Ethnocultural Dietary Intake and Sleep Patterns among African American Households

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Introduction

Extant literature shows that low-income individuals disproportionately experience poor sleep duration, and therefore face higher levels of stress, which influences food choice and eating behavior (Laraia, Leak, Tester, Cindy, and Leung, 2017). This proposed research will address the knowledge gap in understanding the bi-directional relationships between diet intake and sleep among are

More recently, there has been copious interest in understanding the correlation between diet and sleep. Invariably, shorter sleep duration is associated with higher BMI levels, lower levels of lentils and higher levels of ghrelin, which cause hunger, increased appetite, and potentially increased caloric consumption (Laraia, Leak, Tester, Cindy, and Leung, 2017). The Centers for Disease Control and Prevention (CDC) Dietary Intake Report shows that increasing levels of income-related dietary disparities in the US. This report states that 7% of adults who live at or below the poverty level compared to 11.4% of adults with the highest household incomes find it difficult in meeting the daily vegetable recommendation as well as dietary quality[1] (CDC, 2020)[2]. Invariably, many Americans have continually chosen high-fat, high-calorie foods largely due to unprecedented increase in the production and sale of cheap calories, highly processed, fast foods, and overconsumption (Moore, Thompson and Demissie 2017). With respect to sleep, between 2007 and 2010, 37.3% of US adults reported sleeping on average ≤ 6 hours (Frenk and Chong, 2013)

Dietary disorders and poor- quality sleep is increasingly contributing to the excess burden of cardiometabolic diseases among African Americans. Apparently, understanding African Americans' dietary intake and sleep patterns are vital to bringing the US economy back better in the post-Corona Virus 2019 (COVID-19) era.

Current Knowledge: economic and ethnic disparities in sleep exist such that low-income populations are at increased risk of poor sleep quality in comparison with those from higher socioeconomic backgrounds (Patel, Grandner, Xie, Branas and Gooneratne, 2010). More empirically, the national survey data analysis suggests that after adjusting for age and education, individuals earning less than $20,000 annually are more likely to get ≤ 5 hours of sleep compared with individuals who earn ≥ $75,000 per year (Whinnery, Jackson, Rattanaumpawan and Grandner, 2014). According to Grandner, Petrov, Rattanaumpawan, Jackson, Platt, and Patel, (2013), Dyke, Vaccarino, Quyyumi and Lewis (2016), Grander, Hale, Jackson, Patel, Gooneratne and Troxel, (2012) and other extant literature, show increasing prevalence of poor sleep among black/African Americans and to a lesser extent, Hispanics/Latinos, but improved sleep and health among African American households, who are more likely to be minorities. The National Institute of Health (NIH) and its sub-institutes have funded a few diet-sleep nexus-related studies[3]. For instance, the National Heart, Lung and Blood Institute (NHLBI) is currently funding a Tulane University of Louisiana project on 'Examining the long-term relationship between sleep and diet' and being led Kaitlin Storck Potts[4]. Thus, Potts (2020) investigates the evidence that African Americans with low socioeconomic status engage in both poor diet and reduced sleep duration, thereby predisposing them to higher risks of cardiometabolic diseases. More specifically, Potts (2020) examines the long-term relationship between diet and sleep in Bogalusa Heart Study cohort of 1250 men and women from a biracial community in Louisiana that have been prospectively followed from over 40 years, since childhood.

Overall objective: It is crucial to note that dietary intake is intrinsically about culture, ethnicity, and food sovereignty. In view of this, the compelling rationale to this study is that it does not just focus on diet, but the ethnocultural dietary intake, especially among African Americans. The sleep dimension to this research is the second innovation to this study in the sense that most African Americans sleepless due to the characteristic nature of jobs in which they find themselves. The overall objective of this proposed research and training program will investigate

[1] According to ChooseMyPlate.gov, fruits and vegetables should make up half of our plate at any given meal – about 30 per cent vegetables and 20 per cent fruits.

[2] In the face of the increasing spread and spike in COVID-19 pandemic, there is an urgent need for available evidence to promote fresh fruits and vegetables consumption in the U.S.

