

Profile



Rukayat Abdussalaam
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Position:

Extension
Fellow/Lecturer

Organization:

Federal University of
Agriculture, Abeokuta
(FUNAAB), Nigeria

Field of research:

Food and Nutritional
Sciences

The AWARD Leadership Program for Emerging African Women in Agricultural Sciences is funded by the Carnegie Corporation of New York (CCNY) and implemented by AWARD.

Leadership Program for Emerging African Women in Science

Equipping Mentors for the Next Generation of Nutritional Scientists



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Rukayat Abdussalaam joined the AWARD Leadership Program for Emerging African Women in Science hoping to refine her ability to communicate complex scientific concepts and gain skills in strategic planning, project management, and decision-making. Her work focuses on assessing the relationship between dietary intake, perceived quality of life and depressive disorder among schooling adolescents.

Nigeria is one of the highest-ranking countries in terms of suicide rates, with an incidence of 17.3 per 100,000 (WHO, 2019). According to the WHO, half of mental health disorders start during adolescence, which is also a period of nutrition transition, leading Rukayat to study the association between diet and depressive disorder in Nigeria.

Through the leadership program, Rukayat developed and honed several skills, such as leadership and collaborative strategies, scientific writing, emotional intelligence and self-motivation. "The definitions and roles of a leader and mentor resonated with me during the program and I hope to be a mentor to many willing mentees to support their growth," Rukayat says. "I would encourage younger women to seize the opportunity of joining this programme when they get the chance - it's worth all the time and commitment."