

CURRICULUM VITAE



Personal Information

- Name : Dr. Dorcus Mbithe David Kigaru
- Position : Senior Lecturer, Nutritionist & Researcher
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- Email Address : dorcusmbithe@yahoo.com, kigaru.dorcus@ku.ac.ke
- Languages : English, Kishwahili
- Citizenship : Kenyan
- Gender : Female
- Place of Birth : Machakos, Kenya
- Marital status : Married

2.0 Qualifications

Registered Nutritionist with the Kenya Nutritionists and Dieticians Institute (KNDI) (Reg. no. G/0571/11)

2.1 Academic Qualifications

- 2008 : Doctor of Philosophy (PhD) in Foods, Nutrition & Dietetics, Kenyatta University, Kenya
- 2002 : Master of Science (MSc) in Applied Human Nutrition, University of Nairobi, Kenya
- 1997 : Bachelor of Education, Home Science & Technology, Moi University, Kenya: **First Class Honors**

2.2 Professional Courses

- 2019 : Food systems for healthy and sustainable diets, Wageningen University & Research (WUR), the Netherlands
- 2017 : VLIR-UOS ITP- Clinical Nutrition Training Course – the North-South experience at Katholieke Universiteit (KU Leuven), Belgium. Course was a collaboration of the KU Leuven (Belgium), University College Leuven Limburg (Belgium) and Stellenbosch University (South-Africa)
- 2015 : Security in the field course: Advanced Security in the Field (ASITF II). United Nations Department of Safety and Security
- 2014 : Regional Training Course on: Data Evaluation and Analysis in support of International Atomic Energy Agency (IAEA) RAF6042: *Applying Nuclear Techniques to Design and Evaluate Interventions to Reduce Obesity and Related Health Risks*: Venue: Institut Régional de Santé Publique de Ouidah, Cotonou (IRSP), Benin.
- 2014 : Caring for Infants and Children with Acute malnutrition; International Malnutrition Task Force; University of Southampton
- 2013 : Teaching Methods (Refresher Course), Kenyatta University
- 2013 : Training Course on: School Health and Nutrition. The FRESH Framework (Focusing Resources on Effective School Health) Elmina, Ghana
- 2013 : Training on: Body composition Analysis: Standard operational Procedures (SOPS) for Deuterium Dilution dosing & Saliva sample collection and Analysis, Rabat, Morocco

- 2012 : Training on: Body composition: Deuterium Dilution Method and Anthropometry: Cape Town, South Africa by the International Atomic Energy Agency
- 2012 : Basic Security in the Field (BSITF II). United Nations Department of Safety and Security
- 2011 : e-Resources Training Course by ITOCA, TEEAL and Kenyatta University
- 2010 : Food & Nutrition Security and HIV/AIDS, Sustainable Livelihood Frameworks, Programme Design, Monitoring & Evaluation. Wageningen University and Research, The Netherlands
- 2007 : Food Policy Analysis. The Case of Livestock, Nutrition Aspects. African Centre for Science and Technology (ACTS) ICRAF, Nairobi, Kenya
- 2006 : Putting Research into Use (RIU) through Systems of Innovations. African Centre for Science and Technology, (ACTS). ICRAF, Gigiri, Nairobi, Kenya
- 2006 : Food Policy Analysis: Sustainable Food Security Systems; Policy Issues. African Centre for Science and Technology (ACTS). ICRAF, Gigiri, Nairobi, Kenya

2.3 Other Courses

- 2017 : Ministry leadership Development Program. Daystar University, Kenya, leadership and Professional Development Institute
- 2001 : Counseling Course, Ministry of Education

3.0 Employment History/Work Experience

- 2006 to date : Lecturer (**currently Senior lecturer**), researcher and Supervisor of Postgraduate Students, Department of Foods, Nutrition & Dietetics, Kenyatta University

4.0 Administrative Responsibilities

4.1 At Kenyatta University

- 2017- date : Chairperson, Department of Food, Nutrition & Dietetics
- 2019 : Chairperson, Conference Organizing Committee, the International Food Safety Conference in May 20-24, 2019 at Kenyatta University, Nairobi, Kenya
- Jan - Aug 2017: Chairperson, Departmental credit waiver committee
- 2013 - 2017 : Departmental Postgraduate Coordinator, Dept of Foods, Nutrition & Dietetics
- 2013 - 2017 : Member, School of Applied Human Sciences Board of Post Graduate Studies
- 2013 - 2017 : Chairperson, School of Applied Human Sciences Linkages & Collaborations Committee
- 2012 - 2017 : Chairperson, School of Applied Human Sciences Board of Undergraduate Studies
- 2012 - date : Member, Departmental Quality Management Committee
- 2010 - 2013 : Departmental Timetable Coordinator
- 2008 – 2010 : Departmental Examination Coordinator
- 2007- 2009 : School and Departmental Website Coordinator
- 2006-2008 : Departmental Coordinator for Institute of Open Learning

