for Centre of Excellence on Food Security (Food Choice) Studies

**June 2007 – January 2013**

Mentoring support for 200+ M&E Officers in Local and national AIDS Control Agencies In North-Central Nigerian states

**PROFESSIONAL AFFILIATIONS/ MEMBERSHIP**

- Fellow, International Society of Behavioral Medicine – 2018- to date
- Member, Society for Social Medicine and Population Health - 2018- to date
- Member, American Association for Advancement in Science (AAAS), 2018 Program for Excellence in Science. *Membership to date:* 20356755
- Member, Global Network – Our Voice Citizen Science for Health Equity, Stanford University, California US.
- Member, South Africa Monitoring and Evaluation Association (SAMEA).
- Research Fellow, Chronic Disease Initiative for Africa (CDIA), Department of Medicine, University of Cape Town
- Member, Public Health Association of South African (PHASA) to date.

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reproductive health

- Support interventions and women's health research;
- Development of data collection tools, and surveys coordination
- Organizing stakeholders' mapping and advocacy meetings

**Outcomes:**

- Developed guidelines for Safe motherhood programming
- Policy briefs for youth reproductive health empowerment
- Analysis and publication of 3 peer-reviewed papers in internal journals (Author listed in only one of these)

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**PUBLIC HEALTH INTERVENTIONS PROGRAMMES (USAID, GON, GLOBAL FUND-FUNDED, ETC) IMPLEMENTED**

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**A) Comprehensive HIV/AIDS/TB care and treatment/ reproductive health programmes**

- **SIDHAS** – Strengthening Integrated HIV/AIDS Services – FHI-supported PEPFAR/GON, GFTAM & USAID Five-year project: January 2012-January 2013
- **GHAIN** – Global HIV/AIDS Initiative, Nigeria - FHI- supported PEPFAR/GON, GFTAM & USAID Seven-Year Project. **Year:** December 2004-October 2012.
- **AHNI** – Achieving Health Nigeria, Initiative: May 2010-January 2012

**B) Community-based Malaria Programmes**

- **MAPS** – Malaria Action Programme for States – USAID- September 2012

**C) Prospective Cohort Studies/Research on Chronic non-communicable diseases 2016-2019**

- Prospective Urban and Rural Epidemiology (PURE) Study, South Africa (SA) – 2009- Till date (Ongoing)
- CEBHA+ Evaluation of CVD risk project in Malawi, Rwanda, Ethiopia & South Africa – 2017- Till date (Ongoing)

**D) Non-communicable Disease Research/Collaboration**

- Global Diet and Activity Research (GDAR) Project 2017-2020

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**RECENT PEER-REVIEWED PAPERS PUBLISHED**

- 1) Odunitan-Wayas FA, Hamann N, **Okop Kufre**, Sinyanya NA, et al. A citizen science approach to determine perceived barriers and promoters of physical activity in a low-income South African community. *Glob Public Health* 2020;0:1–14. doi:10.1080/17441692.2020.1712449
- 2) **Okop KJ**, Ndayi K, Tsolekile L, Sanders D, Puoane T. Low intake of commonly available fruits and vegetables in socio-economically disadvantaged communities of South Africa: influence of affordability and sugary drinks intake. *BMC Public Health*. 2019 Jul;19(1):940.
- 3) **Okop, KJ**, Puoane T, Levitt NS. Weight underestimation and body size dissatisfaction among black African adults with obesity: Implications for health promotion. *Afr J Prm Health Care Fam Med*. 2019;11(1), a2022.
- 4) **Okop, KJ**, Lambert EV, Odunitan-wayas Feyisayo, Puoane T, Levitt NS, Dover RVH, Luke A. Sugar-sweetened beverages intake and relative weight gain among South African adults living in resource-poor communities: a longitudinal data from STOP-SA Study. *Int J Obes*. 2018;10:DOI:10.1038/s41366-018-0216-9.
- 5) Odunitan-wayas Feyisayo, **Okop, KJ**, Lambert EV, et al (2018). Food Purchasing Characteristics and Perceptions of Neighborhood Food

