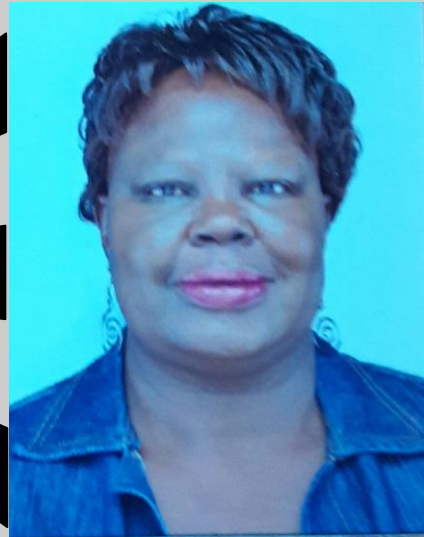


# CURRICULUM VITAE



## **1.0 PERSONAL INFORMATION**

**NAME:** Judith Ndombi Waudo (Ph.D.)

**DATE OF BIRTH:** 27<sup>th</sup> May, 1958

**MARITAL STATUS:** Married

**KNDI NO. G/0549/09**

### **CONTACTS:**

P.O. Box 543 – 00618,  
Nairobi

Mobile: 0720-967985

[waudojudith@yahoo.com](mailto:waudojudith@yahoo.com)

Waudojudith@ku.ac.ke

### **LANGUAGE**

<b>Proficiency</b>	English: Excellent
	Swahili: Good
	Luhya: Excellent

**NATIONALITY:** Kenyan

**GENDER:** Female

## 2.0 QUALIFICATIONS:

### Education Background:

- 1989-1993:** Ph.D. University of Alberta, Edmonton, Alberta  
T6G 2G5, Canada.  
**Major Specialisation:** International/Inter-cultural  
Education and Nutrition Education.  
**Thesis:** An Ethnographic Study of Low Income Women  
and Nutrition Education in Kenya.
- 1982-1984s:** M.Sc. Iowa State University, Ames, Iowa, 50010, U.S.A. Thesis: Food  
Choices and Consumption Patterns of East African students at Iowa  
State University U.S.A.  
**Major Specialisation:** Nutrition Education
- 1978-1982:** B.Sc. Central University College, Pella, Iowa, 50219, U.S.A.  
**Major Specialisation:** Foods and Nutrition.  
**Senior Year Thesis:** Food Additives

### Professional Courses:

1. 2000: Training in Nutrition and Information Technology University of  
Uppsala, Sweden. Certificate
2. 2008 : ACF/UNICEF, Training in Standardized Monitoring and  
Assessment of Relief and Transition Methodology, Limuru  
Kenya. Certificate.
3. 2008: SGS ISO Certification Certificate
4. 2009: Qualitative and Quantitative Research Methods, Certificate
5. 2010: Training in Monitoring and Evaluation, Nakuru, Kenya Certificate.
6. 2010: AAU Leadership Development Workshop (LEDEV) certificate, North Coast  
Beach Hotel, Mombasa, Kenya. September 10 – 18.
7. 2014: Training in e-Learning on Nutrition and Food Security in Higher Education  
for Eastern Africa, Henna project, European union.
8. 2019: Biomedical Ethical Review Committee Training Certificate, Kenyatta  
University Conference Centre, Kenyatta University, Nairobi, Kenya
9. 2019: Training for Senior University Management on Governance and Strategic  
Management. Pride Inn Paradise Resort, Mombasa, Kenya.
10. 2019: Training on Resource Mobilization. Kenya School of Management Studies,  
Nairobi, Kenya.

### **3.0 FELLOWSHIPS**

1989 – 1993 Canadian Ph.D. Fellowship, University of Alberta

1997 British Council Fellowship, University of Manchester

2000 Swedish Fellowship, University of Uppsala

### **4.0 EMPLOYMENT HISTORY/WORK EXPERIENCE**

**2011- Present:** Full Professor, Department of Food, Nutrition and Dietetics, Kenyatta University.

**Duties:** Teaching, research and outreach. Member of Vice Chancellors's 5 Committees on Transformative Leadership, Academic Mobility, Unesco Chair, Gender and Empowerment and Research.

**2003 -2010:** Associate Professor, Department of Food, Nutrition and Dietetics

**Duties:** Teaching, Supervision of Students and Research. Member to University committees on Research and Curriculum, Kenyatta University.

**1995 – 2003:** Senior Lecturer, Department of Food, Nutrition and Dietetics, Kenyatta University.

**1989 – 1995:** Lecturer, Home Economics Department, Kenyatta University.

**1985 – 1989:** Assistant Lecturer, Home Economics Department, Kenyatta University.

### **5.0 ADMINISTRATIVE RESPONSIBILITIES**

**2020: Chairperson, Gender and Empowerment Board, Kenyatta University.**

**2019; Chairperson, UNESCO Steering Committee on High Education Development for Green Economy and Sustainability, Kenyatta University.**

**2019; Chairperson, Technical Committee, African Centre for Transformative Leadership (ACTIL).**

**2019: Chairperson, Vice- Chancellor's Steering Committee on Academic Mobility of Students and Staff in Higher Education, Kenyatta University.**

**2017-2020 : Coordinator, Curriculum Review for Diploma, Bachelors, Maters in Food, Nutrition and Dietetics and Designing of Phd Programme in**

## **Food, Nutrition and Dietetics at Kenyatta University, Kenya.**

**2019:** Member of School of Public Health and Applied Human Sciences Research Committee, Kenyatta University, Kenya.

**2006 – 2011:** Dean, Graduate School, Kenyatta University, Kenya.

**Duties:** Development of policy documents.  
Admit students and monitor students process.  
Develop Admission, Examination and Supervision guidelines for postgraduate students.  
Write postgraduate prospectus and Handbook.  
Provide advisory services to students and staff.  
Provide administrative services to postgraduate students. Develop Strategic Plan for Graduate School.  
Recommend postgraduate students for award of various degrees, Kenyatta University  
Review and recommend for approval of post graduate programmes

**2002 – 2006:** Head of Hospitality and Tourism Department.

**Duties:** Development of curricula for Diploma, Bachelors and Masters in Hospitality and Tourism Management, Establish a department of Hospitality and Tourism Management, short listing of staff and students for programme. Recruitment of teaching and non teaching staff. In charge of curriculum and examination.  
Preparation of Departmental budgets. Financial and Human Resource Management. Teaching and Research

**2000 – 2002:** Director, Institutional Linkage Board.

**Duties:** Coordination of Linkages at National, Regional and International levels.  
Preparation of Memorandum of Understanding between various organizations. Market University programmes.  
Oversee the implementation of the MOU activities,

**1996-2000:** Director, Kenyatta University Catering and Accommodation Services Board.

**Duties:** Oversee and supervision of staff in the Catering and Accommodation sections  
Preparation of budgets for various activities and Sections.  
Procurement of material and equipment for sections.  
Initiation and running of seven catering units and eighteen students hostels and guest houses.  
Overseeing students welfare in these facilities

**1993-1995:**

- Academic Advisor for 3<sup>rd</sup> and 4<sup>th</sup> year students.

**Duties: Mentor and counsel students. Deal with students discipline.**

- Coordinator of Institutional Management Unit of the Home Economics Department, Kenyatta University.  
**Duties: In charge of procurement of supplies and equipment of the unit, budgetary issues, staff and overall running of the unit.**

## **6.0 RESEARCH; CONSULTANCY ACTIVITIES AND CAPACITY BUILDING:**

### **2019: Development of proposal on Nutrient Composition and Food Safety of Orphans Crops in Kenya.**

**Resource Person: International Conference on Food Safety and Nutrition; From Farm to Folk. Kenyatta University, Kenya.**

**2018: Development of proposal on the impact of enhanced nutrition education and school meals on the academic outcomes of preschool children in Kakamega and Nairobi Counties, Kenya.**

**2015:** Principal Researcher, A study of Food Losses and Loss Reduction Opportunities In Fruit and Vegetable Chain in Kenya. An Assessment of Potatoes, Cougettes and Avacado. A SNV funded Project

**2014:** Organizer of the International Food and Nutrition Conference at North Coast Hotel, Kilifi, Kenya.

**Duties:** Planning and implementing the seminar namely; marketing, sourcing for sponsorship and writing the final report.

**2014:** Task Force Member ELFANS-Capacity building for E-learning Network on Food Security in East African Universities.

