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Born in Lagos, she completed her medical training at University College London, postgraduate medical training in the UK and Australia, a Masters degree in Public Health (Epidemiology) at the University of Cape Town, and a research doctorate in Clinical Epidemiology at Imperial College London. She serves on several advisory boards including Future Earth and the African Academy of Science Open Research Platform; and is an editorial board member of Lancet Planetary Health, Cities and Health, and the Journal of Urban Health. Profiled in the Lancet (2016), Science magazine (2018), and the British Medical Journal (2019), she is a Fellow of the African Academy of Sciences, past co-chair of the Global Young Academy, 2015 Next Einstein Forum Fellow, and a 2019 World Economic Forum Young Global Leader.

She is passionate about identifying creative strategies to address complex urban population health challenges in rapidly growing cities globally to make the healthy choice the easy sustainable choice.