

## Personal resume

### JUDITH MUNGA(PHD)

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#### Personal Identification

Name: Munga Judith  
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#### Academic Background

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<u>Year</u>	<u>Institution</u>	<u>Academic qualification</u>
2015	Kenyatta University	PhD (Food, Nutrition and Dietetics) <b>Topic:</b> <i>“Effect of chromium supplementation in Management of hyperglycemia among type 2 diabetics”</i>
2007	Kenyatta University	Master of Science (food, nutrition and dietetics) <b>Topic:</b> <i>“Glycemic index of locally available foods and their suitability in management of blood sugar among type2 diabetics”</i>
2015	Hebrew University of Jerusalem	Post graduate diploma in “Nutrition in changing global environment” <b>Project topic:</b> <i>Effect of nutrition education in management of maternal, infant and young child feeding in Machakos County, Kenya”</i>
1996	Kenyatta University	B.Ed (Home Economics) Second class (upper division)
1990	Loreto High School Limuru	Kenya Certificate of Secondary Education (K.C.S.E)
Certificates 2019	IPC level 1	<b>IPC food security and acute malnutrition (FAO, Rome)</b>

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#### Field Experience

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<u>Year</u>	<u>Activity</u>
On going	Teaching and supervision in research in Food, nutrition and Dietetics at Kenyatta University

**Supervision topics**

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- Effect of nutrition education on management of hyperglycemia in pediatric type 1 diabetics at selected hospitals in Uganda: a cluster randomized trial
  - Effect of behavior change communication on adherence to Iron and folic acid Supplementation among pregnant women in Mbale District, Uganda
  - Effects of a Food-based Nutrition Education Program on Nutrition Knowledge, Attitudes, Practices and Food Consumption of School-age Children in Ndhiwa, Kenya
  - Dietary intake and nutrition status among adults with pulmonary tuberculosis admitted at Hargeisa tuberculosis hospital Hargeisa city, republic of Somaliland
  - Food security, nutritional status and dietary practices among pregnant adolescents in Kilifi county, Kenya
  - Dietary practices, medical history and socio-demographic characteristics of mothers giving birth to macrosomic infants in Nairobi city county, Kenya
  - Determinants of blood glucose levels among adults Patients 19-60 years with type 2 diabetes attending Machakos level five hospital, Kenya
  - Perceived body image, dietary practices and nutrition status of adolescents attending selected secondary schools in Nairobi city county, Kenya
  - Dietary practices, nutrition status, physical activity and blood pressure levels among hypertensive patients, at Tharaka-nithi county hospital, Kenya
  - Determinants and prevalence of exclusive breastfeeding among working mothers attending child welfare clinic at kiambu level v hospital, kiambu county, Kenya
  - Maternal factors and nutrition status of newly diagnosed cases of women with breast cancer attending Texas cancer center, Nairobi county, Kenya

### **Teaching and research areas**

- Human Nutrition
  - Nutrition assessments
  - Nutrition Surveillance and intervention
  - Nutrition education and counseling
  - Therapeutic nutrition
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### **Employment History**

**2010 to date:** Lecturer at Kenyatta University; Department of Foods, Nutrition and Dietetics.

**1997-2009:** Teachers Service Commission (Biology and Home Science)

### **Awards**

1. National research fund 2019
2. National Research fund 2012

### **Professional organization Membership**

1. Kenya Nutrition and dieticians Institute (KNDI)

2. SUN Academia
3. SUN NCSA
4. Healthy diets and Physical activity Technical working groups for Ministry of health
5. Integrated phase classification of acute malnutrition Technical working group
6. Nutrition research technical working group

## Conferences attended

S/N	Date	Conference & Venue	Topic of presentation
1.	20th to 24th May, 2019	International food safety conference  Venue: Kenyatta university, Nairobi, Kenya	Food and nutrition safety from farm to fork: a missing link in consumer health and food security
2.	15-18 <sup>th</sup> February, 2017	10 <sup>th</sup> International conference on Advanced technologies in treatment of diabetes  Venue: Paris, France	Effect of chromium supplementation on chromium status and blood sugar among type 2 diabetics attending Thika hospital, Kenya: a randomized placebo controlled study
3.	7-8-9 December 2016	International Conference on Multidisciplinary Approach of Diabetes  Venue: Thomas More University, Antwerp, Belgium	Step-wise approach in patient education and customization of the information to meet individual needs, dietary practices, economic status and family support in the lifelong management
4.	9 <sup>th</sup> -14 <sup>th</sup> October, 2016	African nutritional epidemiology conference (ANEC VII)  Venue: Marrakech, Morocco	Dietary practices, chromium status and HbA1c among type 2 diabetics attending Thika hospital diabetes clinic- Kenya

## Publications

1. Dennis Mbae, **Judith Munga**, and Irene Ogada, “Body Composition and Anthropometric Indices Association with Blood Pressure Levels among Hypertensive Patients at a County Hospital in Kenya.” American Journal of Hypertension Research, vol. 7, no. 1 (2020): 1-6. doi: 10.12691/ajhr-7-1-1
2. Nicholas Bari Ndahura, **Judith Munga**, Judith Kimiywe, and Ezekiel Mupere . Caregivers’ Nutrition Knowledge and Dietary Intake of Type 1 Diabetic Children Aged 3–14 Years in Uganda. Diabetes Metab Syndr Obes. 2021; 14: 127–137. doi: 10.2147/DMSO.S285979

3. Nicholas Bari Ndahura, **Judith Munga**, Judith Kimiywe, Ezekiel Mupere. Effectiveness of a nutrition education package on glycaemic control among children with type 1 diabetes mellitus aged 3-14 years in Uganda: study protocol for a cluster-randomized trial. *Open Access Journal of Clinical Trials*. doi: <https://doi.org/10.1101/2020.04.30.20085951>
4. **Judith Munga**, Sophie Ochola, Hudson Nyambaka and George Muturi (2015). Chromium supplementation in management of type 2 diabetes among patients attending Thika level 5 hospital, Kenya: A randomized controlled study. <http://ir-library.ku.ac.ke/bitstream/handle/123456789/14254/Chromium%20suppleme ntation%20in%20management%20.....pdf;sequence=1>
5. **J. Munga**, Judith Waudu, Hudson Nyambaka (2007). An investigation on glycemic index of local foods and use in management of diabetes mellitus: a study in Kisii and Homa-Bay district hospital. <http://ir-library.ku.ac.ke/bitstream/handle/123456789/14254/Chromium%20supplementation%20in%20management%20.....pdf;sequence=1>