**Duties:** Coordinator of Elefans activities at Kenyatta University namely: establishment of computer laboratory, annual workshops, procurement of supplies, writing and pretesting of modules and budgetary issues. Monitoring of project activities and writing of the final report.

**2011:**

- Assistant Coordinator On Action Review of Kenya Emergency Response UNICEF/Mt. Kenya University partnership project

**Duties: Proposal development, carrying out of the research and writing and submission of the final report.**

- Principal Evaluator, Applied Human Nutrition project in Higher Education in Eastern Africa Mid-term evaluation report EDULINK funded under ACP-EU Co-operation programme in Higher Education

**2009:**

- Development of Dietary Guidelines for East Africa - Vicres.
- Baseline Survey for HIV and AIDS Management in East African Universities funded by the IUCEA.

KIDS – CAN Research Projects funded by IDRC. Research Member.

**Duties:** Planning, field work and writing research report in Nairobi and Baringo.

**2003-2007:**

- Principal Researcher, Food Consumption Patterns, Nutrient Intakes, Nutritional and Food Security Status of Adult Men, Pre-School children, Women and Elderly Persons in the Wetlands of Lake Victoria Basin, VicRes Project.

**2005:**

- Principal Researcher, Nutritional Status and Food Consumption Patterns of Kenyan and South African Adult Women. Unilever Funded Research Project

**Duties: Proposal development, training of Research Assistants, supervision of field work, writing of report and dissemination.**

- Researcher: Production and Consumption Patterns of Traditional Foods in Urban and Peri-urban. IPGRI Research Project.

**Duties: Proposal development,** training of Research Assistants, supervision of field work, report writing and dissemination.

- Participated in the writing of the National Micronutrient Deficiency Control Policy.

**2002-2004:**

- Researcher: National Food Consumption Study, Unicef Sponsored Project.
- Principal Researcher: The Management of the Loreto Sisters Schools: A case study of Nairobi and Mombasa.
- Principal Researcher: An Evaluation of Primary Education and Health in Somalia, European Union Project.

**2001:**

- Principal Researcher: Causal analysis of children in need of special protection, UNICEF Project.

**2000:**

- Principal Researcher, PRISM Synthesis Report. Ministry of Education, Science and Technology/DFID funded project
- Principal Researcher, PRISM 2000 Impact qualitative study, Ministry of Education, and Technology/DFID funded Project.

**1998-98:**

- Principal Researcher, PRISM. Headteacher Support Groups Operation. MOE &

HRD/DFID Project.

**Duties:** Coordinator and Trainer of Trainees on Head Teacher management.

- Principal Researcher, SPRED II Special Studies on Parental Attitudes and Affordability of Education in Primary School MOE & HRD & DFID funded Project.

Duties: Proposal development, training of Research Assistants, field work, report writing and dissemination

- Principal Researcher, PRISM Action Planning by primary Head teachers in Kenya. MOE&HRD/DFID Funded Project.

- Principal Researcher, SPRED II Main Baseline Survey, MOE & HRD/DFID Funded Project

**Duties:** Proposal development, Training of Research Assistants, supervision of field work, report writing and dissemination.

**1999:**

- Principal Researcher, PRISM Follow up study of Primary School Action Plans, Impact study. MOE & DFID Project.

**1997:**

- Principal Researcher, PRISM School/Community Studies, MOE/DFID Funded Project.

**1996-1997:**

- Principal Researcher, PRISM Baseline Study, MOE/ODA Funded Project.

**1994-1995:**

- An Evaluation of Educational Wastage in Primary Schools in Kenya (SPRED I) MOE/ODA funded Project.

**1994-1995:**

- Gender Perspectives on Food Security and Management of Environmental Health in Nairobi Mazingira Institute Project

**1992:**

- An Ethnographic study of Low Income Women and Nutrition Education in Kenya, Ph.D Thesis. University of Alberta.

**1987:**

- Agricultural Productivity and Nutritional Status in Kakamega. A Research Report.

**1985:**

- Adolescent Fertility, Knowledge, perceptions and practice in Kenya, IPPF funded Project.

**1984:**

- Food Consumption Patterns of African Students Studying in the United States of America. M.Sc. Thesis. Iowa State University Ames. Iowa, U.S.A.

## **5.0 POSTGRADUATE STUDENTS SUPERVISION**

### **(a) Masters Completed**

**2019: Gicheha, Mary Kanyi:**

**Role of under utilized cereals and tubers in urban household food security and dietary intake in Kahawa Sukari Location, Ruiru Sub Country, Kenya.**

**2019: Judith Ambia Lukoye:**

**Determinants of Nutritional Status of Children Aged 6-59 Months in Marginal Mixed Farming Households in Tharaka Nithi County, Kenya.**

**2019: Gladys Mugambi:**

**Vitamin A and Nutritional status of Adults Living with Hiv/Aids attending Thika Level 5 Hospital, Kiambu County, Kenya.**

**2018: Chedeye, Rosemary:**

**Maternal Knowledge, Practice and Nutritional Status of Hiv-Exposed Children aged 3-23 Months in Vihiga County, Kenya.**

**2018: Nkingo Christine Kanoru:**

**Vitamin A Dietary Intake and Supplemetation among Children Aged 12-59Months in Gatunga Ward, Tharaka Nithi County, Kenya.**

**2016: Mucheru Patric Kamau:**

Sources, Content, Maternal Knowledge and Practice on Exclusive Breast feeding among Mothers with infants 0-6 Months in Kibera Slums, Nairobi County, Kenya. Msc thesis, Kenyatta University

**Neddy Lwile Wangusi:** Prevalence and Determinants of Iron Deficiency Anaemia among Children 6-23 Months Attending Thika Level 5 Hospital, Kiambu County, Kenya. Msc. Theis, Kenyatta University

Sussyann Makena Miriti: Dietary Diversity, Morbidity Prevalence and Nutritional Status of Children 6-23 Months in Kibera Informa Settlement, Nairobi County, Kenya, Msc. Thesis, Kenyatta University.

**2014: Muhinja Daniel Kamau:**

Effects of adaptation of water harvesting and irrigation technologies on the Household Food Security in Isiolo Central Division, Isiolo District, Msc Thesis,



Maseno University

**2013: Kemunto Marita:**

Dietary Diversity and Nutritional Status of Pregnant Women Aged 15-49 Years Attending Kapenguria District Hospital, West Pokot County, Kenta. Msc. Thesis, Kenyatta University.

**2012:Mundia Daisy Nekesa:**

Nutritional Knowledge, Attitudes and Practices of primary caregivers of Home Grown School Feeding Programme pupils at Sauri Millennium Village, Siaya County, Kenya. MPH Thesis, Kenyatta University.

**Elizabeth Muriuki:**

Prevalence of Rickets and Risk Factors among Preschool Children at Kiambu District Hospital, Kiambu County, KENYA.

**2011: Wilfrida Milly A. Agumba:**

Effects of Drug and Substance Abuse on Workplace Conditions in Star Rated Hotels at the Kenyan Coast.MSc Thesis, Kenyatta University

**Karani Lizabeth Kageni:**

Determining Diarrhoeal Morbidity and Nutritional Status among Preschool Children of Hawking Mothers at Nairobi City Market. MPH thesis, Kenyatta University

**2010: Janet Kimeto:**

International Tourists perceptions of Kenyan Ethnic Cuisine: A Case of Five Star Hotels in Nairobi. M.Sc. Thesis, Kenyatta University

**2009: Rop Jepkosgei Julie:**

Risk Factors Associated with Morbidity Status of Pre School Children in Mukuru Slums, Nairobi, Kenya. M.P.H Thesis, Kenyatta University.

**2009: Rayviscic Mutinda Ndivo:**

Status of Kenya's Domestic Tourism Destination and Factors Influencing their Choice among Nairobi Residents. M.Sc. Thesis, Kenyatta University.

**2009: Kamenderi Morris Gitau:**

Factors Associated with Non Compliance to Exclusive Infant Formula Feeding among HIV Positive Mothers at the Pumwani Maternity Hospital, Nairobi, M.P.H. Thesis, Kenyatta University.

**2008: Sarah Waswa:**

Nutritional Status and Protein Dietary Intake of Soccer Players in the Premier League. M.P.H. Thesis, Kenyatta University.

**2008: Jane Naliaka Situma:**

Dietary Intake, Morbidity and Nutrition Status of HIV Infected Women Attending Patients Support Centers in Suba District, Kenya. M.Sc. Thesis, Kenyatta

University.

