

CURRICULUM VITAE
PROF. SOPHIE ATIENO OCHOLA



1. PERSONAL INFORMATION

NAME : **Prof. Sophie Atieno Ochola**

NATIONIONALITY : Kenyan

DESIGNATION : Associate Professor

PF. NO : 5831

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GENDER : Female

1.1 Academic and Professional Qualifications

Academic Qualifications

- 2008: PhD in Nutritional Sciences, University of Stellenbosch, Cape Town
- 1992: Master of Science in Applied Human Nutrition, University of Nairobi
- 1978: Bachelor of Education in Home Economics; First Class Honors. University of Nairobi, 1978

Professional Qualifications

- 2016:** Regional Training on **E-Learning** at Kenyatta University organized by E-Learning Network in Food and Nutrition Security with Partner Universities in Eastern Africa and Europe (**eLEFANS**) on **2nd December 2016**.
- 2015:** Regional Training on **E-Learning** at Makerere University organized by E-Learning Network in Food and Nutrition Security with Partner Universities in Eastern Africa and Europe (**eLEFANS**) from **8th -12th September, 2015**
- 2015:** National Institute of Health web-based training on *Protecting Human Research Participants*– September 2015.
- 2014:** Training on the **Preparation of Detailed Implementation Plans for Large Country Lot Assurance Sampling**, jointly organized by the Micronutrient Initiative and Liverpool School of Tropical Medicine from **14th to 17th October 2014** at Micronutrient Initiative Office, Kenya.
- 2014:** Regional Training on **E-Learning** at Kenyatta University organized by E-Learning Network in Food and Nutrition Security with Partner Universities in Eastern Africa and Europe (**eLEFANS**) from **8th -12th September, 2014**

1.2 EMPLOYMENT HISTORY/WORK EXPERIENCE

- 2020 to date Associate Professor, Department of Food, Nutrition and Dietetics, Kenyatta, University
- 2013 to 2020: Senior Lecturer, Department of Food, Nutrition and Dietetics, Kenyatta, University
- 2013 to 2017: Chairperson, Department of Food, Nutrition and Dietetics, Kenyatta, University
- 2009 to 2011: Lecturer, Department of Food, Nutrition and Dietetics, Kenyatta University
- 1998 to 2008: Assistant Lecturer, Department of Food, Nutrition and Dietetics, Kenyatta University

2.2 RESEARCH PUBLICATIONS

2.2.1 Refereed Journal Papers

1. Dorothy Apondi Othoo, **Sophie Ochola**, Elizabeth Kuria and Judith Kimiywe. Impact of Spirulina corn soy blend on Iron deficient children aged 6–23 months in Ndhiwa Sub-County Kenya: a randomized controlled trial. BMC Nutrition (2021) 7:70. <https://doi.org/10.1186/s40795-021-00472-w>.
2. Janet Kajuju Malla, **Sophie Ochola**, Irene Ogada & Ann Munyaka. Nutritional Value and Sensory Acceptability of *M. oleifera* Fortified Finger Millet Porridge for Children with Cerebral Palsy in Nairobi County, Kenya. Journal of Food Research; Vol. 10, No. 5; 2021 ISSN 1927-0887 E-ISSN 1927-0895 Published by Canadian Center of Science and Education.
3. Kimwele A. M. **Ochola S. A.** and Mugambi M. N Influence of home-grown school feeding programme on dietary diversity among school children 6-13 years of age in Makueni County, Kenya. European Journal of Health Sciences ISSN 2520-4645 (online) Vol.6, Issue 1, pp 57-72, 2021.
4. Peterson Kato Kikomeko, **Sophie Ochola**, Archileo N. Kaaya, Irene Ogada, Tracy L. Birungi and Peace N. Stakeholders' perceptions of the nutrition and dietetics needs and the requisite professional competencies in Uganda: a cross-sectional mixed methods study. BMC Health Services Research (2021) 21:92 <https://doi.org/10.1186/s12913-021-06090-3>.
5. Lucy-Joy Wachira, Stella Muthuri, **Sophie Ochola**, Vincent LJ Wachira, S Muthuri, S Ochola, V Onywera, M Tremblay (2021). Association between dietary behaviours and weight status of school children: results from the International Study of Childhood Obesity, Lifestyle and the Environment (ISCOLE) - Kenya, Child and Adolescent Obesity, 4:1, 1-22, DOI: 10.1080/2574254X.2020.1842014
6. Joyce Nzilani Mutuku, **Sophie Ochola** and Justus Osero. Maternal knowledge and complementary feeding practices and their relationship with nutritional status among children 6-23 months old in pastoral community of Marsabit County, Kenya: A Cross-Sectional Study. Current Research in Nutrition and Food Science. ISSN: 2347-467X, Vol. 08, No. (3) 2020, Pg. 862-876.
7. Joseph Kobia M'Liria, Judith Kimiywe and **Sophie Ochola**. Impact of Mother-to-Mother Support Groups in Promoting Exclusive Breastfeeding in a Low-Resource Rural Community in Kenya: A Randomized Controlled Trial. Current Research in Nutrition and Food Science. ISSN: 2347-467X, Vol.08, No. (2) 2020. Page 609-621.
8. Mahat Jimale Mohamed, **Sophie Ochola** and Victor Owino. A Qualitative Exploration of the Determinants of Exclusive Breastfeeding (EBF) in Wajir County, Kenya. International Breastfeeding Journal (2020) 15:44 <https://doi.org/10.1186/s13006-020-00284-x>.
9. Wandia Florence, **Sophie Ochola**, Ogada Irene. Physical and Nutrition Education Intervention Improves Body Weight Status of Adolescents in Uasin Gishu County, Kenya: A

Cluster-Randomized Controlled Trial. *Current Research in Nutrition and Food Science*. ISSN: 2347-467X, Vol. 08, No. (1) 2020, Pg. 318-332.