4.2 Administrative Responsibilities at other Institutions and external appointments

- 2017 to date : External Examiner, Kabarak University, Kabarak, Kenya,
- 2016 to 2018 : External Examiner: Postgraduate thesis examination: Makerere University, Uganda
: External Examiner: Postgraduate thesis examination, Moi University, (MPH programme)

- : External Examiner: Postgraduate Thesis examination, Maseno University, School of Public Health and Community Development
- 2015 to 2017 : eNutrition Academy (eNA) Academic Board Member: online Nutrition Academy.
- 2015 to 2017 : The Kenya Association of Gerontology and Geriatrics (KAGG), an Affiliate of the International Association of Gerontology and Geriatrics (IAGG). Secretary
- 2013-2015 : Nutrition Education programme with the UN Food and Agriculture Organization (FAO), Rome, Italy and Kenya Country Office on Education for Effective Nutrition in Action (ENACT), development and Piloting of the ENACT module. ENACT tutor and facilitator
- 2012 to 2017 : Kenya Country Representative/Counterpart to a Regional United Nations (UN) International Atomic Energy (IAEA) Project RAF6042: 12 Participating countries Member States to the UN: Project Title: *Applying Nuclear Techniques to Design and Evaluate Interventions to Reduce Obesity and Related Health Risks.*
- 2007 to 2017 : Judge, Food and Nutrition Exhibition, then Nairobi Province (Currently Kenya) Art, Home Science, Industrial, Computer and Agriculture (NAPAHICA/KENAHICA): Secondary school Exhibitions; Ministry of Education, Kenya
- 2008 to 2011: The National Museum of Kenya (NMK), Chairperson, Scientific Committee, Symposium, Food Fair/Exhibitions
- 1997-2004 : Teachers Service Commission (TSC), Kenya. Tutor

5. Fellowships

- 2019 : Nuffic OKP Fellowship for Food systems for healthy and sustainable diets Short Course at Wageningen Centre for Development Innovation (WCDI)/Wageningen University and Research (WUR), The Netherlands
- 2017 : VLIR-UOS ITP fellowship/funding for Clinical Nutrition course– the North-South Experience in KU Leuven, Belgium
- 2015 : Fellowship by IMMANA/LCIRAH and Agriculture for Nutrition and Health (A4NH) to the Launch of the Agriculture, Nutrition & Health Academy and attend the 5th LCIRAH Conference in London School of Hygiene & Tropical Medicine, United Kingdom(UK)
- 2015 : Fellowship from the UN International Atomic Energy Agency (IAEA) to attend a Conference (Federation for African Nutrition Societies, FANUS) in Arusha, Tanzania
- 2014 : Fellowship by International Food Policy Research Institute (IFPRI)/Agriculture for Nutrition and Health (A4NH) to attend the African Nutrition Epidemiology Conference (ANEC) VI as an expert panelist in July 2014 in Accra, Ghana
- 2013 : Fellowship by Partnership for Child Development (PCD), for training on School Health and Nutrition (SHN) in Elmina, Ghana
- 2013 : International Atomic Energy Agency (IAEA) fellowship to Morocco, Rabat; Unite' Mixte de Recherche Nutrition et Alimentation, CNESTEN: Body composition & data analysis course
- 2012 : Nomination & Fellowship for a Conference in Singapore by the South African Human Sciences Research Council (Cape Town, South Africa)
- 2011 : Fellowship to the Federation for the African Nutrition Societies (FANUS) Conference, Abuja, Nigeria by The Nevin Scrimshaw International Nutrition Foundation (INF) and Kenyatta University
- 2010 : NUFFIC Fellowships to study Food Security at Wageningen; the Netherlands

- 2008 : Travel grant from Kenyatta University to African Nutritional Epidemiology Conference (ANEC) III in Cairo, Egypt
- 2007 : Nomination and conference travel/attendance grant by the City Council of Oslo, Norway and International Society of Behavioral Nutrition & Physical Activity (ISBNPA)

6.0 Post Graduate Supervision

6.1 PhD Supervision

6.1.1 Completed

1. Moses Ngatia Miricho: H87/11075/08 (Kenyatta University) Title: Yield Management Strategy in Kenya's Town Hotels: Opportunities and Scope in Room-Stock Management.
2. Dennis Matanda (University of Bergen, Norway) Title: Relationship between child feeding practices and child malnutrition in Kenya: a longitudinal analysis (1993-2009).
3. Gladys Njura Gitau: H87/11934/2008 (Kenyatta University) Title: Nutrition education strategies on iron Status of primary school pupils in Gatanga Sub-County, Kenya
4. Zipporah Wanjiru Ndung'u: H87/23463/2012 (Kenyatta University) Title: Validation of Nutritional Status Assessment Methods Using Stable Isotope Dilution Technique among School Children in Nairobi, Kenya.
5. Carolyne Wasike: PHD/ATHX/06471P/2015 (Technical University of Kenya) Potential of Restaurants to Offer Healthy Eating Products as a Tool for Growing the Healthy Eating Market in Nairobi city County, Kenya.
6. Wesley Bor: H87/33292/2014 (Kenyatta University) Effects of Umbilical Cord Clamping Time on Iron and Nutrition Status at 6 months of Mature Neonates delivered at Longisa & Tenwek Hospital, Bomet County, Kenya.