**2008: Maureen Cheserek:**

An Assessment of the Nutritional Status of Elderly People 55 Years and above in the Lake Victoria Basin of East Africa. M.Sc. Thesis, Egerton University.

**2007: Susan Kanyua Gitonga:**

Influence of Maternal Gestational Weight Gain on Infant Birth Weight among Women Attending Antenatal Care at Thika District Hospital in Central Kenya. M.Sc. Thesis, Kenyatta University.

**Violet W. Wanjihia:**

Consumption of omega 3 fatty acids and the risk of type II diabetes mellitus among a rural and urban population in Kenya.

**Othoo Dorothy Apondi:**

Vitamin A and iron status of pregnant women at Ndhiwa Health Centre. M.Sc. Thesis, Kenyatta University.

**Mogesi Betty Samburu:**

Nutritional Status, Blood pressure and the Associated risks for Hypertension among Kenyatta University employees. M.Sc. Thesis Kenyatta University.

**Lucy Gathoni Waithaka:**

Practices and attitudes in the Management of type 2 diabetes in adult 45-60 years. A case study of Rift Valley, Nakuru. M.Sc. Thesis. Kenyatta University.

**Rita Nthiga Wairimu:**

Contribution of Tourism Ventures to the Local People's Livelihood in the Maasai Group Ranches Bordering Amboseli National Park Kenya. M.Sc. Thesis, Kenyatta University.

**Sarah W. Kamau:**

Hospitality Industry Employers' Expectations and Perceptions of Employees' Competencies in Nairobi Hotels. M.Sc. Thesis, Kenyatta University.

**Nelly Marete**

Factors influencing Selection of Operations consumed by star rated Hotels in Nairobi, Kenya. M.Sc. Thesis, Kenyatta University.

**Ogubi Mary Anyango:**

Assessment of the role of street foods in alleviating micronutrients deficiencies in Nairobi, Kenya. M.P.H. Thesis, Kenyatta University.

**2006: Robert Orenge Odara:**

Food safety status in chain and unclassified Food restaurants in Nairobi City centre, Kenya. M.Sc. Thesis, Kenyatta University.

**Wairegi Susan:**

Menopausal Symptoms and the use of diet in Managing Menopausal Symptoms. A case study of Maragua District. M.Sc., Thesis Kenyatta University.

**2005: Shikuri Rose Munyendo:**

Nutrition status of cancer patients at Kenyatta National Hospital, Nairobi. M.Sc Thesis, Kenyatta University.

**Waswa Lydiah:**

Risk Factors Associated with malnutrition among preschool children in Kimilili Division, Bungoma District. M.Sc. Thesis, Kenyatta University.

**Mwema, M. Josephine:**

Factors Affecting Household Food Security and Nutritional Status of under Five in Kieni West Division, Nyeri District. M.Sc Thesis, Kenyatta University

**Elizabeth Ockeyo Otieno:**

Post harvest Fish Quality, Safety and Socio-Economic Conditions of Small Scale Traders in Kisumu City. M.Sc. Thesis, Kenyatta University

**2004: Malla Janet Kajuju:**

An Investigation of factors that contribute to obesity among children: A case of Nairobi: M.Sc. Thesis, Kenyatta University.

**Ochieng Adhiambo Edwina:**

Factors that influence Glycaemic control in diabetes mellitus. A case study of Kenyatta National Hospital . A M.Sc. Thesis, Kenyatta University.

**Nyamu K. Irene:**

The role of Non-Governmental Organizations in combating Food Insecurity in Makindu and Kibwezi Divisions. Makueni District, Kenya. M.Ed. Thesis, Kenyatta University.

**Gitau Njura:**

Factors affecting the iron status of 15-49 years lactating and non lactating mothers in Makongeni Thika District Kenya. MSc. Thesis, Kenyatta University

**Methuselah B. Gesage:**

An investigation of cost controls in Food and beverage production

and sites in selected categories of 2-5 star hotels in Nairobi, Kenya.  
MSc. Thesis, Kenyatta University

**Susan Kanyua Gitonga:**

Influence of Maternal Gestational weight among women attending antenatal care at Thika District Hospital in Central Kenya. MSc. Thesis, Kenyatta University

**Judith Munga:**

An investigation on glycemic index of local foods and use in Management of diabetes mellitus: A Study in Kisii and Homa Bay District Hospital, Kenya. MSc. Thesis, Kenyatta University

**Lynett Ochuma Odida:**

Nutrition status and feeding practices of infants born of HIV Positive mothers in Kenya: A Case of Homa bay PMTCT Clinic. MSc. Thesis, Kenyatta University

**Mbogo Patricia:**

Dietary Management during HIV/AIDS among the Mombasa Islanders. Msc.Thesis, Kenyatta University.

**Kwamboka Evelyn M:**

Factors affecting food selection and nutritional status of the elderly in Mathare slums. MSc. Thesis, Kenyatta University.

**Manuche E. Winnie:**

Vitamin A content of the traditionally preserved indigenous vegetables in Koru location of Nyando District. A M.sc. Thesis, Kenyatta University.

**2002: Buluku Elizabeth:**

An assessment of the Adequacy of the School meal meeting the Nutritional requirements of Girls in Nairobi Boarding Secondary Schools. Msc. Thesis, Kenyatta University.

**Wanyoike Hanna Wairimu:**

Weaning knowledge, Attitudes and Practices (KAP) among rural mothers: A case study of Makuyu Division, Murang'a (Maragua) District. Msc. Thesis, Kenyatta University.

**Mativo G. Kioko:**

Farming practices of small-scale Farmer and household Food Security: A case of Mumoni Division, Mwingi District, Kenya. MSc. Thesis, Kenyatta University.

**Gitahi Faith Wanjira:**

Nutritional Status and Food Habits of the Elderly in Ruambiti Sub-location, Kirinyaga District. M.Ed. thesis, Kenyatta University.

**Ayoo Esther Awuor:**

Effects of the current University Loan Scheme on the food Consumption patterns of Public University students in Kenya. Msc. Thesis, Kenyatta University.

**Atiamuga D. Maria:**

An investigation of Nutritional status among low and high achievers in selected Primary Schools in Vihiga Division, Kenya, M.Ed. Thesis, Kenyatta University.

**2000: Kakai Joyce:**

Inter-household Food distribution and nutritional Status of Pre-Schoolers in low and high Income Families in Nairobi, M.Ed. Thesis. Kenyatta University.

**1999: Kitsao Patricia Kadzo:**

Health Education in Kitooni Primary School, Machakos District with specific Reference to the child-to-child approach: An Ethnographic Study: M.Ed. Thesis, Kenyatta University.

**Asule Pamellah Adamba:**

Land Use, and Management of Household Food Security in Sabatia Division of Vihiga District, Western Province, Kenya M.Ed. Thesis, Kenyatta University.

**Mburia Adel Kaari:**

Health Factors in the Ecology of Human Development of the Primary School Child in Masii, Machakos District. M.Ed. Thesis, Kenyatta University.

**Ph.D. Completed**

2019: Damaris Ashioya Shiundu: Care and Support by Foster Families on the Psychosocial Well-being of Children Affected by HIV and AIDS in Kiambu County, Kenya.

2017: **Rahab Muthoni Mugambi** : Household Food Security and Dietary Micronutrient Intake among Mothers In Mwea West Sub-County, Kirinyaga County, Kenya. A PhD Thesis, Kenyatta University

**2015: Gladys Njura Gitau:** Nutrition Education on Iron Status of Primary School Pupils of Gatanga Sub County, Kenya. A PhD Dissertation, Kenyatta University.

**2018: Mugo Wairimu Judy:** Association of Functionality and Nutritional Status of Elderly Person: A Comparison between Institutionalized and Non Institutionalized Elderly in Nairobi County,

**2012: Charles Lumumba Mbagaya:** Zinc- Vitamin A Intervention for Hiv/Aid among Adults in Western Kenya. Phd Thesis, Kenyatta University.

**2014: Daud Ng'ida Mollel:** Community Based Tourism Programmes: Entrepreneurial Performance and Capabilities in Arusha, Tanzania. Phd Thesis, Kenyatta University.

**2011: Festus Keino Kiplamai:** Seasonal Variation in Physical activity and dietary intake as it affects type II Diabetes among people living around Lake Victoria. Ph.D. Thesis, Kenyatta University

**2008: Dorcas Mbithe David:** The efficacy of teaching nutritional education using school gardens among school children in Machakos District, Kenya. Ph.D Kenyatta University.

