

# CURRICULUM VITAE



## **1.1 Personal Profile**

### **1.1.1 Personal Details**

- Name : Dr. Dorcus Mbithe David-Kigaru
- Position : Senior Lecturer, Nutritionist & Researcher
- Address : Department of Food, Nutrition & Dietetics  
Kenyatta University PO BOX 43844-00100, Nairobi, Kenya  
Cell phone, +254-0728379785  
Email Address: [dorcusmbithe@yahoo.com](mailto:dorcusmbithe@yahoo.com), [kigaru.dorcus@ku.ac.ke](mailto:kigaru.dorcus@ku.ac.ke)
- Nationality : Kenyan

### **1.1.2 Academic and Professional Qualifications**

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

#### **1.1. 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**

#### **1.1.2.2 Professional Courses**

- 2020 : Creating and disseminating videos by Africare/One Mobile Projector per Trainer, Lodwar, Turkana County. The Africare IMPACT Project
- 2019 : Food systems for healthy and sustainable diets, Wageningen University & Research (WUR), the Netherlands.
- 2019 : Handling Medical emergencies at School and Home. AAR Healthcare. AAR Ngong Clinic, Kenya
- 2018 : Role of Chairpersons of Departments in the Implementation of University Policies. Kenyatta University, Kenya
- 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 : FAO/INFOODS Training on Food Consumption especially relevant to Univesitites May 2015 Arusha, Tanzania
- 2015 : Security in the field course: Advanced Security in the Field (ASITF II). United Nations Department of Safety and Security June 2015
- 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

### 1.1.2.3 Other Courses

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

### 1.2.3 Employment History/Work Experience

- Aug 2017 to date : Chairperson of Department, Food, Nutrition and Dietetics, Kenyatta University
- 18<sup>th</sup> March 2015 : Appointment to Senior Lecturer, Department of Food, Nutrition and Dietetics, KU
- 22<sup>nd</sup> May 2008 : Appointment to Lecturer, Department of Food, Nutrition and Dietetics, KU
- 2006 - May 2008 : Tutorial Fellow, Department of Foods, Nutrition & Dietetics, Kenyatta University
- Sept 1997-2004 : Teachers Service Commission (TSC), Kenya. Tutor

## 1.2 Research Publications

### 1.2.1 Refereed Journals Papers

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](http://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, Vol. 36, No. 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; 93-101
13. Ndungu, Z. W., Kuria, E. N., Gikonyo, N. K. and **Mbithe, D. K.** (2017) Efficacy of amaranth grain consumption on CD4 count and morbidity patterns among adults living with HIV in Nyeri, Kenya. *Journal of AIDS and HIV Research* 9 (4), 81-88. DOI: 10.5897/JAHR2017.0415
14. **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
15. 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

16. 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
17. 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
18. 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
19. 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*
20. 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*
21. **Dorcus Mbithe D. Kigaru**, Cornelia Loechl, Thabisile Moleah, C. W. Macharia-Mutie, Zipporah W. Ndungu (2015). Nutrition knowledge, attitude and practices among urban primary school children in Nairobi City, Kenya: a KAP study. *BMC Nutrition*. Kigaru et al. *BMC Nutrition* (2015) 1:44. DOI 10.1186/s40795-015-0040-8 **December 2015**
22. 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*
23. Gladys Njura Gitau, Judith O Kimiywe, Judith N Waudo and **Dorcus Mbithe** (2015). Primary School Pupils in Kenya Learn and Practice Good Hygiene. *Journal of Child & Adolescent Behavior*.<http://dx.doi.org/10.4172/2375-4494.1000267>. **December 2015**
24. Naiman N. Mbise, **Dorcus Mbithe D-Kigaru** and Moses Miricho (2014). The Quality of Service Standards and Related Factors in Tourist Hotels in Arusha, Tanzania. *Journal of Tourism and Hospitality Management*. Vol. 2, No. 9, 376-382, doi: 10.17265/2328-2169/2014.09.004
25. Dennis J Matanda, Maurice BM and **Dorcus Mbithe D Kigaru** (2014). Breast-, complementary and bottle-feeding practices in Kenya: stagnant trends were experienced from 1998 to 2009. *Nutrition Research* (2014) 507–517.
26. Dennis J Matanda, Maurice B M and **Dorcus Mbithe D Kigaru** (2014). Child undernutrition in Kenya: trend analyses from 1993 to 2008–09. *BMC Pediatrics* 2014, 14:5.
27. Gladys Njura Gitau, Judith O. Kimiywe, Judith N. Waudo and **Dorcus Mbithe** (2013). Effects of nutrition education on nutrition knowledge and iron status in primary school pupils of Gatanga District, Muranga County, Kenya. *Current Research in Nutrition and Food Science*. Vol. 1(2), 115-123 (2013) <http://dx.doi.org/10.12944/CRNFSJ.1.2.02>
28. Nelia P Steyn, Nel J., W Parker, Ayah R., **Dorcus Mbithe** (2012). Urbanisation and the nutrition transition: A comparison of diet and weight status of South African and Kenyan women. *Scandinavian Journal of Public Health*. 2012; 40: 229–238. DOI: 10.1177/1403494812443605