6.1.2 Ongoing PhD Supervision

1. Gilbert Mangusho (H87EA/33821/15) Effect of Nutrition Education with Orange-Fleshed Sweet-Potato Promotion to Caregivers on Vitamin-A Status of Preschool-Age Children in Eastern Uganda
2. Florence Chelimo: H87/21316/2010 (Kenyatta University) Home Grown School Feeding (HGSF) and Focusing Recourses on Effective School Health (FRESH) in East Pokot, Kenya. Proposal stage

6.2 Masters Supervision

6.2.1 Completed Masters Supervision

1. Zipporah Ndung'u: Contribution of Amaranth grain to improve nutrition and health status of adults infected with Human Immuno-Deficiency Virus in Mweiga, Nyeri District, Kenya
2. Velma Nyapera: Nutrition Knowledge, Attitudes And Practices of Children from Nkoile and Isinya Primary Schools In Kajiado District, Kenya
3. Grace Kihagi: Childcare Practices, Nutrition and Health Status of Children (6-59 Months Old) Among Internally Displaced Persons in Kieni Forest, Gatundu District
4. Naiman N. Mbise: The Quality of Service Standards and Related Factors in Tourist Hotels in Arusha, Tanzania
5. Salome Kasimba: Dietary diversity and nutritional status among children aged 6-23 months in Makindu division, Kenya

6. Mary Ndanu Makau: Feeding Practices and Nutritional Status of Children 0-59 Months of Incarcerated Mothers in Selected Women's Prisons in Kenya
7. Gitika Alice W. Food Consumption Patterns and Nutritional status of school children made vulnerable by HIV and AIDS in Kiambu District, Kenya
8. Bor Wesley K: Status of hyperlipidemia Among HIV positive adult patients attending Comprehensive care (HAART) Clinic in Kericho District Hospital
9. Kieti Immaculate Nzila: Risk Factors associated with Osteoporosis among Women Aged 40 Years and Above attending Orthopedic Clinic at Mbagathi Hospital, Nairobi County, Kenya
10. Isaac Nthiga: Dietary Practices and Nutritional Status of Pulmonary Tuberculosis Patients Aged 25 - 44 Years Attending Tuberculosis Clinic At Lodwar District Hospital, Kenya
11. Mary Milelu: H60/13450/2009: Determinants of Household Food security and their effects on Nutritional Status of under fives in Mwingi district, Kitui County, Kenya
12. Brenda Wekesa: H60/Cty/Pt/22590/2012. Fruit Consumption and Nutritional Status of Children Aged 6 To 59 Months along the Agro-ecological strip of Kakamega and Siaya Counties, Kenya
13. Faith Munoru: H60/20311/2010: Dietary and care practices, morbidity patterns, socioeconomic characteristics and nutritional status of the elderly in Meru County- submitted Thesis
14. Rachael Kavithe: H60/CE/23067/2010. Assessment of Dietary Intake and Nutritional Status of HIV Positive Inmates at Selected GK Prisons in Kenya – Scheduled for defense
15. Macharia Jacqueline Wairimu: Q57/24161/2013: Nutritional status and its determinants among children Aged 6-23 months following supplementary feeding program discharge in Isiolo County.
16. Bibiana Jumwa Muasya (17579694) The University of Stellenbosch, South Africa: Determinants of Infant and Young Child Feeding Practices of Children 0-23 Months among Agro Pastoralist Communities in Baringo County, Kenya.
17. Silas Tumpeine (H60/22678/11) Dietary Intake Morbidity Patterns & Nutritional Status among Adult Patients Living with HIV and AIDS attending Narok County Referral Hospital, Kenya.
18. Mary Gicheha: Food Security and utilization of selected Tubers in Kahawa, Nairobi, Kenya.
19. Cephas Zulu (H60F/33983/2015) Dietary diversity, nutrient adequacy and nutritional status among children ages 6-59 months from female headed households in Luapula, Valley, Zambia.
20. Steve Kegoli (H60/22670/11) Obesity prevalence and associated dietary habits, body size preference and physical activity among sero-positive adults attending Kayole sub-county hospital in Nairobi.