**Media Publication/News/Podcast**

- Study finds a large number of South Africans happy to be overweight. *HealthCare News*. August 29, 2017. <https://www.bizcommunity.com/Article/196/148/166643.html>
- **Fat, body image and cultural bias.** *Public Health News South Africa* (online). October 14, 2016. <https://www.bizcommunity.com/Article/196/330/152258.html>
- Kufre Okop's research shows body image attitudes are contributes to South Africa obesity issues. *University of the Western Cape News*. May 2017. <https://www.uwc.ac.za/News/Pages/Claass-Of-2017-Kufre-Okop.aspx>
- Fat is beautiful, local study shows. *Lifestyle and entertainment. Daily Voice*. September 5, 2017. <https://www.dailyvoice.co.za/lifestyle-entertainment/fat-is-beautiful-local-study-shows-11090799>

**Journal Editorial/Reviewing**

- Appetite
- BMC Public Health
- Public Health Nutrition
- Journal of African Journal of Primary Health Care & Family Medicine
- Clinical Obesity
- American Journal of Health Promotion
- Journal of Human Nutr & Dietetics
- Cureus



Environment of South Africans Living in Low-, Middle- and High-Socioeconomic Neighborhoods. Sustainability, 2018; 10.

- 6) Adebisi BO, Mukumbang FC, **Okop Kufre KJ**, Bey-tell A (2018). A Modified Delphi study towards developing a guideline to inform policy on Foetal Alcohol Spectrum Disorders in South Africa: A study protocol. BMJ Open 2018;0:e019907.
- 7) **Okop Kufre J** (2017). Exploring the association between body image, body fat, and total cardiovascular disease risk among adults in a rural and an urban community of South Africa. PhD Thesis. <http://etd.uwc.ac.za/handle/11394/5599>.
- 8) Nwanza Mike, **Okop Kufre**, Puoane Thandi (2016). Evaluation of the Outpatient Therapeutic Programme for Management of Severe Acute Malnutrition in Three Districts of the Eastern Province, Zambia. BMC, Nutrition; October 2016. DOI: 10.1186/s40795-016-0102-6.
- 9) **Okop KJ**, Mukumbang FC, Mathole T, Levitt N, Puoane T. Perceptions of body size, obesity threat and the willingness to lose weight among black South African adults: a qualitative study. BMC Public Health. BMC Public Health; 2016;16(1):365
- 10) **Okop Kufre J**, N Levitt, Puoane T (2015). Factors associated with excessive body fat in men and women: cross-sectional data from black South Africans living in a rural community and an urban township. PLoS ONE 10(10): e0140153. doi:10.1371/journal.pone.0140153.
- 11) **Okop Kufre**, Helen Khunga, Puoane Thandi. Perceptions of Mothers and Caregivers Regarding the Detection And Treatment of Severely Malnourished Children in Kanchele, Kalomo District, Zambia. Community and Health Sciences Faculty, University of the Western Cape, South Africa. October 16, 2014

**Full Publication:** [https://www.researchgate.net/profile/Kufre\\_Okop/research](https://www.researchgate.net/profile/Kufre_Okop/research)

## REFEREES

### Professor Naomi (Dinky) Levitt

*Professor of Endocrinology and Diabetic Medicine*

University of Cape Town (UCT)  
and Director of the Chronic Diseases  
Initiative in Africa (CDIA)

Cape Town, South Africa

Phone: +27-845568439

e-mail: naomi.levitt@uct.ac.za

### Professor Estelle Vicki Lambert

*Head of Division of Exercise Science and Sports Medicine*

Faculty of Health Sciences

University of Cape Town

Tel: -21-6504571, 082-3126890

email: vicki.lambert@uct.ac.za

### Mr. James Ayodele

*Principal Communication Officer*

African Centre for Disease Control and  
prevention (Africa CDC)