29. **Mbithe Dorcus David**, Judith Kimiywe and Judith Waudu (2012). Nutritional knowledge, attitude and practices and nutritional status of school-going children in Machakos District, Kenya. Nutrition and Food Sciences IACSIT Press. Singapore. 2012. Volume 39: 147-152
30. Nelia P Steyn, Whadi-ah Parker, Johanna H Nel, Ayah Rosemary, **Dorcus Mbithe** (2012). The nutrition transition and adequacy of the diet of pregnant women in Kenya. Nutrition and Food Sciences IACSIT Press. Singapore.2012. Volume 39.137-141.
31. Nelia P. Steyn, Johanna H. Nel, Whadi-Ah Parker, Rosemary Ayah & **Dorcus Mbithe** (2011). Dietary, social, and environmental determinants of obesity in Kenyan women. Scandinavian Journal of Public Health. 2011; 39: 88–97
32. Were GM, Ohiokpehai O, Okeyo-Owuor JB, Mbagaya GM, Kimiywe J, **Mbithe D** and M Okello (2010). Soybean (*Glycine Max*) complementation and the zinc status of HIV and AIDS affected children in Suba District, Kenya. AJFAND, African Journal of Food, Agriculture Nutrition Development. Volume 10. No. 3 ISSN: 16845374
33. Omo Ohiokpehai, **Dorcus Mbithe David** and Joyce Kamau (2009). Serum zinc levels of school children affected by HIV/AIDS on a corn soy blend feeding trial in primary schools in Suba District, Kenya. Journal of Applied Biosciences Volume 17. 904-912
34. Brenda King'olla, Omo Ohiokpehai and **Dorcus Mbithe David** (2009). The impact of a nutrition and health programme on the socio-economic status and food access of households in Suba district, Kenya. Journal of Applied Biosciences. 21.1226-1236.
35. Omo Ohiokpehai, **Dorcus Mbithe David** and Joyce Kamau (2009). The effects of soybean (*Glycine max*) and pigeon pea (*Cajanus cajan*) food mixtures on the nutritional status of school children in Suba District, Kenya. Journal of Food, Agriculture & Environment – JFAE. Volume 7 (2) 59-63.
36. Gertrude M. Were, Omo Ohiokpehai, Grace M., J.B.Okeyo-Owuor, Joyce Kamau, **Dorcus Mbithe**, Judith Kimiywe (2008). Nutritional status and morbidity among HIV/AIDS affected children aged 6-9 years in Suba District, Kenya. Journal of Food, Agriculture & Environment– JFAE. Volume 6 (2) 68-73.
37. **Dorcus Mbithe D**, Judith Kimiywe, Judith Waudu and John A. Orodho (2008). Promotion of nutrition education interventions in rural and urban primary schools in Machakos District, Kenya. Journal of Applied Biosciences. 128 Volume 6 130-139
38. Joyce Kamau, Omo Ohiokpehai, Judith Kimiywe, Lawrence Oteba, **Dorcus Mbithe D**, Gertrude Were & Brenda King'olla (2008). Effects of soybean (*Glycine Max*) supplementation on nutritional status of school children aged 6-9 years from HIV affected households in Suba District, Kenya. Journal of Applied Biosciences. Volume 4. 94-102
39. Judith Kimiywe, Judith waudu, **Dorcus Mbithe D.**, and Patrick Maundu (2007). Utilization and medicinal value of indigenous leafy vegetables consumed in urban and peri-urban Nairobi. AJFAND, African Journal of Food, Agriculture Nutrition Development. Volume 7 No. 4. ISSN 1684-5374
40. Omo Ohiokpehai, Judith Kimiywe J. Chianu **Dorcus Mbithe D.**, and N Sanginga ((2007). Socioeconomic and demographic profiles of households with children aged 6-59 months, Mbita Division, Suba District Kenya. Journal of Food, Agriculture & Environment–JFAE. Volume 5. (2)45-49.

