



AFRICAN GRADUATE MENTORSHIP AND COACHING PROGRAM (AGMCP)

Memorabilia



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1. Introduction of AGMCP

Africa Graduate Mentorship and Coaching Programme (AGMCP): mentor-mentee network facilitated by the Interconnections for Making Africa Great Empowered and Sustainable (IMAGES) Initiative.

AGMCP is actually across all parts of Africa, with applications coming from across all regions of Central, East, North, South, and Western Africa. This clearly shows that the impact of the program is being felt to the last dot.

Program is designed for mentoring and coaching Masters, PhD, and Post-doctorate fellows in the areas of research and professional development

2. Experiences, activities, and outputs

- Fellow of cohort 2023, I participate for a number of webinars and training organized to improve our skills in research and professionally.
- Training and webinars
 - Food systems in Africa
 - African Food Systems and the Comprehensive African Agricultural Development Programme (CAADP)
 - Short course on Resilience Index and Measurement Analysis (RIMA) delivered by FAO.
 - Practical applications of Shiny to measure food insecurity was so captivating.

2. Experiences, activities, and outputs

- Fellow of cohort 2023, I participate for a number of webinars and training organized to improve our skills in research and professionally.
- Training and webinars
 - Writing for media training was also a very fundamental knowledge added on how the scholars can easily translate their research into easily comprehensive-able output by the non-academic public audience
 - Grand proposal writing and research
 - The application of GIS in today's research. This incorporated the use of FAST MAPPING TOOL incorporated (<https://fast-mapping.org/>)

2. Experiences, activities, and outputs

4th Circularity Africa Week 2023



REVIEW OF MANAGEMENT METHODS OF TYPE II DIABETES MELLITUS

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15/05/2023

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Oral Presentation at the 4th circularity Africa Week
2023

