

Academic Staff Profile

Personal Profile

Personal Details

<p>Name: Joseph Kobia M'Liria Title/Qualification: Dr (PhD) Department: Food, Nutrition and Dietetics Designation/Position: Lecturer Email: kobia.joseph@ku.ac.ke</p> <p>Contact Address: Department of Food, Nutrition and Dietetics Kenyatta University, P.O Box 43844, Nairobi, Kenya.</p> <p>Area of Specialization: - Maternal and Paediatric Nutrition - Food Science and Technology Research Interests: - Maternal and Paediatric Nutrition - Micro-nutrients Google Scholar: 0000-0002-0116-2197 ORCID ID: 0000-0002-0116-2197</p>	
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Academic & Professional Qualifications

- Food, Nutrition and Dietetics (PhD)
- Human Nutrition (MSc)
- Food Science and Technology (BSc)

Employment History

2015 - To-date

Lecturer, Kenyatta University, Department of Foods, Nutrition and Dietetics.

Areas of teaching:

Foods, Nutrition and Dietetics/ Food Science and Technology

2014- 2019

School Coordinator, Digital School (DVSOL), Kenyatta University

Coordination of facilitation, dissemination of e-learning materials and examinations for students registered at Digital School taking courses from School of Applied Human Sciences.

2011-2014,

Tutorial Fellow, Kenyatta University, Department of Foods, Nutrition and Dietetics.

Areas of teaching;

- Foods and Nutrition/ Food Science/Technology

Modules for e-learning (ODEL); in conjunction with Prof. Judith Kimiywe, we have written the following modules:

1. Human Nutrition for Postgraduate Students

2. Maternal and Child Nutrition for Postgraduate Students

2012- 2017:

Departmental Board Secretary, Board of Postgraduate Studies at Department of Foods, Nutrition and Dietetics.

Compilation of minutes for all postgraduate defense presentations and meetings. In conjunction with the Chairman of postgraduate studies; setting out the agenda of all postgraduate meetings at the department.

Member, School of Applied Sciences Research and Publications Committee.

Member, School of Applied Sciences HIV/AIDS and Gender Committee.

Member, Department of Foods, Nutrition and Dietetics Admissions and Credit Waivers Committee.

Member, Department of Foods, Nutrition and Dietetics Curriculum Review Committee.

Member, Department of Foods, Nutrition and Dietetics Procurements Committee.

200-2003

Part-Time Lecturer.

The Technical University of Kenya

Teaching Areas

- Food processing and preservation.
- Food Microbiology
- Food Engineering
- Technology of Specific Products

2008 –2009

Nutrition Project Coordinator- Ethiopia, Islamic Relief- UK

Overall coordination of a Nutrition Improvement Project- NIP with various donors and local stakeholders both at local and national level. Writing donor proposals for the project.

[2007– 2008] Nutrition Program Manager (S/Darfur-Sudan): Action Contre la Fame (ACF-France)

CMAM Nutrition program with integrated care practices and TFC referrals: implementation, monitoring and evaluation in harmonization with other sectors: water sanitation and hygiene and food security.

2005 – 2007

Darfur Nutrition Program Manager (W/Darfur-Sudan):

World Relief Darfur Relief Collaboration-DRC (NWMT, MAP, World Concern, CFGB and FHI).

Implementation and management of CTC program (SFP/OTP/TFC. Conducting food security & nutrition surveys for the whole project. Writing donor proposals. Project funded by Canadian Food Grain Bank (CFGB), UNICEF and WFP.

Achievements

1. Assistant Principal Investigator -Baby Friendly Community Initiative-Koibatek, Baringo County, Kenya, MOH/APHRC/Kenyatta University.
2. Chief Investigator: Project on 'Effectiveness of Mother-to-mother Support Groups in Promoting Exclusive Breastfeeding in Igembe North Sub-County, Meru County, Kenya. A Randomized Trial'. Kenyatta University/ NACOSTI, Kenya.
3. Chief Investigator: Project Double Fortification of Salt in Kenya. Micronutrients Initiative/CIDA/University of Toronto/KEMRI/University of Nairobi.

Publications

Referred Journals

- Effectiveness of Mother-to-mother Support Groups in Promoting Exclusive Breastfeeding in Igembe North Sub-County, Meru County, Kenya. A Randomized Trial'.
- Food consumption patterns and dietary practices survey in Meru Central District, Kenya. A baseline survey for double fortification of salt (iodine & iron).