## 1.2.2 Other Publications

### 1.2.2.1 Book Chapters

- **Book Title:** Food Safety, from Farm to Fork: Emerging and Re-emerging Issues (2020) Cambridge Scholars Publishing. **Chapter Two:** Understanding the Livelihood Challenges of

Food Vendors in Three Markets in Selected Informal Settlements in Nairobi County: A Crisis or Opportunity? Christine Njuguna, Dorcus Mbithe D. Kigaru and Patrick Kamande  
**Book chapter before date of last promotion 18<sup>th</sup> May 2015**

- **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

#### **1.2.2.2 Refereed Learning Modules**

- Dorcus Mbithe D. Kigaru (2020) HFN 346: Nutrition Counselling Module. An interactive online Module for Bachelor of Science in Foods, Nutrition & Dietetics. Kenyatta University Digital School, Nairobi, Kenya
- Dorcus Mbithe D. Kigaru (2020) HFN 404: Nutrition Education Module. An interactive online Module for Bachelor of Education Science (Homescience). Kenyatta University Digital School, Nairobi, Kenya
- Dorcus Mbithe D. Kigaru (List of Contributors) (2019) Review of the More-Milk project module on communication skills and nutrition messages. International Livestock Research Institute ILRI/CGIAR

#### **1.2.2.3. Reviewed Conference Papers**

- Dorcus Mbithe D. Kigaru, Christine Njuguna and Patrick Kamande (2020) Food Safety Related Knowledge, Attitude and Practices among Food Marketers and Traders in Nairobi City's Informal Settlements, Kenya. Presented at the International Food Safety conference in May 2019, Kenyatta University. Cambridge Scholars

#### **1.2.2.4. Short communication in a refereed/scholarly Journal**

- Dr. Dorcus Mbithe, Professor Francis Zotor and Catherine Geissler (2019) IUNS, Biodiversity and Food Safety. International Union of Nutritional Sciences (IUNS) News.

#### **1.2.2.5. Consultancy and Project reports**

- The International Atomic energy Agency (IAEA)-Kenya National Nutrition project KEN 6025 Title: *Enhancing the Use of Isotope Technique Applications to Assess the Effects of Nutrition Related Interventions* hosted at and led by Kenyatta University under my leadership as counterpart and lead scientist (2020-2023).
- I previously successfully led/coordinated another IAEA African Regional (AFRA) Nutrition project on Obesity (representing Kenya) in which 11 African Countries participated. Title of Project: RAF6042: *Applying Nuclear Techniques to Design and Evaluate Interventions to Reduce Obesity and Related Health Risks* (2012-2017)
- Dorcus Mbithe D. Kigaru (2019) Improved Approach to Community-based Nutrition in Turkana (IMPACT) in Katilu and Turkwel Wards, Turkana County: Baseline survey Report. Africare IMPACT Project

- Dorcus Mbithe D. Kigaru (2018) Baseline Survey Report on Agriculture-Nutrition Knowledge, Attitudes & Practices (KAP) in 12 Selected Counties In Kenya RTI International Kenya Feed the Future Crops and Dairy Market Systems Activity Nairobi-Kenya. RTI/USAID
- Dorcus Mbithe David-Kigaru (2016) Resilience And Economic Growth In Arid Lands-Improving Resilience (REGAL-IR) Nutrition Result Area: Improved Nutritional Outcomes - Mid-Term Knowledge, Practices And Coverage (KPC) Survey in Isiolo and Turkana Counties
- Dorcus Mbithe David-Kigaru and Catherine Macharia-Mutie (April 2015) Report on the Baseline Survey of the Scaling Up Home Fortification Project in Kenya. Global Alliance for Improved Nutrition (GAIN), Kenya
- Dorcus Mbithe D. Kigaru/FAO & others (Consultant facilitator) (July 2015) Report of the ENACT (Education for Effective Nutrition in Action) Tutor Briefing Workshop For Southern and East Africa - Nairobi, Kenya 29/6-03/ 2015. Food and Agriculture Organization of the United Nations, with support from the German Federal Ministry of Food and Agriculture (BMEL). FAO
- Food Safety Related Knowledge, Attitude and Practices among Food Marketers and Traders in Nairobi City's Informal Settlements, Kenya. 2019
- 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 of health workers 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 food commodity management/Food-by-Prescription. 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, Acute Malnutrition and Utilization of food commodities for management of severe and moderate acute malnutrition Food commodity management (Ready to use therapeutic foods and 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 on Nutrition care process, Nutrition Assessment, Nutrition intervention, Food-by-Prescription of food commodities 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. 2008-1012. 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