26. Management Methods of Type II Diabetes Mellitus (T2DM): A Literature Review

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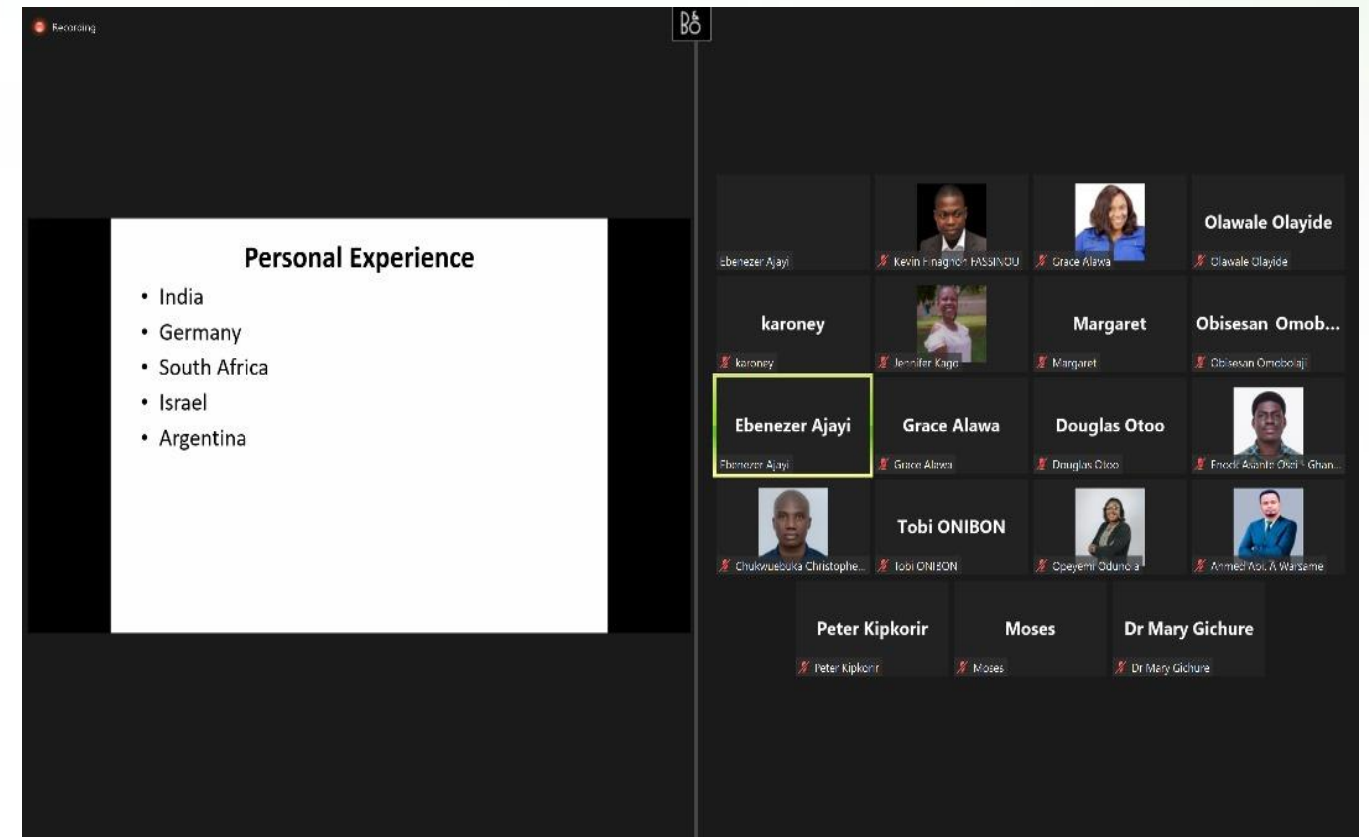
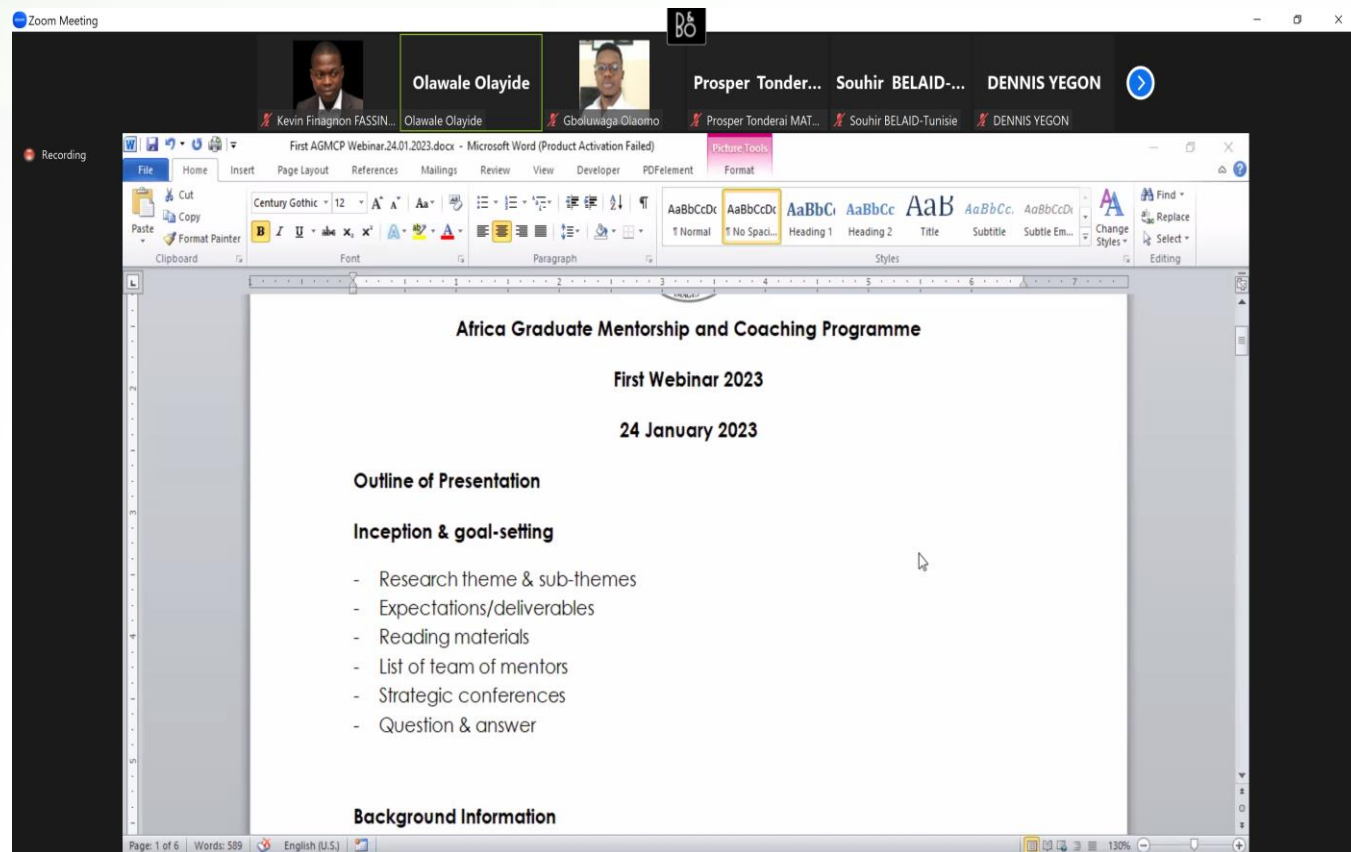
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Non-communicable diseases (NCDs) are a major contributor to the global burden of disease around the world and according to WHO, NCDs count for over 70% of all deaths globally. The majority of these deaths occur in low and middle-income countries (80%) and the major illnesses associated are cardiovascular diseases and diabetes. Diabetes prevalence is increasing and emerging as a global health problem that may reach pandemic levels by 2030 and the most prevalent form is type II diabetes mellitus (T2DM approximately 90%). The International Diabetes Federation estimates that 19.8 million people have T2DM in Africa where approximately 75% remain undiagnosed. Africa is projected to bear the brunt of a 142.9% increase in T2DM compared with 51.2% globally and it has the highest proportion of deaths attributable to T2DM (73.1%). Sub-Saharan African countries especially are more impacted with 15.5% in 2017 and by 2045, this number is expected to increase by 162.5%. Problem statement: Obesity, sedentary lifestyle and genetic components are the most underlined causes of T2DM and are highly connected to physical inactivity and high calorie-food consumption. However, despite many strategies exist such as physical activity, antiobesity drugs, oral hypoglycemic agents, glucose monitoring and calorie restriction, and much research on calorie restriction; the prevalence of T2DM in Africa is still increasing. Objective(s): The present study intends to investigate T2DM management methods and their effectiveness. Rationale/justification: This study could be useful for researchers and policymakers to design and implement sustainable T2DM management methods in Africa. It will be particularly helpful for food designers to design appropriate diets for diabetics people using local food resources in Africa. Methods: A literature review on management methods of T2DM are ongoing. Databases such as Google Scholar, Springer, and ScienceDirect are consulting from November 2022 to now. Data on T2DM prevalence and causes and management methods, and calorie restriction methods for T2DM management were collected and analysed, and appropriate recommendations were made.

