

## CURRICULUM VITAE

Ruthfirst E. A. Ayande, PhD, MSc, RD

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### Contact Information:

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School: Yale School of Medicine

### Education:

08/2006 - 07/2010 BSc, University of Ghana , Nutrition and Food Science, Accra, Greater Accra Region, Ghana  
08/2014 - 08/2014 German Institute of Human Nutrition (Dife), Nutritional Epidemiology (Certificate), Potsdam, BB, Germany  
08/2012 - 07/2015 MSc, University of Ghana, Dietetics, Accra, Greater Accra Region, Ghana  
01/2018 - 09/2023 PhD, University of Massachusetts, Amherst , Public Health, Amherst, MA  
08/2019 - 02/2024 University of Massachusetts Amherst, Feminist Studies (Certificate), Amherst, MA

### Career/Academic Appointments:

08/2010 - 07/2012 Research Assistant, iLiNS Project, Department of Nutrition and Food science, University of Ghana, Accra, Greater Accra Region, Ghana  
09/2015 - 08/2016 Dietetic Intern, Dietherapy Unit, Greater Accra Regional (formerly Ridge) Hospital, Accra, Greater Accra Region, Ghana  
05/2017 - 01/2018 Research Assistant, DFC Project, Department of Population, Family and Reproductive Health, University of Ghana, Accra, Greater Accra Region, Ghana  
01/2018 - 08/2022 Teaching and Research Assistant, Department of Nutrition, UMASS Amherst, Amherst, MA  
08/2020 - 12/2020 Teaching Associate, School of Public Health and Health Science, University of Massachusetts Amherst, Amherst, MA  
09/2021 - 08/2022 Dietetic Intern, Department of Food and Nutrition Services, Yale-New Haven Hospital, New Haven, CT  
08/2022 - 05/2023 Teaching Assistant, Department of Women, Gender and Sexuality Studies, University of Massachusetts, Amherst, Amherst, MA  
09/2022 - 08/2023 Research Associate, Five College Women's Studies Research Center, Hampshire College, Amherst, MA

10/2023 - 09/2024	Postdoctoral Associate, Pediatrics, Yale School of Medicine, New Haven, CT
10/2023 - 09/2024	Postdoctoral Associate, Neonatology, Yale School of Medicine, New Haven, CT
10/2023 - Present	Pediatric Clinical Dietitian, Nutrition and Food Services, Yale-New Haven Hospital, New Haven, CT

### Board Certification:

2023 - 2028	Commission on Dietetic Registration, Dietitian Registered
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### Professional Honors & Recognition:

#### International/National/Regional

2018	Spaulding Smith Fellowship, UMASS Amherst Graduate School
2020	Peter L. Pellet Scholarship, UMASS Amherst Department of Nutrition, School of Public Health, and Health Sciences
2021	Dean's Summer PhD Fellowship, School of Public Health and Health Sciences, UMASS Amherst
2022	Margaret McNamara Education Grant , MMEG
2022	CNM DPG* Outstanding Student Scholarship (*Clinical Nutrition Management Dietetic Practice Group), Academy of Nutrition and Dietetics
2022	Heidi Larson Memorial Dietetic Internship Award for Excellence in Clinical Practice, Yale-New Haven Hospital
2023	WGSS Duke Feminist Theory Workshop Travel Award, University of Massachusetts Amherst
2023	SOAR Fund Award, University of Massachusetts Amherst

### Grants/Clinical Trials History:

#### Past Grants

Agency:	UMASS Amherst Graduate School
I.D.#:	N/A
Title:	Return to Research Grant
P.I.:	Ruthfirst Ayande
Role:	Pilot Project PI
Percent effort:	N/A
Total costs:	\$5,000.00
Project period:	08/01/2021 - 08/01/2023

#### Past Clinical Trials

Agency:	-
I.D.#:	NCT05677087
Title:	PREPARE* Project: Remote Nutrition Education, Ghana. *Perinatal Remote Education for Pandemic Resilience.
P.I.:	Ruthfirst E. A. Ayande

Role: Principal Investigator  
Percent effort: N/A  
Total costs: 10000.0000  
Project period: 01/13/2023 - 08/31/2023

**Invited Speaking Engagements, Presentations & Workshops Not Affiliated With Yale:**  
International/National

1. "Public Health Careers". NIH, NIH Career Symposium 2020, Baltimore, MD, May 2020. (Other)

**Peer-Reviewed Presentations Given at Meetings Not Affiliated With Yale:**  
International/National

1. **Ayande RE**, Gloria E. Otoo, Emily K. Rousham, Hawley NL, Elena T. Carbone. An Exploratory Study of the Gaps and Barriers to Nutrition Education for Pregnant Women in Tamale, Ghana. Nutrition 2020, Amherst, MA, June 2020. (Poster Presentation)

**Professional Service:**

**Journal Services**

*Reviewer*

2023 - Present Reviewer, JMIR Research Protocols  
2023 - Present Reviewer, JAMA Pediatrics  
2024 - Present Reviewer, Current Developments in Nutrition, ASN

**Professional Organizations**

*American Academy of Nutrition and Dietetics/Canadian Academy of Nutrition and Dietetics*

2020 - Present Member, American Academy of Nutrition and Dietetics/Canadian Academy of Nutrition and Dietetics

*American Society for Nutrition*

2018 - Present Member, American Society for Nutrition

*Ghana Academy of Nutrition and Dietetics*

2019 - Present Founding Member, Ghana Academy of Nutrition and Dietetics

*Ghana Dietetics Association*

2012 - 2019 Member, Ghana Dietetics Association, Dissolved in 2019 to transition to Ghana Academy of Nutrition and Dietetics  
2014 - 2019 Committee Member, Ghana Dietetics Association, Media and Apologetics Committee

*Ghana Nutrition Association*

- 2008 - 2019      Member, Ghana Nutrition Association, Dissolved in 2019 to transition to Ghana Academy of Nutrition and Dietetics
- 2014              Abstract Reviewer, Ghana Nutrition Association, Scientific Committee

*International Society for Research in Human Milk and Lactation (ISRHML)*

- 2023 - Present      Member, International Society for Research in Human Milk and Lactation (ISRHML)
- 2024 - Present      Co-Chair, International Society for Research in Human Milk and Lactation (ISRHML), Fundraising Committee

**Public Service / Media Presence**

*Public Service*

- 2022              Presenter/Speaker, Ghana Academy of Nutrition and Dietetics, -Advanced Nutrition Support Workshops for Ghanaian Dietitians
- 2022              Volunteer, Special Olympics CT (SOCT)

**Bibliography:**

**Peer-Reviewed Original Research In Press**

1. Ayande REA, Agordoh PD, Salino VJ, Webster-Ariyan C, Collier L, Asante M, Carbone ET. Knowledge, attitudes, and practices of registered dietitians and nutritionists regarding enteral and parenteral nutrition support in Ghana: a needs assessment study. *Front Nutr* 2023, 10: 1197610. [PMID: 37457974](#), DOI: 10.3389/fnut.2023.1197610.

**Commentaries, Editorials and Letters**

1. Ayande, REA. & Chilufya, J. (2021). Two African immigrant graduate students reflect on food access, food (in)security, and community during the pandemic. *Food and Foodways*, 29(4), 391–402. <https://doi.org/10.1080/07409710.2021.1984531>