

# DR. FESTUS KAINO KIPLAMAI (Ph.D.)

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## EDUCATION

### PhD: (Exercise and Health Science)

Aug 2006 to June 2011      Kenyatta University

**Thesis Title:**                      **Prevalence of Type II Diabetes and its Risk Factors among the Luo and Kipsigis of the Lake Victoria Basin - Kenya**

### M. Sc: (Food Science)

Aug. 2001 to Sep. 2005      Egerton University,

**Thesis Title:**                      **Nutritional enhancement of Soybean and Sweet Potato Flour by Fermentation: *Aspergillus oryzae* Vs. *Lactobacillus plantarum***

### B.Sc: (Food science and Technology)

June 1994 to August 1999      Egerton University,  
Second Class Honours (Upper Division)

## Experience

Dr. Festus Kiplamai is a Lecturer of Exercise and Health science at Kenyatta University in Kenya. He is a renowned scholar in the area of Exercise science having published in internationally refereed journals. Further he has undertaken research for over 7 years in Kenya and in Rwanda in the area of child and maternal nutrition, water and sanitation programs and food security research.

## COMPUTER SKILLS

Data analysis: Statistical Package for Social Sciences (SPSS)/PASW; Power Analysis software. (G.power); STATA; RDSAT; Epi Info; CS-Pro; Ms Office Applications; Food intake analysis software (EPI2000, NUTRISURVEY, EMERGENCY NUTRITION ASSESSMENT - SMART and FOODUK); Physical activity monitoring software

## CONSULTANCIES IN SURVEYS AND DATA ANALYSIS

### International Consultancies:

1.      **WORLD VISION RWANDA-** Mubuga ADP Baseline Assessment (Education, Child Health, Nutrition, Water and Sanitation)  
August 2012 - October 2012: **Principal Investigator and Biostatistician**
2.      **WORLD VISION RWANDA-** - Umucyo ADP Baseline Assessment (Education, Child Health, Nutrition, Water and Sanitation)

August 2012 - October 2012: **Principal Investigator and Biostatistician**

3. **WORLD VISION RWANDA-** Child Health Now Baseline Assessment (Maternal Health, Neonatal Health, Child Health, Nutrition, Water and Sanitation)  
March 2012 - April 2012: **Principal Investigator and Biostatistician**

**National Consultancies:**

1. **GOK and MI (2015):** Large Country Lot Quality Assurance Survey (LC-LQAS) for the VAS coverage, IFAS utilization and use of zinc and ORS for the treatment of diarrhoea in Kenya. **Co-Investigator and statistician**
2. **MEDAIR (2015)** Knowledge, Practices And Coverage (Kpc) For Health And Nutrition Program In South Central Somalia : April-July 2015: **Statistician**
3. **GOK and MI (2015).** Community based Maternal and Neonatal Health (CBMNH) Survey at Kakamega County. **Co-investigator and Statistician**
4. **GOK and MI (2014):** Large Country Lot Quality Assurance Survey (LC-LQAS) for the VAS coverage, IFAS utilization and use of zinc and ORS for the treatment of diarrhoea in Kenya. **Co-Investigator and statistician**
5. **GOK and MI (2013):** Baseline Knowledge, Attitude and Practices Survey of Vitamin A and Iron and Folic Acid Supplementation in Kenya: March 2013 – Sept 2013: **Co-Investigator and statistician**
6. **WORLD VISION KENYA-** East Pokot and Baringo Nov to Dec 2011: **Assistant consultant and Biostatistician for the 2011 Nutrition, WASH and Food Security Survey**
7. **MERLIN INTERNATIONAL - KENYA -** Turkana: June to July 2011: **Assistant consultant and Biostatistician for the 2011 Nutrition, WASH and Food Security Survey**
8. **IRC Kakuma refugee camp (NOV 2010) - Consultant statistician for the Second 2010 Nutrition, WASH and Food Security Survey**
9. **GTZ KENYA-Daadab refugee camp (AUG 2010) - Consultant statistician for the 2010 Nutrition, WASH and Food Security Survey**
10. **IRC Kakuma refugee camp (APRIL 2010) - Consultant statistician for the First 2010 Nutrition, WASH and Food Security Survey**
11. **IRC - 2011: Determination of the factors that affect the uptake of contraceptives in Kakuma Refugee camp. - Consultant statistician**
12. **WORLD VISION KENYA-** Samburu and Baringo; Nutrition and Food Security Survey: March to May 2009. **Assistant consultant and Biostatistician**
13. **WORLD VISION KENYA-** West Pokot; **Nutrition, WASH and Food Security** survey: Aug - Nov 2009: **Assistant consultant and Biostatistician**
14. **GTZ - Daadab Nutrition Survey (July to August 2009) Assistant consultant and Biostatistician**
15. **VSF Germany - Nutritional Status analysis (December 2009) Biostatistician**