#### 1.2.2.6 Non-reviewed Conference Papers

- Dorcus Mbithe D. Kigaru and Zipporah Ndung'u (2016) Comparison of nutritional status by different nutrition assessment methods and implications on nutrition counseling decisions presented at the Paper presented at the National Food and Nutrition conference/Symposium at Kenya School of Government, Nairobi on November 23rd - 24th, 2016

#### 1.2.2.7 Scholarly Presentations at conferences and workshops

1. **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.
2. 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
3. **Dorcus Mbithe D. Kigaru**, Christine Njuguna & Patrick Kamande (Conference date: 20-24, May, 2019). *Food Safety Related Knowledge, Attitude and Practices among Food Marketeters and Traders in Nairobi City's Informal Settlements, Kenya*. International food Safety Conference, Kenyatta University, Nairobi, Kenya. Funded by: Kenyatta University/Self
4. **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
5. **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
6. **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
7. **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
8. **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
9. **Dorcus Mbithe D. Kigaru** (Conference/workshop date: 3<sup>rd</sup> 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.
10. **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).
11. **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. Mbithe Dorcus David, Judith Kimiywe and Judith Waudu (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 Nutrition and Food Sciences IACSIT Press. Singapore. 2012. Volume 39: 147-152
  14. Nelia P Steyn, Whadi-ah Parker, Johanna H Nel, Ayah Rosemary, Dorcus Mbithe (2012). *The nutrition transition and adequacy of the diet of pregnant women in Kenya*. International nutrition conference (ICNFS/CBEES) Quality Hotel, Marlow, Singapore Nutrition and Food Sciences IACSIT Press. Singapore. 2012. Volume 39: 137-141.
  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. Waudu & 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: Bioersivity International/Kenyatta University.
26. **Dorcus Mbithe D. Kigaru**, Judith Kimiywe, Judith Waudu & 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

### 1.3.1 Postgraduate student supervision

#### Ongoing Masters Supervision

1. Maria Omari (H60/Cty/PT/21764/12) Nutrition Knowledge, Attitude and Practices of Caregivers of Children with Cerebral Palsy in Kibera Informal Settlement, Nairobi, Kenya – Draft thesis
2. Florence Wangui (H60/Cty/PT/24925/11) Dietary Practices and Nutrition Status of Pregnant Students in Tertiary Institutions in Machakos Town, Kenya. Draft Thesis
3. Genevieve Otunga (H60/Cty/PT/24645/13) Childcare Practices and Nutrition Status of Children in, Bungoma County, Kenya. Data analysis stage
4. Julius Kienji Kigo (H60/Cty/PT/24644/2013) Complementary Feeding Practices And Nutrition Status among Children 6-23 Months in Machakos County, Kenya
5. Mulei Dorcas Nduku (H/60/33330/15) Prevalence of Anaemia and Nutritional Status among Day-Secondary School Adolescent Girls Machakos County, Kenya. Draft Thesis
6. Christine Kakuu Mbuve (H60/27363/2014) Perceived Body Image, Dietary Practices and Nutritional Status of Adolescents attending Selected Secondary Schools in Nairobi City County, Kenya

#### Ongoing PhD Supervision

1. Gilbert Mangusho (H87EA/33821/15) Effect of Nutrition Education and Promotion of Orange-Fleshed Sweet-Potato Vitamin-A Status of Preschool-Age Children in Eastern Uganda
2. Florence Chelimo: H87/21316/2010 (Kenyatta University) Efficacy of Home Grown School Meals on Nutritional and Educational Outcomes of School Children Baringo County, Kenya. Field work