10. Wandia Florence, **Sophie Ochola** and Ogada Irene. Effect of Nutrition and Physical Education on Adolescents' Physical Activity Levels, Nutrition Knowledge, Attitudes and Dietary Practices. *J Food Sci Nutr Res* 2020;3 (2):061-082. *J Food Sci Nutr Res* 2020;3 (2):061-082 DOI: 10.26502/jfsnr.2642-11000039.
11. Naureen Andare, **Sophie Ochola** and Peter Chege. Determinants of infant feeding practices among mothers living with HIV attending prevention of mother to child transmission Clinic at Kiambu Level 4 hospital, Kenya: a cross-sectional study. *BMC Nutrition Journal* (2019) 18:64 <https://doi.org/10.1186/s12937-019-0490-y>
12. Peterson Kato Kikomoko, **Sophie Ochola**, Irene A. Ogada, Archileo N. Kaaya, Peace Nakito. Strengthening Undergraduate Human Nutrition and Dietetics Training in Uganda: The Need to adopt a Competency-based Education. *Journal of Education and Practice*. ISSN 2222-1735 (Paper). ISSN 2222-288X (Online). DOI:10.7176/JEP.Vol.10, No.21, 2019.
13. Stellah Malaso Koini, **Sophie Ochola**, Irene A. Ogada, Socio-cultural factors and complementary feeding of children 6-23 months among Maasai in Narok South Africa Kenya. *Journal of Health, Medicine and Nursing*. ISSN 2422-8419. An Internal Peer-reviewed Journal. DOI:10.7176/JHMN. VOL. 62, 2019.
14. Lucy-Joy M. Wachira, Stella K. Muthuri, **Sophie A. Ochola**, Vincent O. Onywera, Mark S. Tremblay. Screen-based sedentary behaviour and adiposity among school children: Results from International Study of Childhood Obesity, Lifestyle and the Environment (ISCOLE) – Kenya. *PLoS ONE* 13(6): e0199790. <https://doi.org/10.1371/journal.pone.0199790>. 2018
15. Stellah Malaso Koini, **Sophie Ochola**, Irene Ogada. Association of Complementary Feeding Practices and Nutritional Status of Children 6-23 Months of Age among Maasai Community in Narok South Sub-County, Kenya. *International Journal of Innovative Research and Advanced Studies (IJIRAS) Volume 5 Issue 3, March 2018*. ISSN: 2394-4404.
16. T, Njoki, **S. Ochola**, M. Mutua, and E.W. Kimani. Association between household food security and infant feeding practices in urban informal settlements in Nairobi, Kenya". *Journal of Developmental Origin of Health and Disease* (2018), doi:10.1017/S2040174417001064.
17. Jacqueline K. Kung'u, Richard Pendame, Mame Bineta Ndiaye, Mulusew Gerbaba, **Sophie Ochola**, Adama Faye, Sulochana Basnet, Edward A. Frongillo, Sara Wuehler, Luz Maria De-Regil. Integrating nutrition into health systems at community level: Impact evaluation of the community-based maternal and neonatal health and nutrition projects in Ethiopia, Kenya, and Senegal. *Matern Child Nutr.* 2018;**14** (S1):e12577. <https://doi.org/10.1111/mcn.12577>.
18. Esther L. Anono, **Sophie Ochola**, Salome Wawire, Irene Ogada, Crispin Ndedda, Jacqueline K. Kung'u. "Community Perceptions towards the new role of Traditional Birth Attendants Child Nutrition s Birth Companions and Nutrition Advocates in Kakamega County, Kenya". *Matern Child Nutr.* 2018;**14** (S1):e12577. <https://doi.org/10.1111/mcn.12578>.
19. Purity Chepkorir, Irene Ogada, Audrey Steenbeek, Noni E. Macdonalds, **Sophie Ochola** Wesley Bor, Godfrey Odinga. *Infant feeding practices among HIV-exposed infants less than*

6 months of age in Bomet County, Kenya: An in-depth qualitative study of feeding choices.
Arch Dis Child 2018; **0**:1–4. doi:10.1136/archdischild-2017-314521.

20. Mahat Jimale Mohamed, **Sophie Ochola** and Victor O. Owino. Comparison of knowledge, attitudes and practices on exclusive breastfeeding between primiparous and multiparous mothers attending Wajir District Hospital, Wajir County, Kenya: a cross-sectional analytical study. *International Breastfeeding Journal* (2018) 13:11. <https://doi.org/10.1186/s13006-018-0151-3>.
21. Okoth JK, **Ochola SA**, Gikonyo NK and Makokha AO. Efficacy of amaranth sorghum grains porridge in rehabilitating moderately acute malnourished children in a low-resource setting in Kenya: A randomized controlled trial. *Integr Food Nutr Metab*, 2017 Volume 4(4): 1-7. doi: 10.15761/IFNM.1000185
22. Okoth JK, **Ochola SA**, Gikonyo NK and Makokha AO. Efficacy of amaranth sorghum grains porridge in rehabilitating moderately acute malnourished children in a low-resource setting in Kenya: A randomized controlled trial. *Integr Food Nutr Metab*, 2017 Volume 4(4): 1-7. doi: 10.15761/IFNM.1000185
23. Mary N. Makau, **Sophie Ochola**, Dorcus Mbithe. Feeding Practices of Children Aged 0-59 Months Accompanying Incarcerated Mothers in Selected Women's Prisons in Kenya DOI: The Open Nutrition Journal 10.2174/1874288201711101???? 2017
24. Florence K. M'Kaibi, Nelia P. Steyn, **Sophie A. Ochola** & Lissane Du Plessis. The relationship between agricultural biodiversity, dietary diversity, household food security, and stunting of children in rural Kenya. *Food Science and Nutrition*. doi:10.1002/fsn.387 2016.
25. Judith Kanensi Okoth, **Sophie Atieno Ochola**, Nicholas K. Gikonyo, Anselimo Makokha. Development of a nutrient-dense complementary food using amaranth-sorghum grains. *Food Science and Nutrition*. Article first published online: 22 APR 2016 DOI: 10.1002/fsn3.367
26. Okoth MA, **Ochola S**, Onywera V, Steyn NP. Determinants of overweight and obesity in Kenyan adolescents in public and private schools. *AJPHRD* 2015; 21 (1:2):261-272.
27. M'Kaibi K. Florence, Steyn P. Nelia, **Sophie Ochola** and du Plessis Lissane. Effects of agricultural biodiversity and seasonal rain on dietary adequacy and household food security in rural areas of Kenya. *BMC Public Health*. 04/2015; 15(1):422. OI: 10.1186/s12889-015-1755-9.
28. **Sophie Ochola** and Penina Kinya Masibo. Dietary Intake of School Children and Adolescents in Developing Countries. *Ann Nutr Metab* **2014**; 64 (suppl 2): 24-40. DOI: 1159/000365235
29. Andrew Kiri Amegovu, **Sophie Ochola**, Patrick Ogwok, Peter Yiga, Juliet Hatoho Musalima & Juliana Mandha. Efficacy of sorghum peanut blend and corn soy blend in the treatment of moderate acute malnutrition in children aged 0-59 months in Karamoja, Uganda: a cluster randomized trial. *Nutrition and Dietary Supplements* 2014; 6 75-84
30. Andrew Kiri Amegovu, Patrick Ogwok, **Sophie Ochola**, Peter Yiga, Juliet Hatoho Musalima & Juliana Mandha. Sensory Acceptability of Sorghum Peanut Blend (SPB) and Corn

SoyBlend Plus (CSB+) by young children with moderate acute malnutrition in Karamoja, Uganda. *Journal of Food Science* Vol 3, No 2. **2014**. 17-26.

31. Andrew K. Amegovu, Patrick Ogwok, **Sophie Ochola**, Peter Yiga, Juliet H. Musalima, Emma Mutenyo. Formulation of sorghum-peanut blend using linear programming for treatment of moderate acute malnutrition in Uganda. *J. Food Chem. Nutr.* 01 (02) **2013**. 67-77.
32. Okoth Judith Kanensi; **Sophie Ochola**; Nicholas. K. Gikonyo; Anselimo Makokha. Effect of Steeping and Germination on the Diastatic Activity and Sugar Content in Amaranth Grains and Viscosity of Porridge. *J. Agric. Food. Tech.*, 3(1) 1-7, 2013.
33. **Ochola SA**, Labadarios D, Nduati RW (2013). Impact of counselling on exclusive breast-feeding practices in a poor urban setting in Kenya: a randomized controlled trial. *Public Health Nutr.* 2013 Oct 8:1-9. doi:10.1017/S1368980012004405
34. Regina W Mbochi, Elizabeth Kuria, Judith Kimiywe, Sophie Ochola and Nelia P Steyn. BMC Public Health 2012, 12:823. Predictors of overweight and obesity in adult women in Nairobi Province, Kenya <http://www.biomedcentral.com/1471-2458/12/823>
35. Okoth Judith Kanensi; **Sophie Ochola**; Nicholas. K. Gikonyo; Anselimo Makokha (2011). Optimization of the Period of Steeping and Germination for Amaranth. *J. Agric. Food. Tech.*, 1(6) 101-105.

2.2.2 Other publications

i. Patented Invention or Innovation

- Received Certificate of grant of utility model from Kenya Industrial Institute (KIPI) for “**Spirulina Corn Soya Blend for malnourished children**” **2016**.
- Received Certificate of grant of a utility model from Kenya Industrial Institute (KIPI) for an invention titled, “**Complementary Food for Moderately Malnourished Children**” **2014**

ii. Refereed Learning Modules

2020: Wrote a module for Master of Science Students, **Advanced Nutritional Epidemiology** for the Department of Food, Nutrition and Dietetics, Kenyatta University.