**2003: Kabanza Ndosi Phoebe:** Factors influencing students' attitude towards institutional meals at Public and private universities in Uganda. A Ph.D. Thesis, Kenyatta University.

(b) **On going Supervision**

**Masters**

**Mosota Lillan:**

**Food Safety Knowledge and Handling Practices Among Food Handlers in Selected Supermarkets Delis in Nairobi County, Kenya. Reg. Q57CTY PT.37285/2016**

**Stella Makau:**

Factors Affecting Food Intake and Nutritional Status of Elderly in Kaiti Division of Makueni County, Msc. Food, Nutrition & Dietetics.

**James Maina Onchong;** a Reg. no. Q97/32331/15

Effects of Nutrition Education on Cardiovascular and Diabetes Diseases on Dietary Patterns among Adults in Mombasa County, Kenya, Phd.

**Mercy W. Thambi Maundu:**

Knowledge, Attitudes and Practices of Breastfeeding among Maternity and MCH Health Workers in Bomet District, Reg. No.

## **7.1 CONFERENCES AND WORKSHOPS ATTENDED**

**2019: Food Security and Safety workshop, Landmark Hotel, Nairobi, Kenya.**

**2019: Ethical Review Committee Training, Kenyatta University 19<sup>th</sup>-22<sup>nd</sup> February 2019.**

**2019: International Food Safety Conference: From Farm to Fork; A missing Link. Kenyatta University Student and Business Centre, Kenyatta University.**

**Navakholo Sub County Principals Management Seminar, Great Lakes Hotel, Kisumu, 18<sup>th</sup> February 2019.**

**Second Food and Nutrition Seminar, Amphi -Theatre, Kenyatta University, 19th February 2019.**

**2018: Launch of the Photographic Food Atlas for Kenyan Adolescents (9-14 Years). at Kenyatta University.**

**2017: Pre-Game International Symposium “ Enhancing Youth Sports for Good Health and Well-Being Kenyatta University Conference Centre, Nairobi, Kenya.**

**2016: Edulink Elefans E-Learning Final Workshop on Nutrition and Food Security in Eastern Africa, Kenyatta University, Kenya.**

**2014: Edulink Elefans E-Learning Training Workshop in Nutrition and Food Security in Higher Learning Institutions in East Africa, at Kenyatta University, Kenya. September 8<sup>th</sup>-12<sup>th</sup>.**

**2014: Edulink Elfans- Elearning Capacity Building in Foods, Nutrition and Dietetics. Kick off Workshop, University of Hawassa, Ethiopia, March 4<sup>th</sup> 2014.**

**2014: International Nutrition Conference, North Coast Hotel, Kilifi, Kenya. March 10-14 2014.**

**2012: Food safety standards international conference, Inter- continental Hotel, Nairobi, Kenya.**

**2013: Training on Smart Board use by members of Academic Staff at Kenyatta University.**

**2011**

**HENNA Project final workshop on Sustainability Measures 13-15<sup>th</sup> October, 2011, Hawassa University, Ethiopia**

**EU-ACP Cooperation in Higher Education German/Africa Networking Seminar**

6-7<sup>th</sup> October 2011, Kenyatta University, Nairobi, Kenya

**2010**

Higher Education Network for Applied Human Nutrition between Eastern Africa and Europe. Training Needs Assessment Workshop for B.Sc Human Nutrition and M.Sc Applied Human Nutrition, 3-5<sup>th</sup> October, 2010, Egerton University, Nakuru.

4<sup>th</sup> African Nutrition Epidemiology Conference on Nutrition and Food Security: Successes and Emerging Challenges: 4-8<sup>th</sup> October, 2010: Safari park Hotel, Nairobi, Kenya.

Pan African Conference on Family Strengths at North Coast Hotel, July 20<sup>th</sup> – 24<sup>th</sup> 2010

Workshop for Research Capacity Development: Africa – Asia University Dialogue for Education Development. Kenyatta University Conference Centre, Kenyatta University, 3-5<sup>th</sup> March 2010

Monitoring and Evaluation of Health Programmes Skills Building Workshop, Merica, Hotel, 29<sup>th</sup> March – 1<sup>st</sup> April, 2010.

Research Methodology Team's Workshop: Blue Post Hotel, Thika.

East Africa University Pre-Games International Symposium. Kenyatta University Conference Centre, Kenyatta University, Nairobi, Kenya. 16<sup>th</sup> – 18<sup>th</sup> November, 2010.

Open Access Africa Programme. Kenyatta University Conference Centre, Kenyatta University. 10<sup>th</sup> to 11<sup>th</sup> November, 2010.

Dissemination Workshop on Retired Professor in East Africa. Student and Business Centre, Kenyatta University, Nairobi, Kenya

**2009:**

Qualitative and Quantative Research Methodology, Kenyatta University, AAU/Kenyatta University Workshop, Nairobi, Kenya.

**2008:**

Lead Scientists workshop. Vices Research, Nile, Resort, Jinja Uganda March 9-13.

**2007:**

Obesity and Physical Activity conference, Ottawa Canada.

IAAF Athletics Academy Workshop, Kenyatta University.

Rapid Result Initiatives, Kenya School of Monetary Studies Kenya.

Vices Annual Conference, Nile Resort, Jinja, Uganda.



**2006:**

IPGRI Conference on Diversity, Nutrition and Health, AICAD Headquarter, Juja, Kenya.

VicRes 3<sup>rd</sup> Annual General Meeting, Sunset, Hotel Kenya.

**2005:**

18<sup>th</sup> International congress on Nutrition, Durban South Africa.

Regional Congress for Kenya Coalition for Action, Nutrition, Food Security for Health and Development, Nairobi, Kenya.

**2004:**

VicRes Annual Conference, Jinja, Uganda.

**2003:**

Meeting the Challenges of Education and Training during the 21<sup>st</sup> Century, National Conference on Education and Training, Kenyatta Conference Centre, Nairobi, Kenya.

The Emerging Issues among the elderly: Helpage Consultative Regional Workshop on Ageing, Silver Springs Nairobi, Kenya.

VicRes Research Project Launching Workshop Nile Hotel, Jinja, Uganda.

AICAD Seminar on Agriculture, food and water in Africa: Policy and practice. Jomo Kenyatta University, Nairobi, Kenya.

Curriculum Review Workshop for Home Science and Technology, Moi University Eldoret, Kenya.

International Stakeholders' Conference on Education. University of Zimbabwe.

**2002:**

Conference on Health Nutrition Skills for women and Girls with HIV/AIDS Addis Ababa, Ethiopia.

Conference on Advancement of Nutrition in Africa (Itana) Nairobi, Kenya.

**2001:**

Workshop on strategies for teaching with the Internet Technologies. Kenyatta University, Nairobi, Kenya.

Workshop on Poverty, Literacy, Health and Environmental issues in Kenya: Exploring the Alternative development strategies, OSREA Conference, Nakuru, Kenya.

Conference on HIV/AIDS and Nutrition Sub-Committee of Nutrition,  
at New Stanley Hotel, Nairobi, Kenya.

Conference on Poverty Alleviation by the Institute of Capacity  
Building in Africa, Mayfair Hotel, Nairobi, Kenya.

**2000:**

Workshop on synthesis of PRISM Research and Evaluation Report,  
New Stanley Hotel, Nairobi.

Workshop on Applied Nutrition and Information Technology,  
Egerton University, Kenya.

Workshop on PRISM 2000 Impact Qualitative Data analysis.  
Sportsview Hotel, Nairobi.

Kenyatta University Senior Management Seminar, Safari Beach  
Hotel, Mombasa, Kenya.

Workshop on Applied Nutrition and Information Technology,  
Uppsala, Sweden.

**1999:**

Workshop on the logistics of Headteachers Support Group Research  
Methodist Guest House, Nairobi.

Workshop on an Enquiry, into the Headteacher Support Groups,  
Kenya Institute of Education, Nairobi.

Workshop on Alternative Complementary Approaches to ECCD.  
Kenya College of Mass Communication and Technology, Nairobi.

PRISM out-put-to purpose Review MOE & HRD/DFID Jogoo House,  
Nairobi.

**1998:**

PRISM Annual Workshop Kenya College of Mass Communication  
and Technology, Nairobi.

Workshop on follow-up to the Report of Analysis of Kenyan Primary  
School Action Plans, Kenya Institute of Education, Nairobi.