### 1.3.2 Completed postgraduate student supervision

#### 1.3.4.1 Completed Masters Supervision

1. Kieti Immaculate Nzila: Risk Factors associated with Osteoporosis among Women Aged 40 Years and above attending Orthopedic Clinic at Mbagathi Hospital, Nairobi County, Kenya
2. Isaac Nthiga: Dietary Practices and Nutritional Status of Pulmonary Tuberculosis Patients Attending Clinic At Lodwar County and Referral Hospital, Turkana County, Kenya
3. Mary Milelu: H60/13450/2009: Determinants of Household Food Security and Nutritional Status of Children aged 6-59 Months in Mwingi Central Sub-County, Kenya
4. Brenda Wekesa: H60/Cty/Pt/22590/2012. Fruit Consumption and Nutritional Status of Children Aged 6 To 59 Months Across Agro-ecological Strip Connecting Kakamega and Siaya Counties, Kenya

5. Faith Munoru: H60/20311/2010: Dietary and Care Practices, Morbidity and Nutritional Status of the Elderly In Igembe South, Meru County, Kenya
6. Rachael Kavithe: H60/CE/23067/2010. Dietary Intake, Nutritional Status, Morbidity and Factors affecting Food Service of Male Prisoners Living with Human Immunodeficiency Virus at Selected Prisons in Kenya
7. Macharia Jacqueline Wairimu: Q57/24161/2013: Feeding Practices and Nutritional status among Children Aged 6-23 Months Following Discharge from Supplementary Feeding Program In Isiolo County, Kenya
8. 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 East Pokot in Baringo County, Kenya
9. Silas Tumpeine (H60/22678/11) Dietary Practices, Morbidity and Nutritional Status among Adults Living with HIV and AIDS attending Narok County Referral Hospital, Kenya
10. Mary Gicheha: Contribution of Underutilized Cereals and Tubers towards Urban Food Security and Dietary Diversity in Ruiru, Kiambu County, Kenya
11. 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.
12. Mburireh Ephantus Nyaga (T129/OL/MSA/24831/2014) Activity-Based Costing on Restaurants' Menu Items to Explore Changes in the Contribution Margins within Mombasa County, Kenya
13. Steve Kegoli (H60/22670/11) Overweight Prevalence, Dietary diversity, Body Size Preference and Physical Activity among Sero-positive Adults attending Kayole Hospital, Nairobi County, Kenya
14. 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
15. Velma Nyapera: Nutrition Knowledge, Attitudes And Practices of Children from Nkoile and Isinya Primary Schools In Kajiado District, Kenya
16. Grace Kihagi: Childcare Practices, Nutrition and Health Status of Children (6-59 Months Old) Among Internally Displaced Persons in Kieni Forest, Gatundu District
17. Naiman N. Mbise: The Quality of Service Standards and Related Factors in Tourist Hotels in Arusha, Tanzania
18. Salome Kasimba: Dietary diversity and nutritional status among children aged 6-23 months in Makindu division, Kenya
19. Mary Ndanu Makau: Feeding Practices and Nutritional Status of Children 0-59 Months of Incarcerated Mothers in Selected Women's Prisons in Kenya
20. Gitika Alice W. Food Consumption Patterns and Nutritional status of school children made vulnerable by HIV and AIDS in Kiambu District, Kenya
21. Bor Wesley K: Status of hyperlipidemia Among HIV positive adult patients attending Comprehensive care (HAART) Clinic in Kericho District Hospital

#### **1.3.4.1 Completed PhD Supervision**

1. Wesley Bor: H87/33292/2014 (Kenyatta University) Effects of Umbilical Cord Clamping Time on Nutrition Status of Infants: A Randomized-Controlled Trial in Longisa Hospital, Bomet County, Kenya
2. Carolyne Wasike: PHD/ATHX/06471P/2015 (Technical University of Kenya) Title: Health Food Products as a Tool for Market Growth among Restaurants in Nairobi City County, Kenya

3. 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
4. Gladys Njura Gitau: H87/11934/2008 (Kenyatta University) Title: Nutrition education on Iron Status of Primary School pupils in Gatanga Sub-County, Kenya
5. Dennis Matanda (University of Bergen, Norway) Title: Relationship between child feeding practices and child malnutrition in Kenya: a longitudinal analysis (1993-2009).
6. Moses Ngatia Miricho: H87/11075/08 (Kenyatta University) Title: Yield Management Strategy in Kenya's Town Hotels: Opportunities and Scope in Room-Stock Management.