2020: Wrote a module for Master of Science Students, **Advanced Nutrition Assessment** for the Department of Food, Nutrition and Dietetics, Kenyatta University.

2016: Wrote an – e module (first author) on *Research Methods* for BSc students in Food, Nutrition and Dietetics under the collaboration project on e-Learning Network on Food and Nutrition Security (ELEFANS) with partner universities (Kenyatta University being one of them) and Europe. This was an ACP cooperation programme for Higher education with financial assistance from the European Union.

iii. Consultancy and Project Reports

2021: Principal Investigator (PI) in a collaboration research between the government, Kenyatta University, Tufts University, Catholic Relief Services and other organization to conduct a two-year longitudinal study in Isiolo and Marsabit Counties for the USAID-funded Nawiri Project. The main goal of the Nawiri project is to sustainably reduce malnutrition among the under-fives by identifying the drivers of malnutrition and their temporal distribution (i.e. seasonality and change over time) among pastoralists, agropastoralists, and households living in peri-urban areas transitioning out of pastoralism in the two counties.

2021: Principal Investigator (PI) for UNICEF Kenya County Office to conduct an In-depth Assessment of Nutrition Interventions in the context of Covid-19 Pandemic.

2020: Nutrition Specialist in a team of consultants contracted by Tetra Tech Company USA to conduct a Performance Evaluation of the USAID-funded Kenya-RAPID program in Turkana, Wajir, Marsabit, Isiolo and Garissa Counties.

2020: Principal Investigator (PI) in a collaborative research between the government Kenyatta University, Catholic Relief Services, Tufts University and other agencies to conduct malnutrition hotspot mapping in Isiolo and Marsabit Counties as part of the USAID-funded Nawiri Project

2019: Principal Investigator for MedAir to conduct an evaluation of the health facilities component for the Health and Nutrition programme in South Central Somalia.

2018: Operational Guidance for Rapid Assessment for Maternal and Infant and Young Child Nutrition in Emergencies (MIYCN-E) for Kenya.

2017: Development of Maternal and Young Child Nutrition Reference Indicators for measuring nutrition outcomes for the Food and Nutrition Security-Enhanced Resilience Programme in Turkana County.

2015: Analysis Survey for the Utilization of Zinc and ORS for the treatment of diarrhea in Kenya.

iv. Non- Reviewed Conference Papers

- **Ochola, S;** Demetre, L.; Nduati, R. Potentials and barriers to exclusive breastfeeding among women in an urban low-resource setting in Nairobi, Kenya: A qualitative study: po3318. *Annals of Nutrition & Metabolism*. 63 Supplement: 808, September 2013.
- Irene Ogada, **Sophie Atieno Ochola**, Zandile Mchiza, Rosebella O. Onyango, Florence Akeyo Olweny. **The Influence of Couple-counselling and Maternal-counselling on Early Breastfeeding Practices in Nyando District, Kenya.** *The South African Journal of Clinical Nutrition* 2014; 27(3):87-182 (September). ISBN 1607-0658 (Abstract)

v. Scholarly Presentations at Conferences/Workshops/Seminars

- Presented a paper titled, *The use of an innovative digital method (ODK, Open Data Kit) for dietary intake data collection among pre-adolescents in Nairobi, Kenya.* Presented at the e-International Conference Data Analysis and Management at Wageningen University & Research, Netherlands. 8th to 12th February, 2021.

- Presented a paper titled, *Non-communicable disease related behavior in the context of socioeconomic position: Food consumption patterns among adults in Kayole and Lang'ata sub-counties Nairobi, Kenya* at the Kenyatta University Biennial Research and Innovation Conference 23rd to 25th October 2019.
- Presented the following papers at the International Food Security Safety Conference, Nairobi Kenya 20th to 24th May, 2019:
 - Presented a paper titled, *Food insecurity a hindrance to the attainment of optimal complementary feeding practices: implication for interventions in the ARID and SEMI-ARID Counties of Kenya.*
 - Presented a paper titled, *Development of a photographic food atlas to support food portion estimation among children and adolescents aged 9-14 years in Nairobi, Kenya.*
- Presented a paper titled, *Practical Implications and Societal Impact of the Kenyan Photographic Food Atlas for Adolescents (9-14 years old)* at the national launch of the Atlas at Kenyatta University on **9th November 2018**.
- Presented the following papers **from 15th to 20th October, 2017 at the IUNS 21ST International Congress of Nutrition in Buenos Aires, Argentina:**
 - Community Perceptions on the new role of Traditional Birth Attendants as Birth Companions and Nutrition Advocates in Kakamega County, Kenya: A qualitative study. Esther L. Anono, **Sophie Ochola**, Salome Wawire, Irene Ogada, Crispin Ndedda, Jacqueline K. Kung'u.
 - *Association between Household Food Security and Infant Feeding Practices in Urban Informal Settlements in, Kenya;* Teresia Njoki, **Sophie Ochola**, Martin Mutua & Elizabeth Kimani-Murage.
- **Sophie Ochola**, Elijah Mbiti, Esther Kariuki, Lucy Murage, Festus Kiplamai, Jacqueline Kung'u. *Monitoring coverage of micronutrient programs in Kenya: Lessons learned from using Large Country Lot Quality Assurance Sampling (LC-LQAS) surveys.* Paper presented at the National Food and Nutrition Symposium organized by the Scaling Up Nutrition (SUN) movement (Academia Chapter) **from 23rd to 24th November 2016** at the Kenya School of Government, Nairobi.
- **Sophie Ochola**, Labadarios D. Nduati R. *The predictors of exclusive breastfeeding in an informal settlement in Nairobi, Kenya: a prospective study.* Paper presented at the Federation of African Nutrition Societies (FANUS) conference, **Arusha 25th to 29th May, 2015.**
- **Sophie Ochola.** *Nutrition and health among children aged 6-16 years in Kenya.* Paper presented at the Scientific Workshop on Nutrition and Health Challenges in Children 16-16 years of age, held in Gurgaon, New Delhi, India coordinated by GlaxoSmithKline Health Consumer Healthcare Ltd, **20th to 26th March 2014**

- **Sophie Ochola.** *Challenges of doing research in Africa: How do we overcome them?* Paper presented at the Postgraduate Research Workshop in Stellenbosch University, Cape Town, **23rd to 27th July 2014.**
- **Sophie Ochola.** *Infant and Young Child Feeding in Kenya: Challenges and Opportunities:* Paper presented at the Nutrition and Health Workshop by the Department of Paediatrics, School of Health Sciences, Kenyatta University on **25th June 2014**
- **Sophie Ochola.** *Potentials and barriers to exclusive breastfeeding among women in an urban low-resource setting in Nairobi, Kenya: a qualitative study.* Paper presented at IUNS Nutrition Congress in Granada Spain, **15th -20th September 2013**
- **Sophie Ochola.** *Influence of agricultural biodiversity on household food security and stunted growth in children aged 24-59 months in rural Kenya.* Paper presented at IUNS Nutrition Congress in Granada Spain, **15th -20th September 2013**

vi. Any other books

2018:

- Esther anono, Hanna Walsh, Noora Kanerva, David Mubasu, Victor Okoth, Bill Clinton, Aliisa Hyvone, **Sophie Ochola**, Maaijaliisa Erkkola, Vinceni Onywera, Mikael Fogelholm. **Photographic Food Atlas for Kenyan Adolescents (9-14 years old).**
- **Sophie Ochola** and Faith Nzioka; Operational Guidance for Rapid Assessment for Maternal and Infant Young Child Nutrition in Emergencies (MIYCN-E) for Kenya. Ministry of Health supported by UNICEF.