6.2.2 Ongoing Masters Supervision

1. Maria Omari (H60/Cty/PT/21764/12) Nutrition Knowledge, Attitude and Practices of Caregivers of children with cerebral Palsy in Nairobi, Kenya – Draft thesis
2. Florence Wangui (H60/Cty/PT/24925/11) Dietary Practices and Nutrition Status of Pregnant Students of Post-Secondary Learning Institutions in Machakos Town, Kenya. Fieldwork stage
3. Genevieve Otunga (H60/Cty/PT/24645/13) Childcare Practices, Nutrition and Health Status of Children (6-23 Month) in Bumula Sub-County, Bungoma County, Kenya. Field work
4. Julius Kienji Kigo (H60/Cty/PT/24644/2013) Complementary feeding practices and nutrition status among children 6-23 months in Yatta sub-county, Machakos County, Kenya. Field work
5. Mulei Dorcas Nduku (H/60/33330/15) Dietary Practices, Nutritional Status and Anaemia Prevalence among Adolescent Girls in Day Secondary Schools in Machakos County, Kenya. Field work

- Christine Kakuu Mbuve (H60/27363/2014) Perceived body image, food consumption patterns and nutritional status of adolescents attending secondary schools in Langata Sub County, Nairobi, Kenya

7.0 Conferences attended

7.1 Conference Presentations

- Dorcus Mbithe D. Kigaru**, Francis Mundia & John Gachoya (Conference date: 21-23, Oct, 2019). *Contamination of Meat with Heavy Metal in Butchery in Selected Outlets in Nairobi County, Kenya*. Biennial Conference, Kenyatta University. Nairobi. Funded by: Kenyatta University/Self.
- Christine Njuguna, **Dorcus Mbithe D. Kigaru** & Patrick Kamande (Conference date: 20-24, May, 2019). *Understanding The Challenges Faced By Food Vendors in Three Markets in Selected Informal Settlements in Nairobi County. A Crisis or opportunity?* International food Safety Conference, Kenyatta University, Nairobi, Kenya. Funded by: Kenyatta University/Self
- Dorcus Mbithe D. Kigaru**, Christine Njuguna & Patrick Kamande (Conference date: 20-24, May, 2019). *Food Safety Related Knowledge, Attitude and Practices among Food Marketers and Traders in Nairobi City's Informal Settlements, Kenya*. International food Safety Conference, Kenyatta University, Nairobi, Kenya. Funded by: Kenyatta University/Self
- Dorcus Mbithe D. Kigaru** (Conference date: 20-24, May, 2019) . *Knowledge gaps in promoting behaviour change communication (BCC) in food safety among farming households in Kenya*. International food Safety Conference, Kenyatta University, Nairobi, Kenya. Funded by: Kenyatta University/Self
- Dorcus Mbithe D. Kigaru** (Conference date: 23-24 November, 2016). *Comparison of Nutritional Status by Different Nutrition Assessment Methods and Implications on Nutrition Counseling Decisions*. SUN/ARN Conference, Kenya School of Government, Nairobi, Kenya. Funded by: Kenyatta University/Self
- Dorcus Mbithe D. Kigaru** (Conference date: 25-29 May 2015). *Nutrition Knowledge, Attitude and Practices among Urban Primary School Children Nairobi City, Kenya*. FANUS Conference. Arusha, Tanzania. Funded by International Atomic Energy Agency (IAEA)/Kenyatta University
- Dorcus Mbithe D. Kigaru** & Judith Kimiywe (Conference date: 25-29 May 2015). *Experiencing of piloting the FAO ENACT Nutrition Education Program in Kenya*. FANUS Conference. Arusha, Tanzania. Funded by FAO/IAEA/Kenyatta University
- Dorcus Mbithe D. Kigaru** (Conference/workshop date: 6th March 2015). *The Potential of Nutrition Education in Schools in Addressing Malnutrition: Experiences & Opportunities: Nutrition in school curriculum*. Hilton Hotel, Curriculum Developers and Stakeholders Workshop, Nairobi. Funded by: World Food Programme (WFP) and Ministry of Health, Kenya
- Dorcus Mbithe D. Kigaru** (Conference/workshop date: 3rd December, 2014). *Applying Nuclear Techniques to Design and Evaluate Interventions to Reduce Obesity and Related Health Risks: IAEA RAF6042*. WHO/MOH Workshop on Childhood Obesity. Silver Springs Hotel, Nairobi, Kenya. Funded by: WHO/MOH.
- Dorcus Mbithe D. Kigaru** – member of Panel of experts (Conference date: 20– 25 July 2014). *A4NH Symposium on Food and Nutrition Security: Nutrition Networks in Africa; challenges & opportunities for sustainability*. ANEC VI conference: GIMPA centre, Accra, Ghana. Funded by: International Food Policy Research Institute (IFPRI).
- Dorcus Mbithe D. Kigaru** & Judith Kimiywe (Conference/workshop date: 7-11 April 2014). *Food and Agriculture Organization (FAO) - Education for Effective Nutrition in Action (ENACT) Post-Piloting Workshop*. ILRI, Addis Ababa, Ethiopia. Funded by FAO.