[3] https://reporter.nih.gov/search/mdLjcolkLEeVi5MQohA94w/projects

[4] https://reporter.nih.gov/search/mdLjcolkLEeVi5MQohA94w/project-details/9911571

the independent association of ethnocultural dietary intake and sleep quality among African Americans populations residing in the DMV Area.

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Professional Experience

- **Department of Economics, School of Business, Bay Atlantic University, 1510 H St, NW, Washington DC. Website:** https://bau.edu/faculty/ **(November 2018 – Date). Activities include weekly course management, learner engagement & outreach, discussion forum engagement, weekly office discussion, webinar, and supplementary curricular materials to support students, end of term reviews, evaluation, and grade submissions, support licensing, accreditation efforts, and final project grading. Courses being taught are Health care Economics, Global Public Health, Business Strategy, and Research Methods, Economics of Money, Business, Banking, and Financial Markets.**

- **Economic Development Strategy and Agricultural Economics Curriculum Advisory Panel Member, Nexford University (NXU), Washington, D.C. June 2017 – Present**

- **Regional Development Planning Senior Consultant, 10th Tranche Development Account (DA) Project on Benin, Cameroon, Egypt, Kenya and Zambia,** United Nations Economic Commission for Africa (UNECA). 2015 – 2019.

- **Adjunct Professor, Marymount University, Arlington, VA.** Developed curriculum on **Economics of Money and Banking**, taught students, prepared examination questions, and awarded grades to **30 students. January – June 2016**

- **Regional Business and Development Policy Advocacy Expert & Young Professionals Platform for Agricultural Research and Development Coordinator for Africa, Forum for Agricultural Research in Africa (FARA)**, Ghana **08/2008 – 01/2016.**

FARA is the technical arm of the African Union Commission on matters bordering on agricultural science, technology, and innovation. It is the apex continental organization responsible for coordinating and advocating for agricultural research-for-development (AR4D)

Developed a work plan that responded to the challenges and needs of agribusiness development policy reforms and regulations in Africa. Secured the approval and budget of the World Bank and initiated the implementation of the following:

- ✓ 2015 – Science Agenda for Agriculture in Africa (S3A)
- ✓ 2011 - Standardization compliance for gaining and maintaining market access for agricultural commodities in Africa through the conduction of research, policy brief, and workshops.
- ✓ 2010 - Conducted research on agricultural inputs and outputs markets initiatives that supported innovation systems and value chain in Africa.
- ✓ 2009 – Regional trade policy and market access: brought policymakers and agricultural stakeholders from West, South, and East Africa together. Developed workshops on regional agricultural policy and market access and published as workshops proceeding used as an advocacy tool to influence trade formulation processes in Africa.
- ✓ Led, managed and guided the successful design and implementation of YPARD's grants and contracts. Secured small grants to advocate for youth inclusion in agribusiness and agricultural innovation in Africa.

Economics and Business Development Studies Lecturer **09/2000 – 08/2008**

Covenant University, Ota, Nigeria & **Obafemi Awolowo University,** Ibadan Campus, Nigeria.

- ✓ Developed curriculum, taught students, prepared examination questions, and evaluate students' performance.
- ✓ Directed undergraduates **300** research projects in economic development policy, public sector economics, and international trade; supervised **60** undergraduates' final thesis.

- ✓ Provided guidance to **1,200** students on economic development policy, international trade, public sector economics, and awarded grades to **1000 students** on an annual basis facilitating their successful admission to graduate schools and economics-related careers.
- ✓ Reviewed and evaluated 20 articles in economic development policies per year and made the decision to either pass articles to the editorial team or send articles back to authors for further revisions.

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2. **Odularu G. O.,** 2013. 'An Economic Development Strategy for West Africa: Lessons and Policy Direction.' Faculty of Business and Law, University of Sunderland, North East England, United Kingdom. Its abstract is available online: http://ethos.bl.uk/OrderDetails.do?uin=uk.bl.ethos.640872

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4. **Odularu, G. O**. 2008. Nigeria – U.S. Trade Relations in the Non-Oil Sector - http://www.dissertation.com/book.php?method=ISBN&book=1599427036
5. Odularu, G. O. 2002. 'The Impact of Trade Liberalization on National Food Security in Nigeria', 1970 – 2000.' M.Sc. thesis - http://dissertation.com/book.php?method=ISBN&book=1599423405
6. Odularu, G. O. 2006. 'Introduction to Public Sector Economics and Policy.' Standard Mass Concept Publishers, Nigeria, 213p.

