

Jeffrey Boadi | Men’s Health & Fatherhood

INSTAGRAM

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husband + father author of Plant Fuel ? actionable notes on fatherhood, men's health + nutrition ? partnerships: jeff@thestand.agency ?london

183,594	0	988	1.52%	0/100
FOLLOWERS	FOLLOWING	POSTS	ENGAGEMENT RATE	SOCIALHIPPER SCORE

Category

Health

Growth History (Last 30 Days)

Date	Followers	Engagement Rate	Avg Likes	Avg Comments
May 18, 2026	183,757	1.59%	2,849	74
Jun 01, 2026	183,594	1.52%	2,724	65

Recent Content Performance

Type	Posted	Likes	Comments	Shares
Video	May 31, 2026	152	24	0
Carousel_album	May 31, 2026	1,498	25	0
Video	May 28, 2026	99	7	0
Carousel_album	May 27, 2026	1,594	123	0

Type	Posted	Likes	Comments	Shares
Video	May 26, 2026	399	20	0
Video	May 14, 2026	170	12	0
Carousel_album	May 10, 2026	2,832	229	0
Carousel_album	May 06, 2026	1,018	27	0
Video	Apr 07, 2026	637	40	0
Carousel_album	Mar 28, 2026	495	22	0
Video	Mar 25, 2026	7,783	109	0
Video	Mar 19, 2026	76	1	0

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Data is based on publicly available information and may not reflect real-time metrics.