12. **Dorcus Mbithe D. Kigaru** (Conference date: 10-14th March, 2014). *School Health and Nutrition: The Healthy Learning Programme In Kenya*. Nutrition Conference North Coast Beach Hotel, MSA, Kenya. Funded by: VVOB/Kenyatta University.
13. **Dorcus Mbithe D. Kigaru**, Judith Kimiywe & Judith Waudo (Conference date: 23-34 July 2012). *Nutritional Knowledge, Attitude and Practices and Nutritional Status of School-Going Children in Machakos District, Kenya*. International nutrition conference (ICNFS/CBEES) Quality Hotel, Marlow, Singapore. Kenyatta University/Human Sciences Research Council, South Africa
14. Nelia P Steyn, Whadi-ah Parker, Johanna H Nel, Ayah Rosemary & **Dorcus Mbithe D. Kigaru** (Conference date: 23-34 July 2012). *The nutrition transition and adequacy of the diet of pregnant women in Kenya*. International nutrition conference (ICNFS/CBEES) Quality Hotel, Marlow, Singapore. Human Sciences Research Council, South Africa
15. **Dorcus Mbithe D. Kigaru** (Conference/workshop date: 4 Aug, 2012). *Diabetes: The problem in Kenya and the World*. Centre for Nutrition Education & Research (CENER). The Nairobi Club, Nairobi, Kenya. Funded by CENER.
16. **Dorcus Mbithe D. Kigaru** (Conference date: 12-15 Sept. 2011). *Gender Roles and the Effects of Nutrition Education Interventions on Pupils' Nutrition Knowledge and Practice in Primary Schools, Machakos, Kenya*. FANUS Conference Abuja, Nigeria. Funded by Nevin Scrimshaw International Nutrition Foundation (INF)/FANUS
17. **Dorcus Mbithe D. Kigaru** (Conference date: 9 December 2011). *The trials, tribulations and triumphs of Trans-disciplinary Research (TDR) in the context of nutrition research in Sub-Saharan Africa*. Hemil-senteret, Fall Research Conference/Seminar Bergen, Norway. Funded by: the University of Bergen, Norway.
18. V.Nyapera, **Dorcus Mbithe D. Kigaru** & Sophie Ochola (Conference/workshop date: Sept., 2011). *Nutrition Knowledge, Attitudes And Practices of Children from Nkoile And Isinya Primary Schools, Kajiado, Kenya*. The National Museums of Kenya 2011 National Food Fair, Nairobi, Kenya. The National Museum of Kenya (NMK).
19. **Dorcus Mbithe D. Kigaru** & Judith Kimiywe (Conference date: 20-24 July, 2010). *Support Schools Against Hunger: Family And Community Involvement In Nutrition Education*. First Pan-African Family Strengths International Conference, Mombasa, Kenya. Funded by: Kenyatta University.
20. **Dorcus Mbithe D. Kigaru** (Conference date: 1 April 2009). *The role of nutrition in the management of illnesses*. Mbagathi District Hospital, Nairobi Kenya. Funded by Ministry of Health
21. **Dorcus Mbithe D. Kigaru** (Conference date: 25-26 March, 2009). *A Review of Solutions to Zinc Deficiencies In Developing Countries: Contextualizing Action*. International Zinc Conference Windsor Hotel, Nairobi, Kenya. Funded by: Tropical Soil Biology and Fertility (TSBF/ CIAT).
22. **Dorcus Mbithe D. Kigaru** & Omo Ohiokpehai (Conference date: 25-26 March, 2009). *Food Accessibility Parameters as Predictors Of Food Consumption Patterns In Suba District*. International Zinc Conference Windsor Hotel, Nairobi, Kenya. Funded by: Tropical Soil Biology and Fertility (TSBF/ CIAT).
23. **Dorcus Mbithe D. Kigaru** (Conference/workshop date: 28 Oct, 2009). *Nutrition Education - Opportunities and Gaps in Schools*. The National Museums of Kenya/VVOB workshop. Funded by VVOB/National Museum of Kenya
24. **Dorcus Mbithe D. Kigaru** (Conference date: 13-16 Oct, 2008). *The Effect of Nutrition Education Interventions on Pupils' Nutrition Knowledge and Practice In Primary Schools, Machakos District, Kenya*. The Third African Epidemiological Conference – ANEC III, Cairo, Egypt. Funded by Kenyatta University.