**1997:**

PRISM National Workshop on Primary School Management in  
Kenya, Kenya Institute of Special Education; Nairobi, Kenya.

PRISM Training Workshop on Qualitative Methods: 29<sup>th</sup> April, 1997  
Kenyatta University; Nairobi, Kenya.

SPRED II Workshop on Refining Project Goals and Objectives; Action Aid Headquarters, Nairobi, Kenya.

**1996:**

PRISM Qualitative School/Community Planning Workshop, Kenya Institute of Education, Nairobi, Kenya.

**1995:**

A UNESCO-UNEVOC National workshop on Equal Access of Girls and Women to technical and vocational Education in Kenya, Kenyatta University, Nairobi, Kenya, December 1995.

World Health Organization (WHO) Workshop on Qualitative Research in Health Care: Kenyatta University, Nairobi, Kenya, December 1995.

A National Seminar on Gender, Equity in Institutions of Higher Learning in Kenya, Kenyatta University, Nairobi, Kenya, November 1995.

A MOE/ODA Workshop on SPRED I Research Dissemination, Kenya Institute of Education, Nairobi, Kenya. November 1995.

HEAA Regional Workshop on Reconceptualizing of the Home Economics profession in Africa, Safari Park Hotel, Nairobi, Kenya, November 1995.

A National Workshop on Soya bean processing & utilization, Egerton University, Njoro, Kenya, October 1995.

Gender, Urbanization, and Environment (GUE) Research dissemination workshop, Mazingira Institute, Nairobi, Kenya, September 1995.

Restructuring of Postgraduate programme at the Department of Home Economics, Kenyatta University, Garden Hotel Machakos, Kenya.

**1994:**

Urban management of food security and environment health: A gender perspective. GUE Sub-regional workshop 19<sup>th</sup> - 2<sup>nd</sup> September, 1994, Nairobi, Kenya.

National Conference for the Advancement of Women conference on strengthening women's economic development in Kenya, Busia, Kenya.

**1993:**

CAHRE Conference on current research in Home Economics, Ottawa, Canada.

Canadian Association of African Studies conference on women and

society, Toronto, Canada.

**1989:**

Workshop on leadership in Home Economics in Africa, Nairobi, Kenya.

**1988:**

Seminar on women and health, Nairobi, Kenya.

CHEA Conference and pre-conference workshop on Food, hunger and power: A Question of relationship, Gulf, Ontario, Canada.

**1987:**

First All African conference on food security, Accra, Ghana.

**1986**

Workshop on curriculum re-orientation in Home Economics in selected African countries, Nairobi, Kenya.

**1985:**

Seminar on better health of rural Kenya, Nairobi, Kenya.

**7.2 PRESENTATIONS, AT SEMINARS, WORKSHOPS AND CONFERENCES**

**Waudu. J. Soft Skills in the promotion of Academic Mobility, a paper presented to members of Food, Nutrition and Dietetics staff, Kenyatta University, 14<sup>th</sup> January 2020.**

**Waudu, J. Food Security and Food Safety in Kenya: The role of Universities, a presentation at the International Food Safety Conference, Kenyatta University. 20-24<sup>th</sup> May 2019.**

**Waudu J: School Related factors affecting Academic Performance and Strategies to improve Academic Initia: Case of Navakholo Sub, County, A paper presented to Principals of Secondary Schools, Great Lakes Hotel, Kisumu, Kenya. 24<sup>th</sup> February 2019.**

**Waudu J:** The place of Early Childhood Nutrition and Physical Activity Interventions in Nation's Sports Performance, Kenyatta University Conference Centre, Nairobi, Kenya. July 10<sup>th</sup> 2017.

**Waudu J:** The process of development and evaluation of Nutritional Assessment and Food and Nutrition Security and Policy on-line courses for use in the East African Universities. A presentation at the Elefans Workshop at Kenyatta University, Kenya December 2016.

**D. Mbithe, J. Kimiywe, J. W. Waudo and J. Orodho:** Effect of a Nutrition Education Intervention Programme on Pupils Nutritional Knowledge and Practices in Primary Schools in Machakos District, Kenya. A Paper presented at 3<sup>rd</sup> Africa Nutritional Epidemiology Conference, Cairo Egypt 13-16 October, 2009.

**Waudo Judith:** Methods and Procedures of Preparing Dietary Guideline, A Paper presented at Vicres Writing Workshop, Milimani Resort Hotel Kisumu.

**Waudo Judith:** Focussed Group Discussion as a research tool. Presented at HIV/AIDS Baseline Training Workshop, Methodist Conference Centre, Nairobi, Kenya.

**Waudo Judith:** Nutrition Status of children in Armed Conflict. A Case of Kenyan's post election violence, presented at Oxford Round Table England, July 30, University of Oxford UK.

**Waudo Judith:** A paper on Consumption Patterns, Nutrient Intakes and Nutritional Status of Adult Men and Elderly in the Wetlands of Lake Victoria. Vicres Annual Conferences, Nile Resort Jinja Uganda, May 2007.

**Waudo J, Tuitoek P, Cheserek M, Msuya J and Kikafunda J.** Nutritional Vulnerability of the Urban Elderly in Lake Victoria Basin of East Africa. A paper presented at the International Conference and Workshop on Social and Human Development outcomes of Education and Poverty, Kenyatta University Kenya, 12-14 November, 2008

**Waudo J and Kiplamai F:** Ergogenic Aids. A paper presented at IAFF Athletics Academic meeting at Kenyatta University, Nairobi. 25<sup>th</sup> July – 1<sup>st</sup> August, 2007

**Waudo J. Tuitoek P, and Cheserek M:** Nutritional Status and Functional Ability of the Elderly in the Lake Victoria basin of East Africa, A paper presented at the Nutritional Conference in the Aging Morocco, September 2007.

**Waudo J.:** Food Security and Human Nutrition. A paper presented at the Institute of Science and Technology Studies (ACTS) Nairobi, Kenya, April 2006.

**Waudo J.** Food Consumption Patterns and Nutritional Status of Adult Men and Elderly Persons. A Paper Presented VICRES Annual Conference, Kisumu Hotel, Kisumu May 2006.

**Waudo J. Tuitoek P, Msuya J. and Kikafunda J.** Nutritional Status of Women in the Lake Victoria Basin. A paper presented at the MGD Workshop, Kenya School of Monetary Studies, 2005.

**Kuria E. Waudu J. et al:** Fortification as a tool to reduce Micronutrient Deficiencies in Kenya. A paper presented at the Food Fortification Workshop, Norfolk Hotel, Nairobi, Kenya. 2005.

**Kimiywe J. and Waudu J.** Use of Traditional Foods in Kenya, A paper presented at IPGRI workshop on African Foods, Health and Nutrition, IPGRI Headquarters, Nairobi, Kenya. 2004.

**Waudu J. Tuitoek P. Msuya J and Kikafunda J. (2004)** Food Consumption Patterns and Nutrition intakes by Women and Children under Five Years of Age in the Lake Victoria Basin. A paper presented at the Inaugural National Nutrition Congress for Coalition for Action in Nutrition, Food and Nutritional Security for Health and Development, Kenya School of Monetary Studies, Nairobi, Kenya.

**Mbakaya C. Waudu J. et al: (2004)** An experience with using innovative Niple Anti Oxidant Therapy (ITATA) to manage HIV/AIDS Patients in Kenya. A paper presented at Nutritional Congress for Coalition for Action in Nutrition, Food and Nutritional Security for Health and Development, Kenya School of Monetary Studies, Nairobi, Kenya.

**Waudu J:** Child Nutrition in Kenya. A paper on Nutrition, and Applied Child Development Research in Africa, Silver Spring Hotel, Nairobi, Kenya, 2003.

**Waudu J.** Information Technology and Nutrition. A paper presented at the National Nutrition Conference, Kenya Institute of Education, Nairobi, Kenya, 2003.

**Waudu J.** Tertiary Education for Women: African Experience. A Paper presented at the International Stakeholder's Conference, University of Zimbabwe, Harare, Zimbabwe, 2003.

Seminar on Improving Urban Peri-urban Nutrition and Health through Harnessing the Diversity of Traditional Foods ICRAF, Nairobi, Kenya.

**Waudu J.** Nutrition and the Aged. A paper presented at A Helpage Workshop on Curriculum Review, Silver Spring Hotel, Nairobi, Kenya, 2003.

Seminar on Inter-religious and international Federation for World Peace, Grand Regency Hotel, Nairobi, Kenya.

