



**Dr. Festus Kiplamai BIOS**

### **EDUCATION**

**PhD: (Exercise and Health Science)** – 2011, Kenyatta University

**M. Sc: (Food Science)** – 2005, Egerton University

**B.Sc: (Food science and Technology)** – 1998, Egerton University

**PhD: (Exercise and Health Science)** - Thesis Title: Prevalence of Type II Diabetes and its Risk Factors among the Luo and Kipsigis of the Lake Victoria Basin – Kenya

### **PROFILE**

Dr. Festus Kiplamai is Lecturer of Exercise Science in the department of Physical Education and Exercise Science of the School of Public Health and Applied Human Sciences at Kenyatta University in Kenya. A scholar in the area of Exercise science, having published numerous articles in internationally refereed journals. Research experience spans over 16 years in Kenya, Somalia and Rwanda in the area of Anti-Doping, Cardiovascular Diseases, Type II Diabetes, Maternal, Infant and Child Nutrition, Water, Sanitation and Health programs, food security and Reproductive Health. In addition, he is an Accredited Educator with Anti-Doping Agency of Kenya.

### **ACADEMIC ACHIEVEMENTS**

1. Supervised and graduated 2 Ph.D candidates in Exercise and Sport Science
2. Supervised and graduated 5 M.Sc Candidates in Applied human sciences
3. Published over 20 articles in refereed journals

4. Research gate Score of 18.63 and *h*-Index of 6; 327 Citations; 12,390 Reads
5. Google Scholar 506 Citations, *h*-Index of 9 and i10-Index of 7

## **CONSULTANCIES IN SURVEYS AND DATA ANALYSIS**

### **INTERNATIONAL PROJECTS:**

1. **AVISA Project (2021) Tanzania:** Formative assessment for the operationalization of the youth sorghum groundnut youth quality Centre in Songwe region, Southern highlands-Tanzania. **February to April 2021** Consultant Statistician and ODK Specialist
2. **WORLD VISION RWANDA-** Mubuga ADP Baseline Assessment (Education, Child Health, Nutrition, Water and Sanitation)  
August 2012 - October 2012: **Principal Investigator and Biostatistician**
3. **WORLD VISION RWANDA-** - Umucyo ADP Baseline Assessment (Education, Child Health, Nutrition, Water and Sanitation)  
August 2012 - October 2012: **Principal Investigator and Biostatistician**
4. **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 PROJECTS:**

1. **MOH (October 2020 to 2021)** Integrated Independent Fiduciary Review Agent **PKF and MedWise Solutions Consultant in charge of Quantitative data analysis of the TUC-UHC Performance Audit in level 2 and 3 Health facilities across 47 counties of Kenya**
2. **CBCC (Dec 2020 to Feb 2021)** Baseline survey for *biotisho* adolescent integrated nutrition project in Samburu-central sub county. **Consultant Statistician and ODK Specialist**
3. **ADAK (April – June 2020)** Investigation on the Knowledge, Attitude and Practices of use of Performance Enhancing Drugs and Substances amongst Mixed martial arts in Kenya. **Lead Consultant**

4. **MEDAIR (2019) KPC SURVEY FOR HEALTH AND NUTRITION PROGRAM IN SOUTH CENTRAL SOMALIA: July 2019- September 2019: ODK Specialist and Statistician**
5. **MEDAIR (Nov 2018 – Mar 2019) EVALUATION OF CARE GROUPS IN SOMALIA (MOGADISHU, KISMAYO AND AFGOYE) and iCCM in BALCAD AND AFGOYE: November 2018- March 2019: ODK Specialist and Statistician**
6. **ADAK (April – June 2018) Investigation on the use of Food Supplements, Traditional Herbs as Performance Enhancing Substances among Kenyan Track and Field Athletes. Lead Consultant**
7. **MEDAIR (2018) Knowledge, Practices And Coverage (KPC) For Health And Nutrition Program In South Central Somalia : March-August 2018: ODK Specialist and Statistician**
8. **CHRISTIAN AID (March – June 2018) Baseline Survey On Adolescent Nutrition Among Adolescent Girls (10-19 Years) In Trans-Mara East Sub-County In Narok County : ODK Specialist and Statistician**
9. **MI (2017). Trend analysis of three LC-LQAS surveys of three micronutrient programs (zinc and ORS utilization for diarrhoea management of children 0-59 months, vitamin a supplementation (vas) for children 6-59 months and iron and folic acid supplementation (IFAS) for pregnant women). Consultant**
10. **MEDAIR (2016) Knowledge, Practices And Coverage (KPC) For Health And Nutrition Program In South Central Somalia : April-August 2016: Statistician**
11. **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**
12. **MEDAIR (2015) Knowledge, Practices And Coverage (KPC) For Health And Nutrition Program In South Central Somalia : April-July 2015: Statistician**
13. **GOK and MI (2015). Community based Maternal and Neonatal Health (CBMNH) Survey at Kakamega County. Co-investigator and Statistician**
14. **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**
15. **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**

16. WORLD VISION KENYA- East Pokot and Baringo Nov to Dec 2011: **Assistant consultant and Biostatistician for the 2011 Nutrition, WASH and Food Security Survey**
17. MERLIN INTERNATIONAL - KENYA - Turkana: June to July 2011: **Assistant consultant and Biostatistician for the 2011 Nutrition, WASH and Food Security Survey**
18. IRC Kakuma refugee camp (NOV 2010) - **Consultant statistician for the Second 2010 Nutrition, WASH and Food Security Survey**
19. GTZ KENYA-Daadab refugee camp (AUG 2010) - **Consultant statistician for the 2010 Nutrition, WASH and Food Security Survey**
20. IRC Kakuma refugee camp (APRIL 2010) - **Consultant statistician for the First 2010 Nutrition, WASH and Food Security Survey**
21. IRC - 2011: Determination of the factors that affect the uptake of contraceptives in Kakuma Refugee camp. - **Consultant statistician**
22. WORLD VISION KENYA- Samburu and Baringo; Nutrition and Food Security Survey: March to May 2009. **Assistant consultant and Biostatistician**
23. WORLD VISION KENYA- West Pokot; **Nutrition, WASH and Food Security** survey: Aug - Nov 2009: **Assistant consultant and Biostatistician**
24. GTZ - Daadab Nutrition Survey (July to August 2009) **Assistant consultant and Biostatistician**
25. VSF Germany - Nutritional Status analysis (December 2009) **Biostatistician**
26. WORLD VISION KENYA- Nutrition Survey, Kajiado district(2007) **Assistant consultant and Biostatistician**
27. 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**
28. KEMRI - Type II Diabetes project (2005 - 2006) **Co-researcher and Biostatistician**
29. IPGRI - Consumption Of African Traditional Foods Among Major Ethnic Groups In Urban And Peri-Urban Nairobi (2007) **Assistant consultant and Biostatistician**
30. ILRI - Avian Influenza project (2006) **Co-researcher and Biostatistician**
31. FKE - Sony Sugar HIV Awareness survey (2007 - 2008) **Biostatistician**
32. 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
11. Soren B ,Jerry C, Kate W, Michael K Boit, David L Mwaniki, **Festus K Kiplamai**, Henrik Friis, Inge Tetens, Dirk L Christensen (2017) Physical Activity Energy Expenditure and Metabolic Health in Three Rural Kenyan Populations. *The Lancet Diabetes & Endocrinology*