

CURRICULUM VITAE

- Professor Fred Torgbor Sai

Prof. Fred Torgbor Sai is a product of the Osu Salem or Christiansborg Presby School System and the Achimota College in Ghana. In 1947, he continued his studies in London's University College and Hospital, after which he continued to the London School of Hygiene and Tropical Medicine, the Edinburgh University Postgraduate Medical School and the Harvard School of Public Health.

He earned the following degrees and diplomas- BSc, MB BS, DTM&H- from London, FRCP, from Edinburgh and MPH from Harvard. His honorary degrees and fellowships include D.Litt. from Tufts, D.Sc. from Legon, FRCOG, UK and FACOG, USA. On completion of his education and training, he worked as a medical officer with the Ghana Government Service both in Accra and Kumasi. Within a short period, he rose to the position of Deputy Chief Medical Officer in 1961.

Professor Sai distinguished himself as the first professor responsible for getting the Department of Preventive and Social Medicine really established, especially with respect to field research.

He held the position of Regional Nutrition Officer for the Food and Agriculture Organization of the United Nations from 1963 to 1966. In his position as Regional Nutrition Officer, Professor Sai was instrumental in the establishment of the WHO/FAO/OAU Food and Nutrition Commission for Africa, in the organization of seminars, workshops, and in the establishment of University Courses in Nutrition and Food Science in Legon, Ghana and in Ibadan, Nigeria. These led to the development of the Department of Food Science and Nutrition in Ibadan, and the Departments of Home Economics, Biochemistry, and Nutrition and Food Science in the University of Ghana at Legon.

In 1970, Professor Sai was appointed the Director of Medical Services by the Government of Ghana, and was thus, responsible for the total health services of the country. In this position, he assisted in planning and implementing the Ghana Population and Family Planning Policy which was promulgated in 1969.

From 1972-1978, Prof. Sai served as Assistant Secretary General for the International Planned Parenthood Federation (IPPF) in London. He went on to serve as the International Co-coordinator for Africa, the Caribbean and Europe at the United Nations University from 1978-1982. His last full time job was as Senior Population Advisor to the World Bank from 1985-1990.

In 2001, he was appointed Presidential Advisor on Population, Reproductive Health, and HIV/ AIDS. Among many achievements, Prof. Sai played a key role in ensuring

that the National AIDS Commission was firmly constituted and functioning by the end of his 8 year service as Presidential Advisor. For almost a year he chaired the Advisory Group of the Ghana/UNDP project on Peace, Governance and Conflict Transformation.

Professor Sai served as a member on several learned and professional bodies and committees. He was a member of the Board of Directors of the Bank of Ghana and Chairman of its Audit Committee. He was Chairman of the Programme committee of Family Health International (FHI) from 2004 till 2007, and was previously a Board Member of the Alan Guttmacher Institute. He is a fellow of the World Academy of Sciences and past president of the Ghana Academy of Arts and Sciences.

Since 1961, has held many consultancies for the Food and Agriculture Organization, Rockefeller Foundation, World Bank, Ford Foundation and various medical schools both in Africa and the United Kingdom as an external examiner or curriculum adviser. For many years, he was a member of the WHO Panel of Experts on Nutrition.

In 1969, he was a Consultant to the Ghana Government on the development of Ghana's Population Policy and in 1977, a Consultant to the government on the development of the Primary Health Care Policy. Prof. Sai was a member of the World Bank External Advisory Panel on Population from 1974 to 1976 and was Consultant to the Population Council on Family Planning in the 80's Conference. He was also a part-time Consultant to the Carnegie Corporation of New York (1983 to 1986) on the development of the International Program. He was Consultant to the Africa Region Vice Presidency of the World Bank on population and reproductive health in the Africa region between 1990 and 1998 and in August 1993, was EEC consultant on a "Review of the Reproductive Health Services of South Africa". He has consulted for and advised a wide range of governmental and non-governmental organizations on reproductive health.

He has appeared and actively participated in many major international and national conferences both in a personal capacity and as a delegate of Ghana and/or an International organization.

Since 1994, he has been involved in efforts to implement the Cairo Programme of Action, both at home and internationally.