Seminar on Report writing: National Household Food Consumption Survey, Nairobi, Kenya.

**Waudu J.** Nutrition & HIV/AIDS Care: Paper presented at the Nutrition Association of Kenya Workshop, Kenya Institute of Education, Nairobi, Kenya, 2003.

**Waudó J.** Health and Nutrition status of Children in Kenya: A Paper presented at the Childwatch International Conference, Jacaranda Hotel, Nairobi, Kenya, 2003.

**Waudó J.** Incorporation HIV/AIDS in the curriculum at the University level, A paper presented at workshop on mainstreaming HIV/AIDS in Curriculum, Utalii Hotel, Kenya.

**Waudó J.** Health and Nutrition skills for women and girls living with HIV/AIDS, A paper presented at Women and HIV/AIDS, Hilton Hotel Addis Ababa, Ethiopia, 2002.

**Waudó J.** Information Technology in the Advancement of Nutrition in Africa, paper presented at the sub-committee on nutrition, Nairobi, Kenya, 2001.

**Waudó J, Herriot A and Mwiroti M.** PRISM 2000 Impact study qualitative analysis. A paper presented at Ministry of Education PRISM Workshop, Sportsview, Nairobi, 2000.

**Waudó J.** PRISM Research and Evaluation Synthesis report. A paper presented at Ministry of Education PRISM Workshop, New Stanley, Hotel, Nairobi, Kenya, 2000.

**Waudó J. Herriot A and Mwiroti M.** Headteacher Management training in Kenya: Voices for change. A paper presented at an International Conference, Cambridge U.K, 2000.

**Waudó J.** Socio-Cultural Dimensions in Promoting CB-ECCD Programmes. A paper presented at Early Child Education workshop, Kenya College of Mass Communication Technology, Nairobi, 1999.

**Waudó J.** Kenya Primary School Action Plans. A paper presented at the PRISM Annual Workshop at the College of Mass Communication Technology, Nairobi, 1998.

**Waudó J.** Synthesis of PRISM Project. A paper presented at DFID Seminar at Silver Spring Hotel, Nairobi, 1998.

**Waudó J.** Guidelines in carrying out SPRED II Baseline Main Survey. A paper presented at SPRED Baseline Planning Seminar Garden Hotel, Machakos, Kenya, 1998.

**Waudó J.** The Analysis of Kenyan Primary Action Plans. A paper presented at PRISM workshop at Institute of Education, Nairobi, Kenya, 1998.

**Waudó J.** Using qualitative and quantitative Approaches in carrying out PRISM Baseline Studies. A paper presented at DFID

Seminar CF/BT Headteachers Conference, Pan Africa Hotel, Nairobi, Kenya, 1998.

**Waudu J.** Baseline Research for Primary School Management in Kenya. Qualitative and Quantitative Studies, MOE/DFID, Nairobi, Kenya.

**Waudu J.** An overview of Research Methods for carrying out SPRED II Baseline Study. A paper presented at Ministry of Education stakeholders workshop, Naivasha, Kenya, 1998.

**Waudu J. Juma M.** Qualitative Research Methods. School/Community Studies. A paper presented at Ministry of Education/Kenyatta University workshop at Nairobi, Kenya, 1997.

**Waudu J. Juma M. Herriot A and Mwiroti M.** Using Qualitative and Quantitative Methods to assess Impact of PRISM Project in Kenya, Paper presented at the Oxford University, U.K, 1997.

**Waudu J.** Qualitative Research Methods, School/Community Studies. A paper presented at Ministry of Education workshop, Naivasha, Kenya.

**Waudu J.** Soya Beans Utilization in Kenya. A paper presented at GTZ/Ministry of Agriculture, Embu, Kenya.

**Waudu J.** Gender Perspectives on Food Security and Management of Environmental Health in Korogocho, Kenya. A paper presented at GUE Workshop Mazingira Institute, Nairobi, Kenya, 1995.

**Waudu J.** An Overview of Early Childhood Issues in Kenya: A paper presented at the Mini-Beijing workshop, Nairobi, Kenya; August 1995.

**Waudu J.** Management of Health and Physical Environments: Gender perspectives: A case study of two districts in Kenya" Canadian Association of African Studies. A paper presented at the Mazingira workshop on Gender Management of Resource, Nairobi Kenya, 1995.

**Waudu J.** Reflections of factors that facilitate and inhibit women in Development in Africa: The case of Kenya and Uganda. A paper presented at the Pan African Colloquium on Educational Innovations in post-colonial Africa Conference, 12-15 December 1994, Cape Town, South Africa.

**Waudu J.** Urban Nutrition and Health. A paper presented at International seminar on Gender, Urbanisation and Environment, 13-16 June, 1994, Nairobi, Kenya.



**Waudó J.** The use of qualitative methodology in studying urban Nutrition. A paper presented at the Kenyatta University/University of Alberta seminar on post graduate participatory approaches to instruction and research, February 6-11,1994. Nairobi, Kenya.

**Waudó J.** Starting small scale export businesses The issue of packaging and presentation. A paper presented at Seminar on the role of women, in income-generating activities in Kenya, Busia, March, 1994.

**Waudó J.** Women and work in Kenya. A paper presented at Gender Studies Seminar at YMCA, Edmonton, Alberta, Canada.

**Waudó J.** The Socio-Economic, Political and Cultural forces of Malnutrition in Africa. A paper presented at Canadian Association of African Studies, University of Toronto, Toronto, Ontario, Canada, 1993.

**Waudó J.** Female Educational Accessibility and attainment in Kenya. A paper presented at AWID conference, Kansas City, U.S.A, 1993.

**Waudó J.** Food security and development in Africa. A paper presented at a workshop at Food Security in Africa Slave Lake, Alberta, Canada, 1992.

**Waudó J.** The use of traditional foods in the African Diets. A paper presented at a workshop on Curriculum Re-orientation in Home Economics in selected African countries, Nairobi, Kenya, 1986.

## **8.0 SCIENTIFIC PUBLICATIONS**

### **International**

**Ashioya Damaris Shihundu, Lucy Kathuri-Ogola, Judith Waudó and Wawire Koinange (2019). Relationship between Care provided by Foster Families and Psychological Well-being of Children affected by HIV and AIDS in Kiambu County, Kenya. Internal Journal of Social Sciences and Information Technology pp. 128-141.**

**Ashioya Damaris Shihundu, Lucy Kathuri-Ogola, Judith Waudó and Wawire Kiinange ( 2019). Relationship between Type of Psychosocial Support available in the Community and Psychosocial Well being of Children affected by HIV and Aids in Kiambu County, Kenya. International Journal of Social Sciences and Information Technology. pp. 84-94.**

**1.J.Wangia, Waswa Fuchaka and Waudó J ( 2019). Determinants of Self Esteem, Educational Performance and Career Prospects Among Secondary School Students**

**in Navakholo Constituency, Kakamega, Kenya. Journal of Education and Practice, Vol. 10. No. 14 PP 41-49.**

**2.Mola Caroline Nabukanda, Solomonm Kemoi Cheboi and Judith Waudu (2018). Implementation of WHO 2006 Child Growth Standards: Health Workers, Knowledge, Attitudes and Practice in Kasarani, Kenya.**

**3.Kiplamai, F and Waudu J (2018). Nutri-Survey Updated with Kenyan Foods software.**

**4.Mugo,J., Waudu J. et al. (2018). Nutritional Status Of Elderly Persons: A Comparison Between Institutionalized And Non – Institutionalized Elderly Persons In Nairobi City County, In Kenya**

**5.Mugo,J., Waudu J. et al. (2018). Functionality of Elderly Persons: A Comparison Between Institutionalized and Non – Institutionalized Elderly Persons in Nairobi City County, in Kenya**

**6.Janet Malla, Judith Waudu and Ciriaka Kithinji (2017). Dietary Patterns and Obesity Among Pre Adolescents in Nairobi County, Kenya.**

**7.Mugambi Rahab M, Imungi J, Waudu J and Ondigi A (2016). Relationship Between Mother's Socio Demographic Characteristics and Food Security Status in Kangai and Mutithi Location, Mwea West Sub-County, Kenya. Food Science and Quality Management ISSN 2224-6088 Vol. 58. pp 20-28.**

**8.Mugambi Rahab M, Imungi J, Waudu J and Ondigi A (2016). Mother's and Household Food Security Status in Kangai and Mutithi Location of Mwea West Sub-County, Kenya. Food Science and Quality Management. ISSN 2224-6088 Vol 58. pp. 12-19.**