**1.4.1 Membership to Editorial Boards:** I am a member of EC Nutrition as a member of the editorial board and the eNutrition Academy (eNA) Academic Board Member: online Nutrition Academy as well as a reviewer for several journals

**1.4.2 Membership to Academic/ professional bodies:** I am a registered member with the Kenya nutritionist and dietician Institute (KNDI) and also a member of the Kenya Association of Food Safety and Protection (KAFSAP). I am also a member of the Scaling up Nutrition (SUN) Academia Network. I belong to technical working groups at the Ministry of Health and Agriculture, Kenya

**1.4.3 Appointment/Service as an External Examiner.** I have been serving as external examiner for both undergraduate and postgraduate coursework as well as postgraduate theses/dissertations

- Coursework External Examiner, Kabarak University, Kabarak, Kenya – 2017 to 2020:
- Postgraduate thesis examination: Makerere University, (Uganda), University of Eldoret, University of Pretoria, (South Africa), Moi University, (MPH programme) & Maseno University, School of Public Health and Community Development, North West University (South Africa).

### **1.5 Administration and Responsibilities at Kenyatta University**

- I have served in several University committees

- I have served as committee member to write University proposals for grants application

-2017-to date : Appointment/served as Chairperson, Department of Food, Nutrition & Dietetics

-2018-2019 : Chairperson, University Conference Organizing Committee, the International Food Safety Conference in May 20-24, 2019 at Kenyatta University, Nairobi, Kenya

2013 - 2017 : Chairperson, School of Applied Human Sciences Linkages & Collaborations Committee

2012 - 2017 : Chairperson, School of Applied Human Sciences Board of Undergraduate Studies

#### **1.5.2 Other University responsibilities**

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

2012 – date : Student and staff mentor, Kenyatta University

2012 - Date : Member, Departmental Quality Management Committee

2010 - 2013 : Departmental Timetable Coordinator

2008 – 2010 : Departmental Examination Coordinator

2007- 2009 : School and Departmental Website Coordinator

: Departmental Coordinator for Institute of Open Learning

### **1.6 Community Engagement and other societal contributions**

- Enomatasian Girls Secondary School, Kajiado North, Kenya – member of School Board of management (BOM)
- I have supported General Mulinge Secondary School, Machakos and other schools in Career choices.
- I am a board member for eNutrition Academy (eNA) Academic
- I am a food safety Champion and the vice Chairperson of the Kenya Association of Food Safety and Protection
- I have been invited to high profile meetings to represent the University and the Country
- I have supported the Ministry of Education; served for years as a Judge/adjudicator in the Kenya Arts and science exhibitions in Nairobi (KENAHICA).
- I have also served as an invited speaker in professional meetings and also as a motivational speaker at different forums

### **1.7 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 5<sup>th</sup> 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)

## **11. REFEREES**

**1. Prof. Judith Waudu (PhD), Professor of Nutrition**

Department of Foods, Nutrition & Dietetics

Kenyatta University, PO Box 43844, 00100, GPO, Nairobi, Kenya, Telephone +254720967985

Email: [waudojudith@yahoo.com](mailto:waudojudith@yahoo.com) or [waudu.judith@ku.ac.ke](mailto:waudu.judith@ku.ac.ke)

**2. Prof. Judith Kimiywe (PhD), Professor of Nutrition**

Department of Foods, Nutrition & Dietetics

Kenyatta University, P.O. Box43844, 00100 Nairobi, Kenya, Tel: +254-0722915459

Email: [jokimiywe@gmail.com](mailto:jokimiywe@gmail.com) or [kimiywe.judith@ku.ac.ke](mailto:kimiywe.judith@ku.ac.ke)

**3. Prof. Nelia Patricia Steyn RD (SA), MPH, PhD**

Registered Dietitian/Department of Human Biology Division of Human Nutrition

University of Cape Town, UCT Medical campus | Anzio Road | Anatomy, Building | Floor 2 |

Room 2.01.5, Observatory 7925 Cape Town | South Africa

Tel: +27 (0)21 6501097 Fax: +27 (0) 21 448 7226, Email: [nelia.steyn@uct.ac.za](mailto:nelia.steyn@uct.ac.za)