2.3 QUALITY TEACHING, LEARNING AND MENTORSHIP

i. Teaching Methodology held at Kenyatta University 28th May and 14th November 2013

2014: Training in **Pedagogy (Teaching methods)** organized by the Directorate of Quality Assurance, Kenyatta University, **12th to 16th May, 2014.**

iv. Postgraduate supervision

PhD Supervision successfully completed

2021:

- **Florence W. Munyao** H87/31248/2015: Effect of physical activity and nutrition education intervention on overweight/ obesity among secondary school students in Uasin Gishu County, Kenya. **Department of Community Health, Kenyatta University. Kenyatta University.**

2016

- Juliana Kioo, “Bioequivalence of micronutrient powders to conventional fortification on zinc levels of children aged 6-36 months in Thika informal settlements, Kenya. Department of Foods, Nutrition & Dietetics Kenyatta University. **Research grant from National Council of Science, Technology and Innovation (NACOSTI) and**

CODESRIA. Department of Food, Nutrition & Dietetics, Kenyatta University. Completed December 2016

- Dorothy Othoo, “Impact of Spirulina Powder on Protein Energy Malnourished and Iron Deficient Children aged 6-23 Months in Ndhiwa District Kenya. **Department of Food, Nutrition & Dietetics, Kenyatta University. Completed December 2016.**

2015

- Judith Munga “Chromium supplementation in management of Type 2 diabetes among patients attending Thika level 5 hospital, Kenya: a randomized placebo controlled study”. **Department of Food, Nutrition & Dietetics, Kenyatta University. Completed October 2015**
- M’liria Joseph Kobia “Effectiveness of Mother-to-Mother-Support Groups in promoting Exclusive Breastfeeding in Meru County, Kenya: A Randomized Controlled Trial”. **Department of Food, Nutrition & Dietetics, Kenyatta University. Research grant from National Council of Science, Technology and Innovation (NACOSTI). Department of Food, Nutrition & Dietetics, Kenyatta University. Completed April**
- Andrew Kiri Amegovu, “Efficacy of sorghum peanut blend and corn soy blend in the treatment of moderate acute malnutrition in children aged 6-59 months in Karamoja, Uganda”. **Department of Food, Nutrition & Dietetics, Kenyatta University. Completed June 2015.**

2014

- Irene Awuor Ogada, “Effectiveness of couple counselling versus maternal counselling in promoting exclusive breast feeding: a randomized controlled trial in Nyando district, Kenya. **Department of Food, Nutrition & Dietetics, Kenyatta University”. Research grant from National Council of Science and Technology (NACOSTI). Completed December 2014**
- Judith Kanensi Okoth, “Development and utilization of amaranth grain to enhance nutritional status of children under five years of age, in Thika District, Kenya: A randomized trial”. **Department of Food, Nutrition & Dietetics Kenyatta University. Completed June 2014.**
- Lucy Joy Wachira, H87/20079/2010, “Assessment of physical activity, dietary intake, sedentary screen time and adiposity of 10-year-old school children in Nairobi County”. **Department of Physical and Health Education, Kenyatta University. Completed June 2014.**
- Florence M’Kaibi, “The role of agricultural biodiversity, dietary diversity, and household food security in households with and without stunted children in rural Kenya”. **Division of Human Sciences, Stellenbosch University, Cape Town. Completed January 2014**

Masters Supervision successfully completed

2021

- **Triza Njoki Macharia**, “The association between household food security and infant feeding practices in urban informal settlements in Nairobi County, Kenya” **Department of Food, Nutrition, and Dietetics, Kenyatta University.**
- **Mutuku Joyce Nzilani**, “Complementary feeding and nutritional status among children aged 6-23 months in Marsabit County, Kenya”. **Department of Community Health, Kenyatta University.**
- **Mwaura Joel Kiarie**, “Complementary Feeding Practices and Nutrition Status among Infants 6-23 Months Old in Babadogo Informal Settlement, Nairobi County, Kenya”. **Department of Food, Nutrition, and Dietetics, Kenyatta University.**

2020

- **Colleta Aoko Odera**, “Complementary feeding knowledge, attitude and practices among care-givers of children aged 6-23months, admitted to Kamukunji sub-county’s out-patient therapeutic programs, Nairobi County, Kenya”. **Department of Food, Nutrition, and Dietetics, Kenyatta University. Graduated December, 2020**

2019:

- **Esther Amondi Achar:** The prevalence and Impact of malnutrition in hospitalized adult patients in Mbagathi District, hospital, Nairobi-Kenya. **Department of Global Health, Division of Human Nutrition, Faculty of Medicine and Health Sciences. University of Stellenbosch, Cape Town. Graduated, March 2019.**

2017

- **Naureen Andere Achieng’** H60/CTY/PT/25564/2011: Determinants of infant feeding practices among mothers living with HIV attending Kiambu Level 4 Hospital, Kiambu County, Kenya. **Department of Food, Nutrition & Dietetics, Kenyatta University. Graduated July 2017**
- **Janet Otin** H60/12707/2009: Prevalence of overweight and obesity in relation to feeding practices and physical activity among pre-school children in Kibera Kenya. **Department of Food, Nutrition & Dietetics, Kenyatta University. Graduated December 2017.**

2016

- **Edward Kutondo**, “The prevalence of undernutrition and associated factors among children aged 6-59 months in Mumias informal urban settlement, Kakamega County, Kenya”. **MPH, Moi University, Kenya. Completed October 2016.**
- **Mahat Jimale Mohamed**, “Comparison of Knowledge, Attitudes and Practices on Exclusive Breastfeeding Between Primiparous and Multiparous Mothers attending Wajir District Hospital, Wajir County, Kenya”. **Department of Foods, Nutrition, and Dietetics, Kenyatta University.**
- **Solomon Mosomi Ogachi**, “Dietary diversity of the school feeding program and factors influencing the school feeding program in the slums of Nairobi, Kenya: A perspective of

school principals/teacher in charge. **Master of Nutrition at the University of Stellenbosch. Completed March 2016**

2015

- **Jane Ilusa Nyabuti**, “Factors associated with the continuation of growth monitoring among children 10 to 59 months old in Nyamira County, Kenya”. **Department of Food, Nutrition, and Dietetics, Kenyatta University. Completed December 2015**
- **Dorcas PA Amunga**, Complementary feeding practices and the anthropometric status of children aged six to 23 months among the pastoralist communities of Isiolo County, Kenya. **Stellenbosch University, Cape Town. Completed March 2015**

2014

- **Kimwele Angelica Mueni**, “Maternal Knowledge on Complementary Feeding Practices and Nutritional Status of Children 6-23 Months old, attending Kahawa West Public Health Centre, Nairobi County”. **Department of Food, Nutrition, and Dietetics, Kenyatta University. Completed July 2014**

2013

- **Jacob Kipruto Korir H60/20256/2010**, “Complementary Feeding Practices and Nutritional Status of Children Aged 6-23 Months in Korogocho Slum, Nairobi County, Kenya”, Department of Foods, Nutrition and Dietetics, Kenyatta University. **Department of Foods, Nutrition and Dietetics Kenyatta University.**
- **Maureen Awuor Okoth, H60/12702/2009**, “Overweight and Obesity in Relation to Dietary Patterns and Physical Activity among Adolescents attending Day Secondary Schools in Kisumu District, Kenya”. **Department of Foods, Nutrition and Dietetics Kenyatta University.**
- **Makau Mary Ndanu, H60/10783/2008**, “Feeding Practices and Nutritional Status of Children Aged 0-59 Months accompanying incarcerated mothers in selected Women’s Prisons in Kenya”. **Department of Foods, Nutrition and Dietetics Kenyatta University.**

