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Enwerem's research interest is to understand the underlying risk factors that contribute to health disparity among the minorities and the underprivileged population. In so doing, design health interventions that are culture specific and evidence based.

Enwerem has over 25 publications in peer reviewed journals in the area of nursing, chemistry and natural products. Her current research grant funding: HHS/OPA, Howard University-District of Columbia (PI); Title: Expectant and Parenting Youth (DCNEXT!); July 2020 – June 2023