Addis Ababa, Ethiopia

Tel: +251 953912454

Email: jamesfal@hotmail.com,

jamolafa@yahoo.co.uk

## Peer Reviewed Manuscripts – Currently under review/development

- 1) **Okop Kufre J**, N Levitt, Lambert V, Puoane T. Weight discordance, body size dissatisfaction and total cardiovascular disease mortality risk in black South African adults with obesity. Public Health Research
- 2) Tolu Oni, Felix Assah, Agnes Erzse, Louise Foley, **GDAR Team.**, 2019. The Global Diet and Activity Research (GDAR) Network: A Global Public Health Partnership to Address Upstream NCD Risk Factors in urban low and middle-income contexts.
- 3) Louise Foley, Eleanor Turner-Moss, Anna Brugulat, James Woodcock, **Kufre Okop**, Lisa Micklesfield, Lisa Ware, et al. Factors associated with travel behaviour in Africa and the Caribbean: a mixed-methods systematic review. Funder, National Institute for Health Research Global Health Research initiative (grant reference 16/137/34).
- 4) Grainnie H, Nigel Unwin, and **Research Team**: Community food production in Kenya, Cameroon, South Africa: A systematic scoping review of health, social, economic and environmental impacts.

## Manuscripts – Currently under review/development (Continuation)

- 5) Moses Isiagi, **Kufre Okop**, and Vicki Lambert (2020). The Relationship between Physical Activity and Objectively-measured Attributes of the Built Environment in South African Communities. Physical Activity and Health Journal.
- 6) **Okop Kufre J**, Alaba O, Levitt NS, Dugas L, Micklesfield LK, Kolbe-Alexander T, Odunitan-Wayas FA, Puoane T, Lambert EV. The food secure and food-insecure shoppers' perception and daily purchases of sugar-sweetened beverages, sweets, fruits and vegetables in South Africa communities. Public Health Nutrition, 2020.
- 7) **Okop Kufre J**, Lambert EV, Murphy C, Levitt N. Implementing culturally-appropriate community-based CVD risk screening in resource-poor communities in Africa: Learning from CEBHA+ implementation research in Malawi, Ethiopia, Rwanda and South Africa. BMC Open, 2019.
- 8) **Okop Kufre J**, Lambert EV, Alaba O, Levitt NS, Luke A, Dugas L, Dover RVH, Micklesfield LK, Kolbe-Alexander T, Odunitan-Wayas FA, Puoane T. A comparison of cardiovascular risk profile, physical activity and dietary behaviours of the food-insecure obese to the food secure non-obese: longitudinal data from the STOP-SA Study. *Cardiovascular Journal of Africa*, 2019.
- 9) **Okop KJ**, Lambert EV, Alaba O, Levitt NS, Luke A, Dugas L, Dover RVH, Micklesfield LK, Kolbe-Alexander T, Odunitan-Wayas FA, Puoane T. Socio-economic, lifestyle and psychosocial factors associated with high intake of

sugar-sweetened beverages among adults in resource-poor South Africa: STOP-SA study. *Int Journal of epidemiology and community health*, 2019.

- 10) **Okop KJ**, Lambert EV, Alaba O, Levitt NS, Luke A, Dugas L, Dover RVH, Micklesfield LK, Kolbe-Alexander T, Odunitan-Wayas FA, Puoane T. The effect of dietary behaviours and physical activity on hypertension in South African adults: a comparison by food-insecure obesity status. *Intl Journal of equity and health*, 2019.
- 11) **Okop Kufre J**, N Levitt, Lambert V, Puoane T. Perceived threat of obesity, readiness to lose weight and actual weight change in black South African adults: a comparative exploratory study in two communities. *BMC Open*, 2019.

### **Theses & Research Dissertations**

- 1) Association between body image, body fat and total cardiovascular disease risk among adults in rural and urban communities of South Africa. A PhD thesis submitted to the School of Public Health, Faculty of Community and Health Sciences, University of the Western Cape. April 2017.
- 2) Willingness to prevent malaria with insecticide treated bed-nets in rural and urban areas of Ekiti State, Nigeria. A research dissertation submitted to the Department of Health Promotion and Education, Faculty of Public Health, College of Medicine, University of Ibadan, Nigeria, in partial fulfilment for the award of a Master of Public Health Degree, April 2004.
- 3) The study and assessment of skinfold thickness and body fat in urban and rural secondary school males in Abia State, Nigeria. A research project submitted to the Department of Human Anatomy, College of Medical Sciences, University of Calabar for the award of Bachelor of Science (B.Sc.) Degree in Human Anatomy, July 1995.

