

## **Philomina Gwanfogbe PhD, MSPH.**

Dr. Philomina Gwanfogbe completed her PhD in Foods and Nutrition with major in community public health nutrition from Kansas State University in Manhattan Kansas and a Master of Science in Public Health from Tulane University in New Orleans Louisiana. She also holds a Diploma of Universities Studies in Biochemistry and Bachelor of Science in Biological Chemistry from Yaoundé University, Cameroon.

Dr. Gwanfogbe has over twenty eight years experience in community public health nutrition, nationally and internationally. Since completing her doctorate degree, she has worked as a Nutrition Consultant, Nutrition Specialist and Epidemiology Specialist with at the Department of Health and Senior services.

She utilizes data from BRFSS, MICA and Community Profiles, YTS, YRBS, and other surveillance systems to support, monitor and evaluate programs including the Comprehensive Cancer Control and the Maternal and Child Health programs. Analyzes data sets to provide requested information related to cancer, MCH populations and others and develop reports on Customers Satisfaction Survey of two Home Visiting Programs and Evaluation of Participants' Satisfaction of Alternative to Abortion Services Program, the Burden of Cancer in Missouri and the Burden of Cancer Brochure.

As a project director she coordinated and managed Special Supplemental Nutrition Program for Women, Infants, and Children's (WIC) Special Project Grant: "A Client-Centered Approach to Education for Prevention of Overweight in Children," funded by the United States Department of Agriculture (USDA).

As a nutrition specialist/consultant, she planned, implemented and coordinated specialized and comprehensive statewide public health nutrition service, "The Missouri Nutrition Network," and provided contract monitoring of local adult day care centers, childcare centers, after-school snack providers, emergency shelters, and summer food service program sites to ensure compliance with Federal and State nutritional program regulations. She developed and interpreted program policies and procedures, furnished written/verbal technical assistance, and monthly orientation for child care center providers.

Before studying for her doctorate degree she worked as research officer and the Center for Nutrition, Ministry of Higher Education Cameroon, where she conducted health and nutritional surveys as well as developed and delivered nutrition intervention programs to women, infants and children among different tribal groups in the Republic of Cameroon. She improved the nutritional value of traditional green leafy vegetables sauces made with oilseeds by introducing the addition of winged bean and soybean. During this period she was also a part-time lecturer in the Biochemistry Department at Yaoundé University where she taught human nutrition to graduate students. Earlier in her career, Dr. Gwanfogbe taught chemistry to Upper and Lower

sixth students at a Bilingual High School in Yaoundé and prepared upper sixth students for the General Certificate of Education Advanced Level Examination.

Dr. Gwanfogbe has published 4 articles in peer-reviewed journals including American Journal of Public Health, Journal of Comparative Family Studies, Ecology of Food and Nutrition, Tropical Science and has 2 of her articles peer-reviewed.

She reviews articles for the American Journal of Public Health. She has presented her research at several national and international conferences including; American Public Health Association Annual Meeting, American Chemical Society Annual Meeting, Greater Kansas City Association for the Education of Young Children Curriculum Conferences and the International Nutrition Congress.

She has a desire to live a healthy vibrant life free of disease as much as possible and to assist others to do the same. Consequently in addition to her background in nutrition and public health she has certified as lymphologist, and is the founder and CEO of Food, Nutrition and Lifestyle Coach, LLC. She is willing to coach anyone on how to activate the body's innate ability to heal itself.