Books and Books Chapters

-N/A

Conference/Workshops/Seminar Papers

Conference Papers

- Consumer food safety aspects in replacement of Monosodium Glutamate with Single Cell Proteins for as flavoring agent in food industry. Foods and Nutrition Workshop at Kenyatta University, Kenya

Workshops Papers

- Presentation on '**Effectiveness of Mother-to-mother Support Groups in Promoting Exclusive Breastfeeding in Igembe North Sub-County, Meru County, Kenya. A Randomized Trial**' at Baby friendly Community Initiative partners workshop organized by MOH/APHRC. Kenya

-Presentation on '**Effectiveness of Mother-to-mother Support Groups in Promoting Exclusive Breastfeeding in Igembe North Sub-County, Meru County, Kenya. A Randomized Trial**' at Baby friendly Community Initiative partners workshop organized by UNICEF/MOH. Kenya

Seminar Papers

-Seminar presentation: Title 'Effectiveness of Mother-to-mother Support Groups in Promoting Exclusive Breastfeeding in Igembe North Sub-County, Meru County, Kenya. A Randomized Trial'. At Kenyatta University Graduate School.

Student Co-authored Publications

- [Nutrition Knowledge and Dietary Practices among Pregnant Adolescents in Mandera County, Kenya](#)

M Abdirahman, P Chege, J Kobia - Food Sci Nutr Res, 2019

[NUTRITION KNOWLEDGE, DIETARY PRACTICES AND NUTRITION STATUS OF PREGNANT ADOLESCENTS IN MANDERA COUNTY, KENYA](#)

MK ABDIRAHMAN - 2019

Other Publications

-N/A

Research

- Paediatric nutrition with special emphasis on breastfeeding
- Micro-nutrients with special emphasis on iron

Funded Projects

- 1.0 Effectiveness of Mother-to-mother Support Groups in Promoting Exclusive Breastfeeding in Igembe North Sub-County, Meru County, Kenya. A Randomized Trial'. *A Project funded by the National Council of Science and Technology (NCST) for my PhD Thesis.*
- 2.0 Food consumption patterns and dietary practices survey in Meru Central District, Kenya. A baseline survey for double fortification of salt (iodine & iron). *A Project funded by Micronutrient Initiative (MI), (CIDA in association with University of Toronto), University of Nairobi (ANP) and UNICEF (in association with the Kenya Medical Research Institute-KEMRI).* This project proposal was initially written for my MSc studies at University of Nairobi.

Conferenced/Workshops/Seminars Attended

Conferences Attended

- ISO 2007 (Information Systems Management) organized by Kenyatta University.
- Social Return on Nutrition Interventions, APHRC

Workshops Attended

- Workshop on maternal, infant and young child nutrition, African Population and Health Research Center (APHRC)

- Moodle ODEL online tutorials by ODEL, Kenyatta University
- E-Resources Training Course by ITOCA, TEEAL and Kenyatta University. Funded by Kenyatta University and ITOCA
- ISO 9000 Management training, Kenyatta University Management.
- Nutrition programs implementation and monitoring, surveys and assessments by UNFSAU and Kenyatta University.
- Project impact assessment and accountability in emergencies conducted by Islamic Relief-UK in Addis Ababa.
- Two-weeks workshop training in management of humanitarian emergencies with emphasizes on nutrition management. Carried out at ACF-France HQ in Paris, France.
- United Nations Food Security Analysis Unit (FAO Somalia) Workshop: Food security assessment, nutritional surveillance and response in emergencies.

Seminars Attended

- Seminar on supervision of postgraduates (Masters and PhD students) in writing thesis, Kenyatta University Graduate School.
- Seminar on plagiarism detection in theses, Kenyatta University Library Services Directorate.
- Seminar on writing learning modules, Kenyatta University
- Seminar on writing learning modules, Kenyatta University
- Seminar on Gender and HIV/AIDS, Kenyatta University
- Seminar on Proposal writing skills. Graduate School, Kenyatta University

Supervision of Postgraduate Students

Masters

-Currently supervising 13 MSc. students

Ph. D

-N/A

Professional/ Consultancy (Editor/ Peer review in journals, Networks/ Collaborations, External Examiner, Patents)

-N/A

Community Service and Other Engagements

- 2013-To-date: Community Service: Chairman, Board of Management, Mwerongundu Secondary School

Affiliation of Professional Bodies

-KNDI- 2009-To-Date

National and International awards and Recognitions

-N/A

Administrative Positions Held

Recognized university administrative positions

- School Coordinator, Digital School (DVSOL), Kenyatta University
- Internal Examiner, KU Graduate School.

Other administrative positions Held

- Departmental Board Secretary, Board of Postgraduate Studies at Department of Foods, Nutrition and Dietetics.
- Chair, Department Credit Waiver Committee
- Member, School of Applied Sciences Research and Publications Committee.
- Member, School of Applied Sciences HIV/AIDS and Gender Committee.
- Member, Department of Foods, Nutrition and Dietetics Admissions and Credit Waivers Committee.
- Member, Department of Foods, Nutrition and Dietetics Curriculum Review Committee.
- Member, Department of Foods, Nutrition and Dietetics Procurements Committee.

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