### **Technical Reports/Textbooks/Documents involved in their development**

- 1) USAID/Malaria Action for States (MAPS) Situation Analysis report for 6 states, 2011.
- 2) Nigeria National Strategic Framework of Action (2005-2009). NACA/UNDP/UNICEF/FMOH. February 2005.
- 3) Best Practices Guide for Project Pharmacists in Health Facilities. October 2005. Developed and Published by Howard University Continuing Education PACE Center and GHAIN under USAID PEPFAR project.
- 4) Profile of Sexual and Reproductive Health of Young Adults and Adolescents in Edo State of Nigeria. A situation analysis report developed by Policy Project/USAID/WHARC, Edo State. February 2003
- 5) Situation Analysis on Safe Motherhood Training Needs in Six Nigerian States of Nigeria. Develop and published by Nigerian Partnership for Safe Motherhood (NPSM), 2003.

### **Recent Abstracts/Conference Attendance and Presentations**

1. **Kufre J. Okop , Kathy Murphy , Estelle Victoria Lambert , Kiya Kedir , Hailemichael Getachew , Rawleigh Howe , Jean Berchmans, Seleman Ntweu, Charlotte Burvuma, Stephen Kasenda, Effie Chipeta, Mia Crampin, Naomi Levitt.** Using Citizen Science participatory research approach to explore community-level cardiovascular disease risk perceptions and communication to support advocacy for pilot interventions in sub-Saharan Africa. Non-communicable Disease (NCD) Research Symposium; March 4, 2020, Cape Town.
2. RICHE/LIRA Africa workshop on: Healthy Cities: Intersectoral approaches to improve NCD prevention. December 1-4, 2019, Stellenbosch Institute of Advance Studies (STIAS), Stellenbosch, South Africa.
3. **Okop KJ**, Lambert EV, Alaba O, Levitt NS. Empowering sub-Saharan African communities to learn about cardiovascular disease (CVD) risk and develop communication strategies for CVD prevention: the Citizen Science Approach. RISC Doctoral/Postdoctoral School and Research Symposium, "Analyzing Regional Social Cohesion ..." University of Johannesburg, South Africa, 6-8 November 2019.
4. Doctoral/Postdoctoral School and Research Symposium, "Analyzing Regional Social Cohesion: Theoretical and Methodological Training for Advanced Research". University of Johannesburg, South Africa, 6-8 November 2019.
5. **Okop KJ**, Lambert EV, Alaba O, Levitt NS, Dugas, Odunitan-Wayas FA, Puoane T. A comparison of cardiovascular risk profile, physical activity and dietary behaviours of the food-insecure obese versus food secure non-obese: longitudinal data from the STOP-SA Study; 15th International Congress of Behavioural Medicine in Santiago, Chile on November 14-18, 2018.
6. **Okop KJ**, Lambert EV1, Alaba O, Levitt NS, Luke A, Dugas L, Dover RVH, Kroff J, Micklesfield LK, Kolbe-Alexander T.L, Odunitan-Wayas FA, Smit Warren, Dugmore H, Puoane T. The effect of physical activity and dietary behaviours on the blood pressure and hypertension status of food-insecure overweight adults living in resource-poor South African communities. 7th ISPAH Congress, London, October 15-17, 2018.
7. Odunitan-Wayas FA, **Okop KJ**, Dover RVH , Alaba O.A, Micklesfield LK, Puoane T, Uys M, Tsolekile L, Levitt NS, Battersby J, Victor H, Meltzer ST, Lambert EV. Food category purchase and expenditure by shoppers of high-middle- and low- South African socio-economic communities: Grocery receipt analysis. Abstract accepted for presentation at the 25th European Congress on Obesity (ECO), May 23-26, 2018. Vienna, Austria.
8. **Okop, KJ**, Alaba O, Micklesfield L, Puoane T, Feyisayo O, Levitt NS, Robert Dover, Luke A, Battersby J, Lambert EV. Socio-demographic profile and determinants of obesity in the food-insecure adults living in resource-poor communities of South Africa: STOP-SA longitudinal study. International Conference on Global Food Security. 3-6, December, 2017, Cape Town.
9. Lambert Vicki, **Okop Kufre J**, Levitt N, Uys M, Tsolekile L, Puoane Thandi (2017). Neighbourhood food environment in food insecure South Africa communities: preliminary results from STOP-SA (Slow, Stop or Stem

the Tide of Obesity in the People of South Africa). ISBPN Conference, June 7-10, Victoria, Canada