Other Published Works

Details on 150 Publications, **15** Policy Briefs, **40** Dialogues/Consultancy Reports, and **100** Workshop Reports are available at: **https://www.researchgate.net/profile/Gbadebo_Odularu2; https://fara-africa.academia.edu/GbadeboOdularu/Papers**
https://scholar.google.com/citations?user=yqrqeHwAAAAJ&hl=en; https://fara-africa.academia.edu/GODULARU;

National / International Conferences Attended

1. Odularu, G. O. 2020. AfCFTA as the Future of Trade and the Potential to Prosperity in Africa; African Futures and Innovation Programme-Institute for Security Studies and the Centre for Leadership and Dialogue-Gordon institute of Business Science (GIBS) University of Pretoria Partnership Expert Panel Discussion, 17 November 2020.
2. Odularu, G. O. 2020. Agricultural Revolution and the Potential to Prosperity in Africa by 2040; African Futures and Innovation Programme-Institute for Security Studies and the Centre for Leadership and Dialogue-Gordon institute of Business Science (GIBS) University of Pretoria Partnership Expert Panel Discussion, 17 November 2020.
3. Odularu, G. O. 2019. United Nations Macroeconomic Development Group Workshop, New York, USA.
4. Odularu, G. O. 2018 Regional Universities Forum for Capacity Building in Agriculture (RUFORUM) and the African Capacity Building Foundation (ACBF) Fourth Planning Workshop for the African Union Committee of 10 Heads of State Championing Education, Science and Technology in Africa; Umodzi Park Hotel Conventions Events, 26 - 28 March 2018.
5. Odularu, G. O. 2018. American Association for the Advancement of Science (AAAS) Science and Human Rights Coalition Meeting, January 25 – 26, 2018, AAAS Headquarters, Washington DC.
6. Odularu, G. O. 2018. Allied Social Science Associations (ASSA)/ American Economic Association (AEA) Annual Conference, January 5 – 7, 2018; Philadelphia, PA.
7. Odularu, G. O. 2017. Canning-Karra-Wilde (CKW) Model Workshop: Policy Implications for African Development, 11 - 12 May 2017. Harvard Center for Population and Development Studies, Harvard University, Cambridge, MA 02138.
8. Odularu, G. O. 2017. 'Diversity Initiative for Tenure in Economics (DITE) Fellows; First Meeting, June 2016. Marriot Hotel, Detroit, Michigan; Second Meeting, February 2017, JB Duke Hotel, Duke University, 230 Science Drive, Durham, NC, 27706.
9. Odularu, G. O. 2016. 'Innovations in Teaching and Scholarship'. November 2, 2016. Marymount University, Arlington, VA 22207. https://www.marymount.edu/Academics/Services-Resources/Center-for-Teaching-Learning/Faculty-Services-Resources/Conferences-Workshops
10. Odularu, G. O. 2016. 'Understanding the Implications of Remittance Flows and Migratory Movements for Economic Performance in Africa', Eastern Economic Association (EEA) / AFEA Conference, Washington D.C. USA. SEE: https://www.qu.edu/prebuilt/pdf/academics/artssciences/eea2016programpreview3.pdf
11. Odularu G. O. 2014. Second Meeting of National Reference Group (NRG) Members of the Competition Reforms in Key Markets for Enhancing Social and Economic Welfare in Development Countries (CREW Project), Institute for Statistics and Social Economics Research (ISSER), University of Ghana, Legon, Ghana. 25th July 2014
12. Odularu G. O. 2014. 17th GTAP Annual Workshop, Dakar, Senegal. 16th – 22nd June 2014.
13. Odularu G. O. 2014. 'Maximizing Policy Space for Fostering Intra-Regional Growth through the Expansion of Transportation Infrastructure in Sahara-Sahelian Region'. Paper presented during the 40th Annual Conference of Eastern Economic Association, March 6 – 9, 2014. Boston: Boston Park Plaza, USA.
14. Odularu G. O. 2012. AUC Workshop on the official launch of the Partnership for Aflatoxin Control in Africa (PACA) on 'Keeping the Standards: Challenges and Implications for Safer Foods, Market Access and Public Health' 30th October – 1st November 2012. Multi-Purpose Hall, AUC Conference Centre, Addis Ababa, Ethiopia.