**9.Neddy Wangusi, Judith Waudu and Beatrice Mugendi (2016). Prevalence and determinants of iron deficiency anaemia among children 6-23 months attending Thika Level 5 Hospital, Kiambu County, Kenya**

**10.Lilian Marita, Judith Waudu and Elizabeth Kuria (2015). Nutritional status and Haemoglobin levels of Pregnant Women attending Kapenguria Hospital in West Pokot, Kenya.**

**11.Gitau G, Kimiywe J and Waudu J. (2014). Investigating iron status of women: Iron status of reproductive age women. Lambert Academic Publishing. ISBN 973-3-659-64062-2**

**12.Maureen J Cheserek, Judith Waudu, Prisca J. Tuitoek, John Msuya and Joyce K. Kikafunda (2012).**

Nutritional vulnerability of older persons living in urban areas of Lake Victoria Basin in East Africa; A cross sectional study. Journal of Nutrition in Gerontology and Geriatrics. Vol 31;1 86-96

**13.Maureen J. Cheserek, Judith Waudu, Prisca J. Tuitoek, John M. Msuya and Joyce**

**Kikafunda. (2012).**

Anthropometric Characteristics and Nutritional Status of Older Adults in the Lake Victorial Basin of East Africa Region: Sex and Age differences. South African Journal of Clinical Nutrition. Vol. 25. No. 2pp. 67-72.

**14.Onywera, O. Vincent, Adamo B. Kristi, Steel W. Andrew, Waudu Judith, Boit Mike and Trembley S. Mark (2012).**

15.Child Obesity and Fitness Levels among Kenyan and Canadaian Children from Urban and Rural Environments. A KIDS-CAN Research Alliance Study. Internation Journal of Pediatric Obesity Vol. 6 Issue 2 part 2 pp 1-6.

**16.Rayvisic M. Ndivo Judith Waudu and Fuchala Waswa (2012).** Examining Regional Tourism Destinations Appeal: The Prospectives of Domestic Tourism Market in Kenya. Journal of Tourism and Hospitality. Vol. 1. Issue 5. 1000103

**17.Rayvisic Mutinda, Judith Waudu and Fuchaka Waswa (2012).**

From National to Regional Development Focus in Kenya: Examining the challenges and Opportunities. Tourism Planning and Development. Open access Journal.

**18.Vincent O. Onywera, Kirsti B. Adamo, Adrew W. Sheel, Michael K. Boit, Judith N. Waudu and Mark S. Trembley (2009)**

Physical Activity Transition in Kenya: Emerging Evidence of Physical activity transition in Kenya. Manuscript submitted for publication.

**19.Oyunga-Ogubi MA, Waudu N. J. Afullo A and Olye S. O.(2009)**

.Potential Role of Street Foods as Macronutrients Source among Low Income Groups in Nairobi, Kenya. AJFAND Vol. 9 No 5. ISSN 1684-5374 pp 1129-1145

**20.Gitau G, Kimiywe J and Waudu J (2008)**

Food Intake and Iron Status of Lactating and Non Lactating Mothers in Kenya. Book Chapter in book entitled, Gender inequalities in Developing Countries.

**21.Mbithe D, Kimiywe J, Waudu J and Orodho J. (2008)**

Promotion of Nutrition Education Interventions in Rural and Urban Primary Schools in Machakos District, Kenya: Journal of Applied Biosciences Vol. 6: 130-139 IS SN 1997-5902.

**22.Waudu J., Crossley M. and Mwiroti M, Herriot A, Holmes A & Juma M. (2005).**

Research and Evaluation for Educational Development: Learning from the Prism Experience in Kenya. Book. ISBN 1873927207.

### **Regional**

**23.Othoo D, Waudu J and Kuria E (2014).** Dietary assessment of vitamin A and Iron among pregnant women in Ndhiwa Sub Hospital, Kenya. AJFAND, VOL. 14. NO.5 P. 1-15 ISSN 1684-5374

**24.Gitau Morris and Waudu Judith (2014).**Factors Associated with Non Compliance

to Infant Formula Feeding Among HIV-Positive Mothers in Nairobi, Kenya. African Journal of Medical and Health Sciences

**25.Mbakaya C.F, Nyambaka H., Waudu J, and Ndiege I.O (2011)**

Might the Time be Ripe to Redefine the Cause of Aids in the Light of the Emerging Evidence? Journal of Agriculture, Science and Technology Vol.13 No. 1, p1.

**26.Wanjihia V., Kiplamai F., Waudu J., and Boit M. (2009)**

Post-Prandial Glucose levels and consumption of Omega 3 Fatty Acids and saturated fats among rural population in Kenya. East African Medical Journal: vol. 86 No. 6; pp 259-266

**27.Waudu J. Kimiywe J. Mbithe D. and Maundu P. (2007)**

Utilization and medicinal value of indigenous leafy vegetables consumed in Urban and peri-urban Nairobi. African Journal of Food and Nutritional Security Vol.7. No. 4.

**28.Waudu J. Tuitoek P.I. Msuya J. and Kikafunda T. (2006)** Nutrition and Food Security status of East African Women in the wetlands of Lake Victoria Basin: the Role of African Universities in improving maternal health. Chapter in MGD Book. (SBN 9966-776-05-2).

**29.Waudu J. Tuitoek P. Msuya T. and Kikafunda T. (2005)** Food composition patterns, nutrient intakes and food security status of women in the wetlands of Lake Victoria. SAJCN Vol. 18 Suppl. 1.

**30.Mbakaya C. Waudu J. et al (2004)** Micronutrient Zinc deficiency as a possible co-factor in the Transmission and Progression of HIV/AIDS in Kenya. AJ FA ND Vol 4. No. 2.

**31.Waudu J. et al (2002):** Headteacher support Groups initiative within PRISM project in Kenya. Eastern Africa Socio Science Research Review Volume XVIII No. 1 pp.97-108.

**32.Waudu J. (2002).** Home Economics in Kenya: Challenges and Perspectives. Curriculum and Technology Quarterly Journal. Volume 12 No. 1 p. 6

**33.Waudu J. (2002).** Nutritional Status of School Children in Kenya: The place for information Technology. The Southern Africa Journal of Clinical Nutrition. Vol. 15 No.2 Supplement.

**34.Kitsao P. and Waudu J. (2002).** Health Education at Kitoon Primary School, Machakos District, Kenya, with reference to the Child to Child Approach. The South African Journal of Clinical Nutrition. Vol. 15 No.2 pp. 26-30.

**35.Waudu J.: Juma M., Herriot A., Mwiroti M and Crossley M (2002).**

The Development and Operation of headteacher support groups in Kenya: A mechanism to create pockets of excellence, improve provision of quality community. International Journal of Educational Development 22(5) 509-526.

**36.Waudo J et al. (2002):** CD Rom on Nutrition in Africa, Uppsala, Sweden

**37.Waudo J (2001):** Information Technology in the Advancement of Nutrition in Africa. International Journal of Health Care Engineering. Vol. 9 No. 4 323

**38.Waudo, J.N. (1993):** Changing Food Habits in Kenya, Alberta Home Economics Journal.

**39.Waudo, J.N.(1993):** Home Economics Reflections and perspective in Africa. Canadian Home Economics Journal 43(4) 150-152.

**40.Waudo, J.N. and Amos,R. (1986):** Food choices and consumption Patterns of East African Students at Iowa State University. Journal of Home Economics.

### **National**

**41.Waudo,J. and Wairegi, S. (2018).** Nutritional Needs and Status of the Elderly in Kenya.Utafiti Foundation, Eldoret Kenya.

**42.Waudo J. Tuitoek P, Msuya J. and Kikafunda J. (2010).** Food Consumption Patterns and Nutrition Status of Women and Children. African Journal of Environmental Studies and Human Sciences.

## **9.0 RESEARCH REPORTS**

**Waudo J ( 2016).** A report of Elefans project on E-learning in Nutrition and Food Security in higher Institutions in Eastern Africa

**Waudo J et al (2015):** Assessment of Food loss in Courgettes, Irish Potatoes and Avocado in Nyeri East and Bomet Counties, Kenya

**Waudo J. Et al( 2012):** On Action Review Report submitted to UNICEF Kenya Country Office.

**Waudo J. (2012)** Audit Report on HENNA Programme submitted Secretariat in Germany.

**Waudo J. Et al (2010.)** Sero Prevalence of HIV/AIDs among University students in Kenya: I.U.C.E.A. Project.

**Waudo J. et al (2007).**

Food Consumption and Nutritional Status of Adult men and Elderly Women in Lake Victoria Basin. A Vicres Report.