Abstract submitted to the 4th circularity Africa Week 2023
and publised in the book of Abstract of the conference

2. Experiences, activities, and outputs



Participation to AGMCP monthly webinar

3.0 Major Contributions of AGMCP opportunity

For my professional and academic career, so far the AGMCP opportunity

1. Improve my scientific reports/papers writing
2. Improve my presentation skill
3. Networking and collaboration

4. Acknowledgements

I would like to express my grateful to

- Grateful for the IMAGES for giving me this opportunity
- Grateful for my Mentor Dr Marius Afonffere
- Grateful to the President of IMAGES Dr. Olawale Olayide
- All the fellow mentee of this cohort 2023 for their friendship collaboration

5. Suggestions for the AGMCP Management Team

1. Allow or organize oral presentations with the mentees in the topic of their choice during the webinars so that they can improve their presentation and criticism skills.
2. Create a consortium of mentees from different countries and according to their field of study develop at least one systematic review, and propose a draft proposal that they can submit for research funding.

5. Suggestions for the AGMCP Management Team

3. Enable mentees and mentors to present opportunities for collaboration at their university or institution (laboratory analyses, fieldwork, internal conferences/webinar at the institution level), so that we can better collaborate
4. Create a group of mentees based on their experience so that they can share with their fellow mentees the use of certain academic software (R, Stata, SPSS, Minitab, Qgis, ArcGis,).

***Thanks for IMAGES for this
opportunity***