2012

- **Grace Kihagi, H60/10643/2007**, Child care practices, Nutrition Status and morbidity prevalence among Internally Displaced Persons in Kieni Forest, Gatundu District, Kenya. **Graduated December 2012.**
- **Leah Mututho, H60/10302/2008**, Factors influencing exclusive breastfeeding among infants less than 6 month of age in Kasarani Informal Settlement, Kenya. **Graduated December 2012.**
- **Velma Nyapera H60/10301/2008**; “Nutrition Knowledge, Attitudes and Practices of children from Isinya and Nkoile primary schools in Kajiado district, Kenya. Department of Foods, Nutrition and Dietetics Kenyatta University. **Department of Foods, Nutrition and Dietetics, Kenyatta University Completed in June 2012 and graduated in July 2012.**

2004

- **Jane Ndung'u**, “Assessment of Nutrition and Health Status and Child Care Practices of children less than 5 years of age living in Children’s Homes in Nairobi”. **Master of Public Health, Kenyatta University. Graduated in 2004**

PhD Ongoing

- **Janet Malla**, “Utilization of moringa oleifera leaf powder fortified fermented millet porridge to enhance the nutritional status of children with special needs (cerebral palsy) aged 5 to 12 years in Nairobi, Kenya”. **Worn the National Research Fund (NRF). SUBMITTED THESIS FOR EXAMINATION**
- **Peterson Kato Kikomoko** H87EA/28411/2014: Development and validation of a competency-based education model for strengthening undergraduate training in Human Nutrition and Dietetics in Uganda. **Department of Community Health, Kenyatta University. Kenyatta University. SUBMITTED THESIS FOR EXAMINATION**
- **Philimo Omondi Majwa**, Assessment of the management of moderate acute malnutrition among drought affected children aged 6-59 months in Turkana Central Sub-County, Kenya. **Department of Community Health, Kenyatta University. Kenyatta University. SUBMITTED THESIS FOR EXAMINATION**
- **Angelica Mueni Kimwele**, Micronutrient status and dietary intake of school children 6-13 years of age and potential strategies to improve dietary diversity in the home grown school feeding program in Makueni County. **Department of Food, Nutrition and Dietetics, Technical University of Nairobi. WRITING THESIS**
- **Leah Mututho**, “Effect of provision of breast pumps and breastfeeding counselling on exclusive breastfeeding among mothers working in horticultural farms, Naivasha, Nakuru County, Kenya”. **Department of Food, Nutrition and Dietetics, Kenyatta University. Kenyatta University. SEEKING PERMIT FOR DATA COLLECTION**
- **Mahat Mohammed**, “Effectiveness and utilization of Nutrition Risk Screening Tools among Hospitalized Adult Patients in the Kenyan Referral Hospitals”. **Department of Foods, Nutrition and Dietetics Kenyatta University. PREPARING FOR DATA COLLECTION**
- **Solomon Mosomi Ogachi**, Socio-Cognitive Theory-Based Interventions Constructs on Healthy Eating Behaviour Change among Breast Cancer Survivors Undergoing Cancer Therapy in Kenyatta National Hospital. **WRITING PROPOSAL**
- **Victoria Mwenda**, Validation of an interview administered food frequency questionnaire for assessment of dietary intake and adequacy amongst adolescents in Nairobi County. **WRITING PROPOSAL**
- **Mafuko Barigira Justin**, H87F/26171/2019, Effectiveness of couple versus maternal nutritional counselling on dietary practices of pregnant women and pregnancy outcome in Goma Town, DR Congo. **SEEKIG ETHICAL CLEARANCE**

MASTERS ONGOING

- **Stella Maloso Koini**, “Complementary feeding practices and nutritional status of children 6-23 months of age among Maasai community in Narok South sub-County, Kenya”. **Department of Food, Nutrition, and Dietetics, Kenyatta University. SUBMITTED THESIS FOR EXAMINATION**
- **Bilhah Nandi**, “Kitchen gardening, dietary diversity and nutrition status of children 6-23 months of age in Lurambi division, Kakamega County, Kenya. **Department of Food, Nutrition, and Dietetics, Kenyatta University. WRITING THESIS**
- **Beatrice Atieno Opiyo**, “Dietary and physical activity practices among Type II diabetic adults attending Rift Valley level 4 hospital, Nakuru County, Kenya”. **Department of Food, Nutrition, and Dietetics, Kenyatta University. SEEKING PERMIT FOR DATA COLLECTION.**
- **Esther Anono**, “Role of gender on dietary consumption patterns and nutritional status of the elderly in Kathonzweni sub-County, Makueni County”. **Department of Food, Nutrition, and Dietetics, Kenyatta University. WRITING PROPOSAL**
- **Dorothy Achieng’ Nyahanga H60/24534/2013**: Stigma and its association with dietary intake and nutrition status among adolescents attending Homa-Bay County Referral Hospital, Kenya. **Department of Food, Nutrition, and Dietetics, Kenyatta University. DATA COLLECTION**
- **Sarah Ayodi Shionionya, 23618701-2020**, Assessment of workplace breastfeeding support in national and county referral hospitals in Kenya. Faculty of Medicine, Department of Global Nutrition, Division of Human Nutrition. University of Stellenbosch, Cape Town. **WRITING PROPOSAL**

2.4 PROFESSIONAL/CONSULTING

i. Networking and collaborating with at least two external organizations

- **2021: Principal Investigator (PI)** in a collaboration research between the government, Kenyatta University, Tufts University, Catholic Relief Services and other organization to conduct a two-year longitudinal study in Isiolo and Marsabit Counties for the USAID-funded Nawiri Project. The main goal of the Nawiri project is to sustainably reduce malnutrition among the under-fives by identifying the drivers of malnutrition and their temporal distribution (i.e. seasonality and change over time) among pastoralists, agropastoralists, and households living in peri-urban areas transitioning out of pastoralism in the two counties.
- **2019 to date**: Collaborating with Tufts University, government, Catholic Relief Services, and other agencies to conduct Malnutrition hotspot mapping and analysis of the drivers of malnutrition as part of the USAID-funded NAWIRI project in the ASAL counties in Kenya

- **2019 to date:** Collaborating with the University of Ottawa to conduct a systematic Review study on *Analysis of Programme Adherence in Empowerment-Based Nutrition Interventions among Women of Reproductive Age in Low and Middle Income Countries: A Systematic Review*.
- **2017 to 2020:** Collaborating with Helsinki University, and University of Helsinki as well as Haaga-Helia University of Applied Sciences (Finland) have been working on a research entitled, “*Building higher education and research capacity to address the physical activity and nutrition transition in Kenya: The Kenya-Finland education and research alliance (KENFIN-EDURA)*”. This is a three-year project which is supposed to end in 2020.
- **2017:** Collaborated with The George Washington University Milken Institute School of Public Health in writing a proposal on ‘*Breakthrough-RESEARCH*’ submitted USAID.
- **2017:** A member of the AMREF Health Africa International Conference Scientific Review Committee – Conference March 2017.
- **2016:** Collaborating with The George Washington University Milken Institute School of Public Health and other international researchers to develop a proposal on *Evaluation of nutrition and stunting programs* worldwide in response to a call by Power Nutrition.
- **2016:** Invited to contribute a chapter to the 2015 Annual Trends and Outlook Report (ATOR) on Nutrition by the International Food Policy Research Institute (IFPRI).
- **2014:** Collaborating with Stellenbosch University on capacity building of postgraduate students.
- Kenya/South Africa Collaborative Research grant. **Joint research collaboration with Human Sciences Research Council (HRSC), Cape Town.**

ii) Appointment to a national/international board as a consultant

- 2021: Appointed member of the BMC Journal Editorial Board.
 2021: Appointed member of the PLOS Global Health Editorial Board
 2013 to 2016: Appointment as chair of the programmes committee of the Kenya Red Cross Society.

iv. Consulting for external academic/professional organizations/institutions

2021:

Principal Investigator (PI) to conduct an In-Depth Assessment of Nutrition Interventions in the context of COVID-19 Pandemic in Kenya for UNICEF.