15. Odularu G. O. 2012. Expert Group Meeting (EGM) on Metrology, Export Diversification and Intra Industry Trade, 3rd – 4th May 2012, Lusaka, Zambia.
16. Odularu G. O. 2011. First UNECA-AfDB-AUC African Trade Forum, Addis Ababa, Ethiopia. 22nd – 24th November 2011.
17. Odularu G. O. 2011. UNECA Doha Round, EPA, and MDGs, Addis Ababa, Ethiopia. 17th – 18th November 2011
18. Jones, Tambi & Odularu. 2011. 'The Challenges of Agricultural Performance and Market Access in East and Southern Africa.' Being a paper presented at the 25TH Anniversary of the Centre for the Study of African Economies (CSAE) Conference, St Catherine College, University of Oxford, United Kingdom (UK), March 2011.
19. Odularu, G. O. 2011. 'The Role of Standards in Influencing Access to Markets for Cocoa Beans in Ghana'. Ongoing working paper presented (and submitted) to the Centre for the Study of African Economies (CSAE), Department of Economics, University of Oxford, United Kingdom. March 2011.
20. Odularu G. O. 2010. 'Mainstreaming the Outcomes of the Policy Dialogues on Promoting Access to Regional and International Markets for Agricultural Commodities into the CAADP Country and Regional Processes.' A FARA/CORAF-WECARD/ ECOWAS/ECCAS/ECDPM/CTA/FDA workshop report being edited for submission to FARA, 13th – 14th December 2010; at the Ghion Hotel, Addis Ababa, Ethiopia.
21. Odularu G. O. 2010. Regional Policy Dialogue Workshop on Agricultural Commodity Markets Access for West and Central Africa, 23rd – 24th June 2010. FARA Secretariat, Accra, Ghana.
22. Odularu G. O. 2010. Regional Policy Dialogue Workshop on Agricultural Commodity Markets Access for Eastern and Southern Africa, 24th – 25th March 2010. Nairobi Safari Club Hotel, Nairobi – Kenya.
23. Odularu, G. O. 2009. 'Trade and Economic Situation in Africa: Growing Influence of Sino-Africa Trade Relations.' Being a lecture presented to the students of Graduate Programme for Area Studies, at the Graduate School of International and Area Studies, Hankuk University of Foreign Studies, Seoul Korea, (as a Guest Professor).
24. Odularu G. O. 2009. FARA's representative at the Agribusiness and Trade Promotion (ATP) Project on 'Enhancing the Agricultural and Agribusiness Trade Policy Environment.' United Nations Agency for International Development (USAID) Mission, Accra, Ghana.
25. Odularu G. O. 2008. Commenter on the experience of Forum for Agricultural Research in Africa (FARA) at the NEPAD Regional Stakeholder Consultation on the Strategy and Implementation of an International Partnership for African Fisheries Governance and Trade (IPAFGT), 5 – 6 November, at the Protea Hotel – Waterfront, Centurion, Johannesburg, South Africa.
26. Odularu; G. O. 2008. 'Imports; Technological Diffusion and Economic Performance: Empirical Evidence from Sub-Saharan Africa'. Being a paper presented at the Dimetic Doctoral European Summer School; on "Micro Approaches to Innovation and Innovation Networks" at Strasbourg, BETA, France:
27. Odularu, G. O. 2006. 'Vector Autoregressive Modeling of Agricultural Commodity Trade: The Case of Africa's Non-Oil Exports to the United States.' A paper presented at the United Nations Economic Commission for Africa (UNECA) Centre for Global Trade Analysis, Purdue University Ninth Annual Conference, Addis Ababa, Ethiopia 14 – 17 June 2006.