**Waudo J. Sley N. P. Nel J et al (2006)**

Dietary intake of adult women in South Africa and Nigeria with a focus on the use of

Spreads. A Research Report.

**Waudó J. et al (2005):** Food Consumption Patterns and Nutritional Status of Women, Pre school Children, Adult men and Elderly persons in the Lake Victoria Basin. A Vices Research Report.

**Waudó N. Judith Gaseitsire B.M. and Chawanje C (2002):** Food Security from a woman's and Child's Human rights perspective. CD rom for Undergraduate students in Nutrition and Medicine.

**Waudó et al (2000)** Cascade strategies leading to learning Organizations as a basis for the Measurement of Impact: Implementing Primary School A Research report for Ministry of Education, Kenya.

**Waudó J. and Juma M. (2000)** An inquiry into the Headteachers Support Groups (HTSGS) within The PRISM Project, Kenya.

**Mwiroti M., Waudó J. and Herriot A (2000).** A report on the qualitative analysis of twenty four schools in Kenya. Ministry of Education, Science and Technology, Nairobi.

**Waudó, J. and Juma M. (1999).** PRISM Follow up study, Impact Study MOE&HRD/DFID Project.

**Waudó, J. (1998):** PRISM Analysis of Kenyan Primary School Action plans. A Research Report MOE&HRD/DFID, funded project.

**Waudó, J. (1998):** SPRED II Special Studies Report on Parental Attitudes and Cost of Schooling in Primary Education, Kenya MOE&HRD/DFID project.

**Waudó, J. et al (1998):** PRISM Impact Research Report MOE&HRD/DFID funded project.

**Waudó, J. and Juma M. (1998):** PRISM School/Community Studies. Ministry of Education/DFID. Kenya, A Research Report.

**Waudó, J. and Juma M. (1997):** A Handbook of Qualitative Research MOE, Nairobi, Kenya.

**Waudó, J. et al. (1997):** PRISM Baseline. A Research Report of the Ministry of Education, Nairobi, Kenya.

**Waudó, J. (1995):** Gender Perspectives on Food Security and Management of Environmental Health in Nairobi. A Research Report.

**Waudó, J. et al. (1995):** SPRED I: Strengthening of Education Enrolment in Primary Schools in Kenya. A Research Report for MOE/ODA.

**Waudó, J.N. (1993):** A study of the Mothers' Understanding and Use in Pre-Urban Areas, A Ph.D. Dissertation, University of Alberta, Edmonton, Canada.

## **10.0 NETWORKING AND COLLABORATION WITH EXTERNAL ORGANIZATIONS**

1. Research collaboration with Children's Hospital of Ontario Canada on Nutrition and Physical Activity.
2. Research collaboration with Amref Kenya and Kenya National Reference Laboratories on Baseline Study on HIV/AIDS in Kenyan Public Universities.
3. Research collaboration with University of Sokoine Tanzania, Egerton University and Makerere University, Uganda on Research and Development of Food Guidelines.
4. Supervision collaboration with Mid Sweden University on Postgraduate Supervision.
5. E-learning capacity Building collaboration project with Makere University, University of Hawassa, Jomo Kenyatta of Agriculture and Technology, Egerton University and ULM University in German.

## **11.0 PROJECT/RESEARCH GRANTS**

1. Development of Food Based Guidelines. Vices Sponsored Project. 1 year project. Project collaborators are Egerton University, Makerere University and Sokoine University of Tanzania, Department of Foods and Nutrition. Project value US\$ 42,412.
2. Kenyan International Development Study on Nutrition and Physical Activity (KIDS – CAN) 1 year project. Project collaborators are children's Hospital of Ontario, University of British Columbia, Canada. Projects value \$ 25,000 planning phase, Equipment \$ 30,000.
3. Baseline study on HIV/AIDS in Kenya Universities. Sponsored by Inter University Council of East Africa. 1 year project collaborators, Amref Project value US\$ 93,000.
4. Elfans Capacity Building Project in Food and Nutrition Security in East African Countries EUR 489,791.00.

## **12.0 NATIONAL AND INTERNATIONAL RECOGNITION**

Judge, Bayer East Africa Innovation Nutrition Competition

Technical Advisor and Resource Person, International Food Safety Conference, May 2019

- Chair, Technical Committee, African Centre for Transformative Leadership 2019.
- Editor of Kosmik Multidisciplinary Journal on Empirical Studies (KAMJES)
- Chief Editor. The Cener Journal of Nutritional Sciences and Physical Activity.
- External Examiner, Department of Food Science, Makerere University, Uganda.
- Board member of Advancement of Nutrition and Information Technology (Itana)
  - External Examiner, Maseno University.
  - External Examiner, Department of Food Science and Nutrition, University of

Nairobi

- External Examiner, University of Eldoret.
- External Examiner Egerton University, Department of Nutrition and Dietetics.
- External Examiner Bunda College, University of Malawi
- External Examiner, Technical University of Kenya.
- External Examiner Jomo Kenyatta University of Technology and Agriculture.
- External Examiner Department of Dentistry Surgery, University of Nairobi

### **13.0 ACADEMIC LEADERSHIP**

- Task Force Member Elfans Capacity Building Project in Foods and Nutrition Security in East African Universities.
- Team Leader for Proposal on Nutrient Composition and Food Safety of Orphans Crops in Kenya.
- Resource Person, International Food Safety Conference, Kenyatta University.
- Chairperson, International Nutrition Conference held at North Coast Hotel, Kilifi, March 10-14, 2014.
- Principal Researcher: Assessment of Food Loss of Courgettes, Irish potatoes and Avocado in Nyeri and Bomet Counties, Kenya.
- Principal Researcher: Food Security and Nutritional Status of households in the Lake Basin of Lake Victoria.
- Principal Researcher in Unilever Research on Nutritional Status of Kenyan and South Africa Women.
- Principal Researcher on IPGRI Sponsored Research on the use of Traditional Foods in urban and peri-urban areas of Nairobi, Kenya.
- Responsible for initiating and developing the department of Hospitality and Tourism at Kenyatta University.
- Developed new structure of Graduate School, developed Graduate School Prospectus, revised postgraduate Examination Guidelines, Initiated Rapid Response Initiative for proposal development at Graduate School, Kenyatta University.

### **14.0 PROFESSIONAL MEMBERSHIP**

#### **MEMBERSHIP TO COMMITTEES**

1. Committee Member to University Research Review and Advisory Board (URRAB) Kenyatta University.
2. Committee on Restructuring Schools into Colleges of Kenyatta University
3. Committee Member of the Vice-Chancellor Committee on Next Generation of Academic Club.
4. Chairman of the Vice-Chancellors Committee on Ph. D Facilitation Committee, Kenyatta University.
5. Committee Member Graduation Committee.
6. Member of Deans' Committee.
7. Chairman of Dean's Subcommittee of Future of UCU units at Kenyatta University
8. Chairman of Dean's Subcommittee on Streamlining of Dean's Committee meetings of Kenyatta University.



- Member of information in the advancement of Nutrition in Africa (ITANA) Chairperson local chapter.
- Member of Kenya Nutritionists and Dietician Institute
- Founding member Kenya Association of Food Safety and Protection.
- Executive member of Home Economics Association for Africa.
- Member of Child Welfare Society of Kenya.
- Council member, Information Technology for Advancement of Nutrition in Africa.
- Research committee member, School of Public Health and Applied Human Sciences, Kenyatta University.

## **15.0 CONTRIBUTION FO THE COMMUNITY**

- 2007:** Member of Trustees, Alwali Hospitality Training Institute, Mumias Kenya.
- Participated in the development of the proposal for Establishment of Masinde Muliro University in Kakamega, Kenya.
- 2003:** Ambassador for Interreligious and International Federation of world peace.
- 2010:** Present Patron, Job, Community School, Navakholo , District, Kakamega County.
- 2014:** Chairperson, Proposal Development of University in Navakholo District, Kenya.
- 2018:** Chairperson for Academic advancement and Mentorship Association, a Community Based Organization.
- 2019:** Appointed as member of the Board of Management of Job’s Primary School, Kakamega County from 23<sup>rd</sup> April 2019- 23<sup>rd</sup> April 22.

## **16.0 REFEREES:**

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