2020:

- **Nutritionist specialist** in a team of consultants contracted by Tetra Tech Company USA to conduct Performance Evaluation of the USAID-funded Kenya-RAPID programme in Turkana, Wajir, Marsabit, Isiolo and Garissa Counties.
- **Principal Investigator (PI)** for Medair Somalia health and Nutrition Programme to conduct a Desk Review of the previous Knowledge, Practices and Coverage (KPC) surveys (2017-2019) and develop a monitoring and evaluation framework and indicators for the Somalia Health, WASH and nutrition for programming in the context of COVID-19.

2019:

Principal Investigator (PI) for Medair to conduct an evaluation of the health facility component of the health and nutrition Programme in Somalia.

2018:

Principal Investigator (PI) for UNICEF to conduct an assessment in Garissa County and to develop an Operational Guidance for Rapid Assessment for Maternal and Infant and Young Child Nutrition in Emergencies (MIYCN-E) for Kenya

2017:

Principal Investigator (PI) for Save the Children International to develop Maternal and Young Child Nutrition Reference Indicators for measuring nutrition outcomes for the Food and Nutrition Security-Enhanced Resilience Programme in Turkana County.

2015:

Principal Investigator for Micronutrient Initiative to conduct a national Large Country Lot Quality Assurance Survey and Analysis (LC-LQAS) survey for Zinc Supplementation Programs in Kenya.

v. Membership to professional bodies

- **2015:** Member of The Nutrition Society (an International Professional Body) membership MEMBERSHIP NO: 120810614. membershipservices@cambridge.org
- **2009 to date:** Member of the Kenya Nutritionists and Dietician's Institute

vi. Any other sub-category

Peer review of papers in refereed journals

2021:

Appointed member of the PLOS Global Health Editorial Board

2021:	BMC Nutrition Editorial Journal
2021 to date:	BMC Public Health SAGE
2019:	PLOS ONE
2019 to date	Current Research in Nutrition & Food Science
2018 to date	Food and Nutrition Sciences
2017	Health Science Reports
2017	BMC Pregnancy and Child Birth
2017 to date	BMC Nutrition
2017 to date	Journal of Nutrition and Dietetics (Kenya Nutritionists and Dietitians Institute Journal)
2016	BMC Research Notes
2016 to date	Nutrition and Dietary Supplements
2015 to date	International Research Journal of Public and Environment Health (IRJPEH)
2015 to date	European Journal Clinical Nutrition (EJCN)
2015 to date	BMC Journal of Paediatrics
2014 to date	South African Journal of Child Health (SAJCH)
2014 to date	South African Journal of Education
2014	Journal of Global Health
2014	Journal of Food and Nutritional Sciences
2013 to date	Ecology of Food and Nutrition
2013 to date	BMC Public Health
2011 to 2018	Public Health Nutrition Journal (PHN)
2011 to date	South African Journal of Clinical Nutrition (SAJCN)

External examiner

2019 to date: **External Examiner** for the Department of Nutrition and Health, School of Public Health and Community Development. **Maseno University, Kenya**

2015 to date: **External Examiner** for Department of Nutrition and Dietetics, School of Health Sciences, **Mount Kenya University, Kenya**

External Examination of theses

PhD:

2019: PhD: *Integrating optimal dietary intake and physical activity as a process of reducing relapse amongst alcoholics aged 15-65 years at Asumbi Rehabilitation Centre, Kenya* by **Lucy Amany Mutuli**. Masinde Muliro University of Science and Technology

2018 PhD: *Glycemic indices in association with Diabetes among rural women of Kenya: Case study of Amogoro in Busia County* by **Rebecca Aya Ebere**. University of Nairobi.

2017 PhD: Household Food Security, Child Nutrition and Education: A Longitudinal Analysis in two Urban Informal Settlements in Kenya by **Maurice Mutisya Joseph**. University of Witwatersrand South Africa

2015 PhD: *Effect of maternal HIV status on breast milk intake and growth of HIV-uninfected Kenyan infants at 6 weeks post-partum and 6 months of age* **Shadrack Okoth Oyie**. University of Nairobi, Kenya.

2014 PhD: *Effect of improved complementary foods on growth and iron status of Kenyan children*. **Silvanus Ochieng Konyole**. University of Nairobi, Kenya.

MSc and MPH:

2021: **Master of Medical Science in Dietetics**, Formative assessment of primary school educators in independent schools in Gauteng to advise the need for an intervention for the prevention of non-communicable diseases. Linda Anne Drummond. **University of Cape Town**.

2021: **MSc:** Factors affecting nutritional status of infants within informal urban settlement of Obunga Kisumu City, Kenya. Atieno Rosemary Otiende, PG/MSc/029/2011. **Maseno University, Kenya**

2019: **MSc:** Effect of African indigenous vegetable growing and related interventions on school children's nutritional knowledge, attitude and practices in Kakamega County by **Linda Chepkorir Sigalai**. Masinde Muliro University of Science and Technology

- 2017:** MSc: The prevalence of malnutrition in hospitalized adult patients at the Aga Khan University Hospital, Nairobi, Kenya. **Munyi Faith Wanja. Division of Human Nutrition, University of Stellenbosch, Cape Town.**
- 2017** **MPH:** Prevalence and factors affecting exclusive breastfeeding among mothers of infants under six months of age attending Wajir Referral Hospital in Wajir County. **Issack Yakub Jamaa. Moi University, Eldoret.**
- 2016** **MSc:** Severe and acute malnutrition: The effect of caregiver's knowledge in default rates at Dadaab refugee camps, Kenya. **Alexander M. Mbogo. Division of Human Nutrition, University of Stellenbosch, Cape Town.**
- MPH:** Promotion of breastfeeding by health workers in maternity units of selected hospitals in Nairobi County. **Lilian Kagure Mbau-Simba. Moi University, Eldoret.**
- MPH:** Employer sponsored lactation program and the practice of breastfeeding: A cross-sectional study among the mothers working in a Kenyan corporate company. **Kirima Karimi Flora. Moi University, Eldoret.**
- MPH:** Factors associated with undernutrition in HIV positive children aged 6-24 months at the *Lea Toto* program, Nairobi. **Anne Kainyu Gitari. Moi University, Eldoret.**
- 2013** **MPH:** 'Exclusive breastfeeding and Nutritional Status of infants aged 0-6 months in Riruta Health Centre, Nairobi'. **Pamela Mohamed. Moi University, Kenya**

INTERNAL EXAMINATION OF THESIS

PhD

- 2021:** Effect of Public Health Education and Behavioural Change in the management of Type II Diabetes Mellitus in Garissa County, Kenya. **School of Public Health and Applied Human Sciences, Kenyatta University.**
- 2020:** **Re-examined the thesis: PhD;** Determinants of the Utilization of growth monitoring clinic services among children aged 12-25 months in Kiambu and Machakos Counties, Kenya. **Kithinji Lucy Mwari. Department of Population and Reproductive Health, School of Public Health, Kenyatta University, Kenya**
- 2017:** **PhD;** Effect of Iodine exposure on blood pressure among female children and women in Makueni, Kenya: Randomized double blind

cross-over trial. **Zipporah N. Bukania-Apungu. Department of Food, Nutrition and Dietetics, Kenyatta University.**