He has many publications to his credit. The over one hundred publications include articles in peer-reviewed journals, opinions and views, contributions to seminars, lectures and debates, chapters in books and edited reports from seminars and workshops and booklets and books.. These cover population, gender, family planning, sexual and reproductive health, general health and human nutrition issues generally; but with many relating to Sub-Sahara Africa. Some of his publications include:

1. “Adam and Eve and the Serpent” based on the 1994 Aggrey/Fraser/Guggisberg Memorial Lectures, University of Ghana, Legon. The series deals with the interaction between population, uncontrolled fertility, the low status of women and, socio-cultural and legal issues which contribute to the low status of women in Africa.
2. “Why is Africa Losing the Battle against AIDS?” Presidential address, Ghana Academy of Arts and Sciences November 1999, dealt with the frightening progress of the HIV/AIDS epidemic in Africa and suggests some approaches for responding.
3. “Fred Sai Speaks Out”, 2002, is a collection of papers, speeches and a letter to the Pope, dealing with reproductive and sexual health issues.
4. “A Critical Look at the Health System in Ghana: “What Place Ethical Issues?” contains a lecture given at the Annual General Meeting of the Ghana College of Physicians and Surgeons December 2005 and a speech given on the occasion of the swearing in of newly qualified doctors at the University of Ghana Medical School, May 1986. Examines the context of health care work in Ghana, remuneration and responsible behavior of workers. The paper condemns many practices and opposes strikes by health workers.
5. Why Should Africa’s Women Continue to Cry Out for Life? Prof. Ransome Kuti Memorial Lecture delivered in Abuja, Nigeria 2007
6. “With Heart and Voice: Fred Sai Remembers”: 300 page autobiography, 2010 Published by Banson, UK

At the National Level

As a Physician he chose to undertake the then unfashionable specialty of public health, with emphasis on human nutrition. Through advocacy and clinical practice he was able to help raise national consciousness to the food and nutrition needs of children and women in particular. He seized the opportunity of working under the great Prof. Charles Easmon as an Assistant Director of Medical Services. In this capacity he served as Secretary to the committee planning the medical school and helped expand postgraduate training for many of our young doctors; some of whom helped to staff the new medical school. When he became Professor of Preventive and Social Medicine he conceived the Danfa Project, which with help from USAID, and in collaboration with the University of California, Los Angeles (UCLA) undertook research and training in Community Health which has been recognized internationally.

He has always been alive to the needs of the University of Ghana Medical School (UGMS), and his old department, in particular, and has helped both financially and with the provision of books and other equipment.

At the Africa Regional Level

He was the first African to be appointed Nutrition Adviser to the FAO Africa Region. In this capacity he helped advance nutrition training and institution building in several African Countries, including Nigeria and Ghana. He was also involved in the development of nutrition policies and boards in several countries. His leadership in African Population and Family Planning led to the subject being given priority in national development thinking in many countries.

At the International Level

He is considered one of the most important international leaders in population, family planning and reproductive health. He is known for his advocacy of gender equity and equality; and sexual and reproductive health and rights of women and youth. In these fields he has proved to be a highly competent negotiator for consensus building and facilitator of complex international meetings. He has been recognized internationally for his successful handling of some very complex conferences. These include:

1. The WHO/UNICEF Infant and Young Child Feeding Conference, Geneva 1979, which led to the development of the International Code of Marketing of Breast-milk Substitutes.
2. The Safe Motherhood Conference, Nairobi 1987, which led to the Safe Motherhood Initiative that has created so much awareness of the iniquity of allowing women to die from pregnancy and child-birth related causes whilst the technologies and systems for preventing and managing such causes exist.
3. The International conference on Population, Mexico, 1984, at which women's rights and the heavy toll of abortion related mortality were acknowledged as issues for the population and family planning fields as well as others. In Mexico too the world reaffirmed the right of couples and individuals to family planning information and services.
4. The International conference on Population and Development (ICPD) Cairo 1994. It is perhaps with this conference that Fred Sai gained most international recognition. There was a complete paradigm shift in the way population and family planning programmes and services were to be conceptualized and implemented. Women were made central players, their status and comprehensive needs were to be addressed; and family planning was to be made an expanded reproductive health and rights issue and not mainly demographic.

5. Honorary Co-chair with past President of Chile, Michelle Bachelet, at the 2010 Women Deliver Conference, Washington DC.

Honours and Awards

He has received many honours and awards for his services to Ghana, Africa, and the world. For a physician, perhaps the most important are his election as an Honorary Fellow of both the British Royal College of Obstetricians and Gynaecologists and the American College of Obstetricians and Gynaecologists. He has Honorary Doctorates from the University of Ghana and Tufts University. For his international population and reproductive health work he received the UN Population Prize and the Prince Mahidol Award from Thailand. In 2006 he was made a Member of the Order of Star of Ghana.

Personal

Professor Sai is married with 6 children; three of them adopted. Prof. Sai used to travel a lot to give lectures and hold seminars in his specialized areas. He still does that in-country, once it does not conflict with his health. He still likes to play golf, listen to good highlife and jazz music and spend quality time with family and friends.