25. Judith Kimiywe, **Dorcus Mbithe D. Kigaru**, Judith. Waudo & Patrick Maundu (Conference date : March, 2008). *Correlations of Consumption Patterns of Underutilized Plant Species with other Variables among Major Ethnic Groups in Urban and Peri-Urban Nairobi*. Conference on Underutilised Plant Species. Arusha, Tanzania. Funded by: Bioversity International/Kenyatta University.
26. **Dorcus Mbithe D. Kigaru**, Judith Kimiywe, Judith Waudo & John .A. Orodho (Conference date: 20-23 June, 2007). ISBNPA Conference In Oslo, Norway. Funded by City Council of Oslo/ ISBNPA
27. **Dorcus Mbithe D. Kigaru** (Conference/workshop date: 6 Sept, 2007). *Addressing Anaemia: Food Based Approaches*. Centre for nutrition Education & Research, CENER Nairobi, Kenya. Funded by CENER/Self

7.2 Organizing Conferences/Seminars

1. The International Food Safety Conference in May 20-24, 2019 at Kenyatta University, Nairobi, Kenya, Chairperson, Conference Organizing Committee
2. The 2nd Africa Region Conference of Gerontology and Geriatrics 'Long Term Care Systems For Sub-Saharan Africa: Setting Agenda' on 28-30 November 2016 at APHRC Campus, Nairobi, Kenya
3. Coordination of UN IAEA Regional project: Representing Kenya: In Morocco (April, 2012), Cape Town, South Africa (Dec 2012), Vienna, Austria (Sept. 2014) and in Mauritius (Oct. 2016)
4. Committee Member and Secretary, African Nutrition Conference, North Coast Beach Hotel, Mombasa 10th – 14th March 2014
5. Departmental Linkages/collaboration Coordinator: coordinated exchange programme between Kenyatta University and other Universities e.g. Oklahoma State University, Mt. St. Vincent University and Texas Tech University
6. The e-learning Conference Organized by Kenyatta University – Kenyatta University - Local Organising Committee Member

8.0 Research and Publications

8.1 Articles/Papers in refereed Journals

1. **Dorcus Mbithe D Kigaru**, Zipporah W Ndung'u and Catherine W Macharia-Mutie (2020) Application of stable isotope dilution techniques to assess body fat and comparison with WHO BMI-for-age classification as a measure of obesity among schoolchildren in Nairobi, Kenya. *Public Health Nutrition*: 1- 5. doi:10.1017/S1368980020001950
2. Tetsuhiro Kidokoro, Noriyuki Fuku, Toshio Yanagiya , Tomonari Takeshita, Mizuki Takaragawa, Michael Annear, Tian Xiaojie , Luka B. Waiganjo , Lamec F. Bogonko, Juliet K. Isika, **Mbithe D. Kigaru** and Francis M. Mwangi (2020) Physical Activity and Sedentary Behaviour Patterns among Kenyan and Japanese Children: A Comprehensive Cross-Country Comparison. *Int. J. Environ. Res. Public Health* 2020, 17, 4254; doi:10.3390/ijerph17124254
3. Wesley Bor, **Dorcus Mbithe**, Irene Ogada and Wesley Too (2020) Nurse's Knowledge Aspects of Enhancing Haemoglobin Level and Safety through Delayed Cord Clamping Time in a Semi-urban Hospital in South Rift Region, Kenya. *Kabarak Journal of Research & Innovation*. Volume 9 Number 1 (2020).
4. Jacqueline Macharia, **Dorcus Mbithe**, Harun Kimani& Peter chege (2019) Feeding Practices and Nutrition Status among Children Aged 6-23 Months after Discharge from Supplementary Feeding Program in Isiolo County, Kenya. *Food Sci Nutr Res*. 2019; 2(2): 1-6.