2016: **PhD;** Determinants of the Utilization of growth monitoring clinic services among children aged 12-25 months in Kiambu and Machakos Counties, Kenya. **Kithinji Lucy Mwari. Department of Population and Reproductive Health, School of Public Health, Kenyatta University, Kenya.**

2015: **PhD;** Food Safety and hygiene practices: A comparative study of selection of TVET and University hospitality training schools in Kenya. **Monica A. Wandolo. School of Tourism. Kenyatta University**

PhD; The use of mobile phone short text message service to enhance cervical cancer screening at Thika hospital, Kiambu County, Kenya. **Anthony Wanyoro Karanja. School of Public Health, Kenyatta University.**

PhD; Predictors of Community Health Workers Retention in Makueni County, Kenya. **Peter Munyao Kithuka Department of Health Management and Informatics, Kenyatta University.**

2014: **PhD;** Assessment of overweight, obesity and their risk factors among school children aged 8-13 years in Tanzania: the case of Dar-es-Salaam. **Ismail N. Pangani Department of Recreation Management and Exercise Science, Kenyatta University.**

PhD; “Effects of security on hotel performance competitiveness: a comparative study of 3-5 star hotels in Nairobi and Mombasa counties, Kenya”. **Vincent Nyamari Maranga, Department of Hospitality Management, Kenyatta University**

2013: **PhD;** ‘Determinants of HIV self-disclosure to sexual partners: a case of seropositive adults in HIV support groups in Nairobi County, Kenya’. **Phoebe Ndayala Didi. Department of Community Resource Development and Management, Kenyatta University**

2012: **PhD Thesis:** “Retention and bio-accessibility of pro-vitamin carotenoids in *musa* fruit and post-harvest products consumed in eastern democratic republic of Congo”. **Beatrice Ekesa, Department of Food, Science and Dietetics Kenyatta University**

PhD Thesis; “Community based tourism programmes’ entrepreneurial performance and their capabilities at close proximity to protected areas in Arusha, Tanzania.” **Daud Ngi’da Mollel, Department of Hospitality and Tourism Management Kenyatta University**

2010: **PhD Thesis.** “Effect of Regular physical activity on functional independence and health of the elderly at Bakateyamba Home in Kampala”. **Sandra Kasoma, Department of Recreation Management and Exercise Science, Kenyatta University**

2010: **PhD Thesis**, “Nutrient composition of *A.Hypochondriacus* grain and efficacy on Nutrition Status of HIV/AIDS infected children attending Thika District Hospital Clinic, Kenya”. **Winnie Nyamota, Department of Foods, Science and Dietetics Kenyatta University**

MSc and MPH

2021: Determinants and Prevalence of exclusive breastfeeding among working mothers attending child welfare clinic and Kiambu level V, Kiambu Kenya. **Department of Food, Nutrition and Dietetics, Kenyatta University, Kenyatta University**

2021: Complementary feeding practices and nutrient status among children aged 6-23 months in Machakos County. **Department of Food, Nutrition and Dietetics, Kenyatta University, Kenyatta University**

2021: Dietary diversity and nutrient adequacy of children aged 6-23 months among pastoralists and agro-pastoralist communities in Loima, Turkana County, Kenya. Maxwell Hongo. **Department of Food, Nutrition and Dietetics, Kenyatta University, Kenyatta University.**

2020: **MSc:** Overweight and obesity prevalence, associated dietary diversity, body size preference and physical activity among seropositive attending Kayole County Hospital Nairobi. **Department of Food, Nutrition and Dietetics, Kenyatta University, Kenyatta University.**

2019: **MSc:** Complementary feeding practices, morbidity patterns and nutrition status of children aged 6-23 months in Mpika Central Constituency, Zambia, by Elizabeth Musonda. **Department of Food, Nutrition and Dietetics, Kenyatta University.**

2017: **MSc:** Household Food Security and Nutritional Status of HIV seropositive clients attending Longisa county hospital comprehensive care clinic, Bomet County, Kenya. Kenneth Kipng’eno Tonui. **Department of Food, Nutrition and Dietetics, Kenyatta University.**

MSc: Knowledge, attitudes and practices of community health volunteers on growth monitoring and promotion in Mwingi West sub-county, Kitui County, Kenya. Mutia Kenga. **Department of Food, Nutrition and Dietetics, Kenyatta University.**

MSc: Dietary practices, morbidity status and nutritional status of lactating mothers amongst pastoralist communities in Isiolo County, Kenya. **Kahuro Eva. Department of Food, Nutrition and Dietetics, Kenyatta University.**

MSc: Feeding practices and nutritional status of HIV-exposed infants 0-5 months of age attending Tenwek hospital in Bomet County, Kenya.

Chepkorir Lang'at Purity. Department of Food, Nutrition and Dietetics, Kenyatta University, Kenya

MSc; Sources, content, maternal knowledge and practices on exclusive breastfeeding among mothers with infants (0-6 months) in Kibera informal settlement Nairobi, Kenya. **Mucheru Patrick Kamau. Department of Food, Nutrition and Dietetics, Kenyatta University.**

MSc; Dietary diversity, morbidity status and nutritional status of children aged (6-23 months) in Kibera informal settlement, Nairobi County, Kenya. **Miriti Sussyann Makena. Department of Food, Nutrition and Dietetics, Kenyatta University, Kenya.**

MSc; Dietary diversity, nutrient intake and nutritional status among pregnant women in Laikipia County, Kenya **Kiboi Willy Kahanya. Department of Food, Nutrition and Dietetics, Kenyatta University, Kenya**

MA; Dynamics of cooked food vendors in Kayole location, Nairobi County, Kenya. **Rita Akinyi Maroko. Department of Geography, Kenyatta University, Kenya.**

- 2014:** **MPH,** “Knowledge, perceptions and practice of nurses towards surveillance of adverse events following childhood immunization in Nairobi County, Kenya. **Calistus Masika Wanjala, department of Community Health, Kenyatta University**
- 2014:** **MPH,** Male partner involvement in choice of delivery site among women delivering at provincial government hospital coast, Mombasa County, Kenya. **James Maina Onchong’a, department of Community Health, Kenyatta University**
- 2014:** **Master of Science Thesis,** “Effects of Food by Prescription and nutrition counseling on nutritional status and body composition of HIV positive patients in Maragua Comprehensive Clinic: comparative study”. **Richard Mutisya M. Arun. Department of Foods, Nutrition & Dietetics, Kenyatta University**
- 2014:** **MPH,** “Assessing long-acting/permanent family planning methods uptake among women of reproductive age in Kilifi District, Kilifi County”. **Mambo Susan Njoki, Department of Public Health, Kenyatta University**
- 2013:** **Master of Science Thesis,** “Dietary practices and nutritional status of malaria-infected and non-infected children aged 6-36 months in Bondo District Hospital, Kenya”. **Mildred Ojuro, Department of Food, Nutrition and Dietetics Kenyatta University**
- 2013:** **Master of Science Thesis,** “Comparison between magnesium supplement and brufen as treatments of primary dysmenorrhea among

adolescent girls in Machakos, Kenya: a Randomized Trial. **Julie Gogi, Department of Foods, Science and Dietetics, Kenyatta University**