Education *(*https://badges.wes.org/Evidence?i=2bd554e5-17b2-4e58-8918-2123b75f3460&type=us.*)*

- **Ph.D. in Dev.& Business Strategy**, The University of Sunderland, Sunderland, UK0**1/2010 – 07/2013**
  Ph. D thesis title: An Economic Development Strategy for West Africa: Lessons and Policy Directions.
- **Master (M.Sc.) Agric. Econ, Faculty of Agric. Science, Uni of Ibadan, Nigeria. 10/2000– 10/2002**
- **Bachelor (B.Sc.) in Econ, Social Sciences Faculty, Univ. of Ibadan, Nigeria. 09/1993 – 10/1999**

Volunteering

M.Sc. Supervisor, Trade Policy Training Center in Africa (TRAPCA) and Lund University, Sweden, 2020-Date
Ph. D External Assessor, Dept. of Economics and Dev. Studies, Covenant University, Nigeria, 2020-Date.
Non-resident Senior Fellow, Center for the Study of the Economies of Africa (CSEA), Nigeria, 2019 – Date.
Associate Editor, Palgrave Communications – Nature, https://www.nature.com/palcomms/about/editorialboard.
Guest Editor, Journal of African Development Special Issue on Digital Technology, and Inclusive Development.
Member, Returned Peace Corps Volunteer of Washington D.C (RPCV/W)
Affiliate, Centre for Research on Political Economy, http://www.crepol.org/odularu-research-associate
Member, Research Proposal External Reviewer, Seeding Labs - https://seedinglabs.org/
Member, National Economic Education Delegation.
Member, American Society of Hispanic Economists (ASHE) Scholarship and Awards Committee.
Director, African Fin. and Econ Association (AFEA) Mentorship, Scholarship, Awards, and Finance Committees.
Member, Rappahannock-Rapidan Medical Reserve Corps (RRMRC), Virginia Volunteer Health Systems
Community: https://www.ascleiden.nl/content/ASC-community/members/gbadebo-odularu

Fellowships and Awards

- Non-Resident Senior Research Fellow, Nigerian Economic Summit Group (NESG), Abuja, - since 2021.
- Non-Resident Senior Research Fellow, Centre for the Study of the Economies of Africa, (CSEA-Africa), Abuja – since 2019
- 2016/17 Fellow, Diversity Initiative for Tenure in Economics (DITE), funded by the National Science Foundation (NSF).
- 2012 Visiting Scholar at the Smith School of Enterprise and the Environment, University of Oxford, United Kingdom.
- 2011 First IDEP Abdul-Raheem Tajudeen Fellow, United Nations Institute for Development Economic Planning, Dakar, Senegal.
- 2010/2011 Journal of African Economies (JAE) Visiting Scholar's Program, Centre for the Study of African Economies (CSAE), University of Oxford, United Kingdom.
- 2009 Korea Institute for International Economic Policy (KIEP)'s Centre for Regional Economic Studies (CRES) Visiting Fellows / Scholars Program.
- 2008 World Trade Organization (WTO) Support Program.
- 2007 Scholar, Centre for European Integration Studies (ZEI) of the Rheinische Friedrich – Wilhelm's – University of Bonn Summer Academy on Comparative Regional Integration and Assessing European Union (EU) as a Role Model.

COVER LETTER

20 February 2022.

Dear NSF MSI Director,

Application to Participate in the NSF Supported Grant Proposals by MSI Faculty Mentoring Program

My long-term research interests focus on the role of ethnic identity, and innovative technologies in understanding wellbeing, dietary intake, and sleep, thereby contributing to a more nuanced and interdisciplinary understanding of dietary-related disparities influencers, particularly among African Americans. I believe the results from my research will be highly relevant to digital nudging and dietary disparities as they will provide novel findings into the workings of complex dietary and sleep systems among these understudied population during and after the COVID-19 pandemic. My academic training and research experience to date have provided me with a robust background in food policy, psychology, epidemiology, stratification economics, and data analysis. Consequently, I have applied and implemented research grants provided by the African Economic Research Consortium (AERC).

I look forward to receiving your positive response and please do not hesitate to contact me if you require further information.

Best regards,

Gbadebo O. A. Odularu, B.Sc,M.Sc, PhD,

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