5. A. El Hamdouchi, T. Adom, A. Aouidet, V.D. Agueh, A. Diouf, N.I. Joonus, G.H. Leyna, **K. Dorcus Mbithe**, T. Moleah, M.A. Monyeki, D. Nakimbugwe, H.L. Nashandi, A.F. Simpara, S.M.A. Somda, J.J. Reilly and C. Loech (2019) Protocol for validating simple measures of body fatness and physical activity of children in twelve African countries: The ROUND-IT Africa Study. *African Journal for Physical Activity and Health Sciences (AJPHES)* Volume 25(2), June 2019, pp. 142-173.
6. Silas Tumpeine, **Dorcus Mbithe Kigaru** and Peter Chege (2019) Dietary Practices Among Adults Living with HIV and AIDS Attending Clinics at Narok County Referral Hospital, Kenya. *International Journal of Sciences: Basic and Applied Research (IJSBAR)* (2019) Volume 46, No 2
7. Adama Diouf, Theodosia Adom, Abdel Aouidet, Asmaa El Hamdouchi, Noorjehan I Joonas, Cornelia U Loechl, Germana H Leyna, **Dorcus Mbithe**, Thabisile Moleah, Andries Monyeki, Hilde Liisa Nashandi, Serge MA Somda & John J Reilly (2018) Body mass index vs deuterium dilution method for establishing childhood obesity prevalence, Ghana, Kenya, Mauritius, Morocco, Namibia, Senegal, Tunisia and United Republic of Tanzania. *World Health Organization(WHO) Bulletin. Bull World Health Organ* 2018;96:772–781 doi: <http://dx.doi.org/10.2471/BLT.17.205948>
8. Faith K Munoru, Elizabeth N Kuria and **Dorcus Mbithe K.** (2018). Dietary and care practices and nutritional status of the elderly in Meru County, Kenya. *International Journal of Medical and Health Research.* Volume 4; Issue 6; June 2018; Page No. 01-06
9. Kavithe K. Rachel, **Dorcus Mbithe D. Kigaru** and Maoga W. Nyamota. (2018). Dietary intake and factors affecting food service of male prisoners living with human immunodeficiency virus at selected prisons in Kenya. *International Journal of Nutrition and Metabolism* Vol 10 [2] (2018): 6-15. DOI: 10.5897/IJNAM2017.0229.
10. Magali Leyvraz, **Dorcus M. David-Kigaru**, Catherine Macharia-Mutie, Grant J. Aaron, Marlene Roefs and Alison Tumilowicz (2017) Coverage and Consumption of Micronutrient Powders, Fortified Staples, and Iodized Salt Among Children Aged 6 to 23 Months in Selected Neighborhoods of Nairobi County, Kenya. *Food and Nutrition Bulletin.* 1-9. DOI: 10.1177/0379572117737678. journals.sagepub.com/home/fnb
11. Khasoa Carolyne Wasike, Erick V. O. Fwaya and **Dorcus Mbithe D. Kigaru** (2017) Factors influencing customer needs for healthy eating products in selected restaurants of Nairobi City, Kenya. *International Journal of Scientific Progress and Research (IJSPR)* ISSN: 2349-4689 Issue 104, Volume 36, Number 02, 2017
12. Mary M Milelu, **Dorcus Mbithe D Kigaru**, Elizabeth N Kuria (2017) Demographic and socio-economic determinants of availability and access dimensions of household food security in Kitui County, Kenya. *International Journal of Food Science and Nutrition.* Volume 2; Issue 5; September 2017; Page No. 93-101
13. **Dorcus Mbithe D Kigaru**, Mary M Milelu (2017) Dietary diversity, water and sanitation practices and nutritional status of children aged 6-59 months in Kitui County, Kenya. *International Journal of Food Science and Nutrition.* Volume 2; Issue 5; September 2017; Page No. 113-120
14. Mary N. Makau, Sophie Ochola and **Dorcus Mbithe** (2017) Feeding Practices of Children Aged 0-59 Months Accompanying Incarcerated Mothers in Selected Womens Prisons in Kenya. *The Open Nutrition Journal.* 2017, 11, 3-12. DOI: [10.2174/1874288201711010001](https://doi.org/10.2174/1874288201711010001)
15. Khasoa Carolyne Wasike, Erick V. O. Fwaya, **Dorcus Mbithe D. Kigaru** (2017) The relationship between healthy eating products on offer in restaurants and customer needs. *International Journal of Scientific Progress and Research (IJSPR).* Issue 100, Volume 35, 01, 2017

16. Isaac Nthiga, **Dorcus Mbithe**, Beatrice Mugendi, Tabitha Wambui (2017). The nutritional status of pulmonary tuberculosis patients aged 25-44 years attending tuberculosis clinic at Lodwar County and Referral Hospital, Turkana County, Kenya. *International Journal of Food Science and Nutrition*. Volume 2; Issue 1; January 2017; Page No. 119-122
17. Isaac Nthiga, **Dorcus Mbithe**, Beatrice Mugendi, Daudi Nyangaresi, Tabitha Wambui (2017). Dietary practices of pulmonary tuberculosis patients attending clinic at Lodwar county and referral hospital, Turkana County, Kenya. *International Journal of Food Science and Nutrition*. Volume 2; Issue 1; January 2017; Page No. 123-127
18. Lucy Maina, **Dorcus Mbithe D. Kigaru**, Anne Korir-Rugutt and Okello Agina (2016). Determinants of Screening Patterns for Invasive Cervical Cancer among Patients Attending Kenyatta National Hospital, Kenya. *Research journal's Journal of Public Health Vol. 2 | No. 11 November | 2016*
19. W. Bor, W. Too, **D. Mbithe**, B. Mugendi, E. N. Mutemi, R. Musyoki and W. C. Bor (2016). Nutritional Status of Adult Male on ART at Kericho District Hospital, Kericho County, Kenya. *East African Medical Journal Vol. 93 No. 8*
20. W. Bor, **Dorcus Mbithe** and B. Mugendi (2015). Lipidemia status among HIV positive adult male on HAART attending the HIV clinic at Kericho District Hospital, Kericho. *East African Medical Journal Vol. 92 No. 12 December 2015*
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8.2 Book chapter

Dorcus Mbithe and others. 2011. Book Title – Innovations as Key to the Green Revolution in Africa

- Chapter Title – Enhancing Agricultural Production Potential through Good Nutrition and Health: The Case of Suba District, Kenya. Springer Sciences + Business Media B.V 2011