- 2013:** **Master of Science Thesis, “Dietary Diversity and Nutritional Status of Pregnant Women aged 15-49 Years attending Kapenguria District Hospital, in West Pokot County, Kenya”. Marita Lillian Kemunto, Department of Foods, Science and Dietetics, Kenyatta University**
- 2012:** **Master of Science Thesis, “Risk factors associated with rickets in children aged 6-59 months attending Kiambu district Hospital, Kenya.” Elizabeth Muthoni Kariuki, Department of Foods, Nutrition & Dietetics**
- 2012:** **Master of Science Thesis, “A Comparative Study of Nutritional Status of Orphans participating and not participating in School Feeding Programmes in Kariobangi, Kenya”. Arimi Kinanu Caroline, Department of Foods, Nutrition & Dietetics Kenyatta University**
- 2012:** **Master of Science Thesis, “Effects of Food by Prescription and nutrition counseling on nutritional status and body composition of HIV positive patients in Maragua Comprehensive Clinic: comparative study”. Richard Mutisya M. Arun. Department of Foods, Nutrition & Dietetics Kenyatta University,**
- 2011:** **Master of Science Thesis, “Overweight and obesity prevalence and associated socioeconomic factors, physical activity and dietary intake among women in Kibera division, Nairobi”. Regina Mbochi, Department of Foods, Science and Dietetics, Kenyatta University,**
- 2011:** **Master of Science Thesis, “Energy Intake, Physical Activity and Gestational weight gain among women at Rongo Sub-district Hospital”. Florence Yeho Odiwuor, Department of Foods, Science and Dietetics Kenyatta University**

2.5 ADMINISTRATION AND RESPONSIBILITIES

2.5.1 Recognized University Administrative Posts

- | | |
|---------------|--|
| 2015 to 2017 | Renewal of appointment Chairman, Department of Food, Nutrition and Dietetics |
| 2013 to 2015: | Appointed Chairman, Department of Food, Nutrition and Dietetics |

2.5.2 Other responsibilities in the university

- | | |
|-------|---|
| 2021: | Re-appointed to the School of Public Health and Applied Human Sciences Research and Grant Writing Committee |
| 2018: | Appointed to the School of Public Health and Applied Human |

Sciences Digital/E-Learning Committee

Appointed to the School of Public Health and Applied Human Sciences Research and Grant Writing Committee

- 2017: Appointed to chair Bill and Belinda Gates proposal writing committee
- 2015: Appointment to chair a Kenyatta University consultancy team to develop a proposal on the development, implementation, Management and analysis of Infant and Young Child Nutrition (IYCN) assessment in Somalia by the Director Consultancy Services
- 2015: Appointed member of the committee to evaluate the quality of Peter Kithuka's PhD thesis and defense by the Vice-Chancellor Kenyatta University

2.6 COMMUNITY ENGAGEMENT AND OTHER CONTRIBUTIONS

i. Attracting research and development funding

- **2021: Principal Investigator (PI)** in a collaboration research between the government, Kenyatta University, Tufts University, Catholic Relief Services and other organization to conduct a two-year longitudinal study in Isiolo and Marsabit Counties for the USAID-funded Nawiri Project. The main goal of the Nawiri project is to sustainably reduce malnutrition among the under-fives by identifying the drivers of malnutrition and their temporal distribution (i.e. seasonality and change over time) among pastoralists, agro-pastoralists, and households living in peri-urban areas transitioning out of pastoralism in the two counties. Research funding for the first year is US\$ 136,500.
- **2019 to date:** Collaborating with Tufts University, government, Catholic Relief Services, and other agencies to conduct Malnutrition hotspot mapping and analysis of the drivers of malnutrition as part of the USAID-funded NAWIRI project in the ASAL counties in Kenya. Research funding US\$ 25,718.4.
- 2017: Co-Investigator in Collaboration research between Kenyatta University and Helsinki University, and Haaga-Helia University of Applied Sciences (Finland). The research project is titled, "*Building higher education and research capacity to address the physical activity and nutrition transition in Kenya: The Kenya-Finland education and research alliance (KENFIN-EDURA)*". This is a three-year project (2017-2020). The research funding is EUR 517,500
- January 2016: Won the Kenyatta University Vice-Chancellor's Research Grant (US\$ 20,000)

ii. Community service and outreach such as member of school board, community based projects

- Appointed an External Reviewer for the Mid-Term Evaluation of the UNICEF funded Maternal and Child Nutrition Programme II by the Ministry of Health through the Division of Nutrition and Dietetics January 2021 to September 2021.
- Chairman of the Kenya Red Cross Programme Committee from December 2013 to 2016
- Member of the Kenya Red Cross Health and Nutrition Committee 2011 to 2013
- Member of the Family Encouragement Committee at the Christ is the Answer Church (CITAM) Karen from 2013 to date
- Member of the team that conducts Pre-marital counseling twice yearly (a two-hour training over 10 weeks) twice a year for those couples intending to get married. The training takes place at the Christ is the Answer Church (CITAM) Karen from 2013 to date
- Conducts *Nutrition Status Assessment* and provide *Nutrition Counseling* during the Church's Medical Outreaches together with volunteer Kenyatta University postgraduate students from 2013 to date.
- Provides motivational talks on Nutrition Career to the Youth in Christ is the Answer Church (CITAM) Karen branch during *Career Days* organized for youth on a yearly basis from 2013 to date.

iii. Professional affiliations and portfolios

- 2015 to date: Member of the Nutrition Society - UK
- 2009 to date: Member of the Kenya Nutritionists and Dieticians' Institute.

iv. Recognition, Awards and honours

2021: Appointed member of the Editorial Board of PLOS Global Public Health.

2021: Appointed a member of the Editorial Board of BMC Nutrition Journal April 2021.

2021: Invitation to facilitate a session on *Data Management and Storage* at a Capacity Building Workshop for Research fellows of the Africa Early Childhood Network (AfECN) on 21st April, 2021.

2019: Appointed a member of the Advisory Board Africa Early Childhood Network (AfECN)

2016: Invitation to participate as a discussant in a panel discussion on *Looking Forward to Better Nutrition for Africa* at the Regional Strategic Analysis and Knowledge Support System (ReSAKSS) Annual Conference held in Accra, Ghana 18th-20th October, 2016

2016: Invitation to contribute a chapter to the 2015 Annual Trends and Outlook Report (ATOR) on Nutrition.

2014: Invitation to participate and present a paper *Challenges of doing research in Africa: How can we overcome them?* at the MSc in Human Nutrition Workshop (28th July 2014 to

- 1st August 2014 at the Division of Human Nutrition, Faculty of Medicine and Health Sciences Stellenbosch University, Cape Town.
- 2013: Appointment chair of the programmes committee of the Kenya Red Cross Society.
- v. Any other sub-categories
- 2017:** Requested to review the Bachelor of Human Nutrition Curriculum by the University of Namibia.
- 2017:** Appointed by Maasai Mara University as subject expert to review the Bachelor of Science in Food, Nutrition and Dietetics.
- 2016-2017:** Part of the team developing Regional In-Service and Regional Pre-Service Nutrition Package Model Curriculum for Frontline Health workers in Kenya, Uganda and Tanzania.
- 2016: Invitation to participate as a discussant in a panel discussion on *Looking Forward to Better Nutrition for Africa* at the Regional Strategic Analysis and Knowledge Support System (ReSAKSS) Annual Conference held in Accra, Ghana 18th-20th October, 2016
- 2016: Invitation to contribute a chapter to the 2015 Annual Trends and Outlook Report (ATOR) on Nutrition.
- 2014: Invitation to participate and present a paper *Challenges of doing research in Africa: How can we overcome them?* at the MSc in Human Nutrition Workshop (28th July 2014 to 1st August 2014 at the Division of Human Nutrition, Faculty of Medicine and Health Sciences Stellenbosch University, Cape Town.