10. **Okop Kufre**, Levitt N, Lambert Vicki (2017). High total cardiovascular disease mortality risk and body image discordance in black South African adults with obesity. European Congress on Obesity. May 17-21, 2017, Porto, Portugal.
11. E.V. Lambert, **Kufre Okop**, J. Kroff, A. Luke, T. Puoane, O. Alaba, R.V.H. Dover, N.S. Levitt (2017). Neighbourhood social cohesion and perceived lack of safety are linked to changes in body composition in a longitudinal cohort of urban-dwelling South Africans, from a low-income community: STOP-SA. Active Research Conference, Feb 26-Mar 1, 2017; Florida, USA.
12. **Kufre Joseph Okop\***, Naomi Levitt, Vicki Lambert, Thandi Puoane. The willingness to lose weight among predominantly overweight black African adults is dependent on body image and not perceived threat of obesity. In the proceedings of 2017 SEMDSA (Society for Endocrinology, Metabolism and Diabetes of South Africa) Conference; 5-7 May, 2017, Wanderers' Club, Johannesburg, South Africa.
13. **Kufre Joseph Okop\***, Ferdinand C. Mukumbang, Thubelihle Mathole, Naomi Levitt, Thandi Puoane. Perceptions of body size, obesity threat and the willingness to lose weight among black South African adults: a qualitative study. In the proceedings of the 51st Congress of the Society for Endocrinology, Metabolism and Diabetes of South Africa; 14-17 April, 2016, Presidential Hotel, Cape Town.
14. **Okop Kufre**, N Levitt, Puoane Thandi. Determinants of excessive body fat in men and women in black South Africans living in a rural community and an urban township. Provincial Research Day, 2015 - Department of Health, Western Cape Government, November 5, 2015. Stellenbosch University, Tygerberg, South Africa
15. **Okop Kufre**, N Levitt, Puoane Thandi. Factors associated with excessive body fat in men and women: cross-sectional data from black South Africans living in a rural community and an urban township. PHASA Conference Proceedings: October 5-9, 2015, Durban, South Africa.
16. **Okop Kufre**, Helen Khunga, Puoane Thandi. Perceptions of Mothers and Caregivers Regarding the Detection And Treatment of Severely Malnourished Children in Kanchele, Kalomo District, Zambia. Community and Health Sciences Faculty, University of the Western Cape, South Africa. October 16, 2014

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### **Current Research Projects**

1. Chronic Disease research, and intervention and evaluation. Focus: Cardiovascular disease, obesity, nutrition, food security, and community-based interventions.
2. Community food production in Kenya, Cameroon, South Africa: A systematic scoping review of health, social, economic and environmental impacts. Funders: Community Food and Health (CFaH) project, MRC Epidemiology Unit, University of Cambridge, UK. May 2019-June 2020. Lead person: Prof Nigel Unwin, and Ms. Grainnie
3. Factors associated with travel behaviour in Africa and the Caribbean: a mixed-methods systematic review. MRC Epidemiology Unit, University of Cambridge, UK. May 2019-June 2020.
4. GDAR/Cambridge Collaboration: Modelling Public health impact of transport in Cape Town, South Africa. MRC Epidemiology Unit, University of Cambridge, UK. Funder: National Institute for Health Research Global Health Research initiative (grant reference 16/137/34) May 2019-June 2020.
5. Using community ethnography and 'Citizen Science' to facilitate understanding and development of communication strategies to support CVD Screening and Referrals in rural and urban communities in Africa: The CEBHA+ Project. Collaboration for Evidence-based Health Care and Public Health in Africa (CEBHA+). January 2017-December 2022.

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### **Career/Capacity development focus**

- Behavioral Science and implementation research
- Chronic Non-communicable Disease (NCD) research, intervention and evaluation. Focus: Intervention for cardiovascular disease (screening), obesity, nutrition, and food security
- Urban health – travel behaviours, modelling public health impact of transport
- Community ethnography and Citizen Science - for health.
- Multi-sectoral approach to NCDs prevention in complex systems in LMICs