9. Projects

- Africare's Improved Approach to Community-based Nutrition in Turkana (IMPACT) in Katilu and Turkwel Wards, Turkana County. Baseline survey. 2019
- Food Safety Related Knowledge, Attitude and Practices among Food Marketers and Traders in Nairobi City's Informal Settlements, Kenya
- Baseline Survey: On Agriculture-Nutrition Knowledge, Attitudes & Practices (KAP) in 12 Selected Counties In Kenya for RTI International/USAID- Kenya Feed the Future Crops and Dairy Market Systems Activity Nairobi-Kenya. 2018.
- Resilience and Economic Growth in Arid Lands-Improving Resilience (REGAL-IR) - Improved Nutritional Outcomes: Maternal, Infant and Young Child Nutrition (MIYCN) Knowledge, Practices and Coverage (KPC) Mid Term Survey 2016: Turkana and Isiolo Counties - by the Global Alliance for Improved Nutrition (GAIN), Kenya, REGAL-IR Partner
- Home Fortification with Micronutrient Powder (MNP) in Nairobi County, Kenya: Consultancy for the Global Alliance for Improved Nutrition (GAIN): 2014-2015
- UN Food and Agricultural Organization (FAO). Development and piloting of Education for Effective Nutrition in Action (ENACT) module — Professional Training in Nutrition Education. 2013-2015.
- Ministry of Health, Division of Leprosy, Tuberculosis and Lung diseases and AMREF: Development of Monitoring & Evaluation (M&E) Framework and Revision of other Materials in the management of malnutrition in/and Tuberculosis and co-morbidities. Food commodity management. 2013-2014
- UN International Atomic Energy Agency (IAEA) Technical Cooperation Regional Project RAF6042: Applying Nuclear Techniques to Design and Evaluate Interventions to Reduce Obesity and Related Health (Project in 11 African Countries). I represent Kenya in the project: 2012-2017
- Training nutritionists, clinicians, community volunteers, community health workers and nurses from hospitals in South Rift in Kericho district hospital supported by Walter Reed/KEMRI foundation on Integrated Management of Acute Malnutrition (IMAM) and HIV/AIDS and nutrition commodity management- especially Food-by-Prescription; Ready to Use Therapeutic foods; Plumpy nut, Plumpy Sup, and fortified blended flours; Corn-soy blend (CSB), First Food®, Foundation Plus+® and Advantage®. 2012-2013
- Enhancing food security of drought vulnerable households in Marsabit and Context Evaluation a Future ACK/DKH Nutrition Intervention Component by Diakonie Emergency Aid, Kenya to manage Acute Malnutrition. 2012.
- Food Security Project/Emergency Aid: Training on Nutrition Assessment especially on MUAC, Acute Malnutrition and Utilization of food commodities for management of severe acute malnutrition (Ready to Use therapeutic foods (RUTF), Ready to Use Supplementary Foods (RUSF) and commodities for management of moderate acute malnutrition (Fortified Blended Flours) in Marsabit by Diakonie Emergency Aid, Kenya. 2011
- Management of Malnutrition and HIV/AIDS 2006-2011 with USAID/NHP and Ministry of Health, Kenya. Training health workers especially nutritionists and nurses on Nutrition management: Nutrition care process, Nutrition Assessment, Nutrition intervention, Food-by-Prescription food commodities (Ready to Use Therapeutic Foods (for management of severe acute malnutrition, SAM), Ready to Use supplementary Foods and Fortified blended flours for management of moderate acute malnutrition (MAM). Data management and reporting.
- Organization of the National Museums of Kenya Scientific Symposium during the Annual National Food Fair Week. 2009-2010

- Ministry of Health, Division of Leprosy, Tuberculosis and Lung diseases: Development of M & E Framework and Revision of other Materials. 2014
- VVOB Healthy Learning Programme in Machakos, Kajiado, Narok, Samburu and Laikipia Districts. 2008-2012. Funded by the Flemish Association for Development Cooperation and Technical Assistance (VVOB) and the World Agro forestry Centre
- Development of Training and Reference Manual for Nutrition & HIV in Kenya supported by USAID/NHP Programme and NASCOP. 2006-2010

10. Membership to Professional bodies

- Kenya Association of Food Safety and protection (KAFSAP) – Vice Chairperson
- Kenya Nutritionists and Dieticians Institute (KNDI) (Reg. no. G/0571/11) – Member
- eNutrition Academy (eNA) Academic - Board Member
- Member of the Technical Working Groups (TWG) for Nutrition & HIV, TB and Management of Malnutrition (Ministry of Health) and Agri-Nutrition (Ministry of Agriculture) in Kenya
- Scaling up Nutrition (SUN) – Academia Network - member
- EnoomatAsian Girls Secondary School, Kajiado North, Kenya – BoM Member
- Kenyatta University Nutrition club

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