16. WORLD VISION **KENYA**- Nutrition Survey, Kajiado district(2007) **Assistant consultant and Biostatistician**
17. VICRES - Food consumption patterns, nutrient intakes, nutrition and food security status of adult men and the elderly in wetlands of lake Victoria basin (2006 - 2008) **Biostatistician**
18. KEMRI - Type II Diabetes project (2005 - 2006) **Co-researcher and Biostatistician**
19. IPGRI - Consumption Of African Traditional Foods Among Major Ethnic Groups In Urban And Peri-Urban Nairobi (2007) **Assistant consultant and Biostatistician**
20. ILRI - Avian Influenza project (2006) **Co-researcher and Biostatistician**
21. FKE - Sony Sugar HIV Awareness survey (2007 - 2008) **Biostatistician**
22. 2008 - 2011: Several **PhD** and **Masters** Students' Data handling consultancies. **Biostatistician**

### **Publications**

1. Onywera V.O, **Kiplamai F.K**, Tuitoek P.J, Boit M.K and Pitsiladis Y.P (2004). Food and Macronutrient Intake of Elite Kenya Distance Runners. *Int. J. Sports Nutrition and Exercise Metabolism*, **14** (6) 709-719.
2. Fudge W.B, Westerterp R.K, **Kiplamai F.K**, Onywera V.O, Boit M.K and Pitsiladis Y.P (2006) Evidence of Negative Energy Balance using doubly labeled water in Elite Kenyan endurance runners prior to competition. *British Journal of Nutrition*, **95**, 59-66
5. Fudge BW, C Easton, D Kingsmore, **FK Kiplamai**, VO Onywera, KR Westerterp, B Kayser, TD Noakes, YP Pitsiladis (2007). Elite Kenyan endurance runners are hydrated day-to-day with *ad libitum* fluid intake. *Medicine & Science in Sports & Exercise*: **DOI: 10.1249/MSS.0b013e318169cdda**
6. Wanjihia, V.W., **Kiplamai, F.K**, Waudu, J.N., Boit M.K, (2009) Post-Prandial glucose levels and consumption of Omega-3-Fatty Acids and saturated fats among two rural communities in Kenya. *East African Medical J. Vol.86 No. 6.* pp 259-266
7. DL Christensen, K Borch-Johnsen, DL Mwaniki, B Kilonzo, I Tetens, MK Boit, **FK Kiplamai**, SC Cheruiyot, H Friis, NJ Wareham, S Brage (2010) Cardio-respiratory fitness, energy expenditure and physical activity patterns in different ethnic groups of rural and urban Kenya. *Am J Epidemiology*
8. Ismail N. Pangani · Festus K. **Kiplamai** · Jane W. Kamau · Vincent O. Onywera (2016) Prevalence of Overweight and Obesity among Primary School Children Aged 8–13 Years in Dar es Salaam City, Tanzania. *Advances in preventive medicine*. Volume 2016. ID 1345017
9. Lateef O.J, Njogu E, **Kiplamai F**, Haruna U.S and Rawal R (2016) Breakfast, food consumption patterns and nutritional status of students in public secondary school in Kwara state, Nigeria. *Pakistan J of Nutrition* 15 (2): 140-147
10. Gitahi T and **Kiplamai F** (2013) Association between vitamin D levels and central adiposity in an eastern Africa outpatient clinical population. *Dermato-endocrinology* 5:1: 218-221

NAME: Dr. Festus Kiplamai  
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