

CURRICULUM VITAE

1.1 PERSONAL PROFILE

1.1.1 PERSONAL DETAILS:

NAME: Dr. Winfreda Nyamota Maoga
DEPARTMENT: Food Nutrition and Dietetics
DESIGNATION: Lecturer
EMAIL ADDRESS: nyamota.winfreda@ku.ac.ke
AREA OF SPECIALIZATION: Clinical Nutrition and Dietetics

RESEARCH INTERESTS: Contemporary issues in Foods and Nutrition, therapeutic nutrition/diet therapy, Dietary diversity and formulations, functional foods, Nutraceuticals, Food exchange system, Geriatric Nutrition,

ORCID ID: <https://orcid.org/0000-0003-1828-1229>

1.1.2 ACADEMIC & PROFESSIONAL QUALIFICATION

YEAR	INSTITUTION	QUALIFICATION
2005-2011	Kenyatta University	PhD - Foods Nutrition and Dietetics
1994 - 1996	Mysore University	Master of Science - Food Science and Nutrition
1990 - 1994	University Of Delhi	Bachelor of Science - Homesience

1.1.3 EMPLOYMENT HISTORY AND EXPERIENCE

YEAR	INSTITUTION	WORK
1998 – 2002	Kenyatta University	Appointed as a Part- Time Lecturer, at the Department of Foods Nutrition and Dietetics
2002 AUGUST	Kenyatta University	Appointed as Tutorial Fellow at The Department of Foods Nutrition and Dietetics

2012 JANUARY	Kenyatta University	Appointed as Lecturer at the Department of Foods Nutrition and Dietetics
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1.1.4 ACHIEVEMENTS

- Successfully supervised and mentored students both postgraduate and undergraduate especially in the domain of clinical nutrition and dietetics
- Been involved in research as an individual as well as team research
- Networked and Collaborated with other professionals locally and internationally
- Been able to publish nine papers

1.2. PUBLICATIONS

1. **Gakii, J. Menza, N. Maoga, W. (2024).** HealthSystem-Related Factors that influence Retention in Care among HIVinfected Pregnant Women in Narok County, Kenya. *Journal of Health, Medicine and Nursing* 10(2), 58-69. <https://doi.org/10.47604/jhmn.2559>
 2. Amoke Lydia Achieng, Peter Chege, Winfreda Nyamota. Breastfeeding practices and infant nutrition (6-23 weeks) of post-partum depressed mothers in Nairobi City Hospitals. *Int J Health Sci Res.* 2023;13(12):272-286. DOI: [10.52403/ijhsr.20231233](https://doi.org/10.52403/ijhsr.20231233)
 3. **Julia Rotich, Winfreda Nyamota, Joshua Kayima.** *Emerging Trends in Disease and Health Research Vol. 5*, 8 March 2022, Page 23-33
<https://doi.org/10.9734/bpi/etdhr/v5/3442E>, Page 23-33 Assessing the Attitude towards Nutrition Management Practices by Adult Stage 5 Chronic Kidney Disease Patients: A Study from Kenyatta National Hospital, Kenya
 4. **Gakii, J., Maoga, PhD., D. W. N., & Menza, PhD., D. N.** (2019). Knowledge, Attitude And Perception of HIV, ART and PMTCT among HIV Infected Pregnant Women in Narok Sub-County Hospitals. *Global Journal of Health Sciences*, 4(1), 44 – 54.
 5. **Kavitha K. Rachel, Dorcus Mbithe D. Kigaru, Maoga W. Nyamota.** *Dietary intake and factors affecting food service of male prisoners living with human immunodeficiency virus at selected prisons in Kenya*, Vol. 10(2), pp. 6-15, February 2018 DOI: 10.5897/IJNAM2017.0229 Article Number: 5C7E65756183
<https://doi.org/10.5897/IJNAM2017.0229>
 6. **Chea MS, Peter C, Nyamota MW.** Thyrotoxicosis during infection: etiologies and outcome. *Int J Health Sci Res.* 2017; 7(1):237-247.
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7. **Kavitha K. Rachel, Dorcus Mbithe D. Kigaru, Maoga Winfreda Nyamota;** Nutrition and Morbidity of Male Prisoners living with Human Immunodeficiency Virus at Selected Prisons in Kenya. *Researchjournal's Journal of Public Health Dec, 2017 Views: 141.*
 8. **Maoga WN, Kuria EN, Kimiywe J** (2016) Adequacy of Nutrient Intake, Morbidity and Nutritional status of HIV and AIDS Infected Children at Pre and Post Amaranth Grain

Supplementation. J Nutr Health Food Eng 4(1): 00116. DOI:
10.15406/jnhfe.2016.04.00116

9. **Maoga WN., Nyambaka H and Kimiywe J.** “Comparison of Nutrient Composition of Hypochondriacus Amaranth Grain with the Conventional Cereals in Kenya and organoleptic evaluation of Amaranth-based porridges for consumption by HIV and AIDS Infected Children.” Nutrition and Food Toxicology 1.1 (2017): 31-40.

1.2.6 Referred Learning Modules

- HFN 345: Nutrition and Disease Management 11
- HFN 446: Nutrition Care Process
- HFN 444: Project in Foods Nutrition&Dietetics
- HFN 705: Therapeutic Nutrition
- HFN 707: Clinical Dietetics

1.2.10 Consultancy and Project Reports

- Nutrition and mortality survey, Kisii Central District- Nyanza, From 15th - 22nd dec.2009 and 4th- 11th Jan. 2010; Program for Appropriate Technology in Health (PATH)
- Participated in the National KAP Survey for VAS and IFAS as a Research Supervisor for Nyamira County, 2013 MAY-JULY
- 2004UNICEF, Research Team member on “The National Food Consumption Survey to Identify Suitable Food Vehicles for Vitamin A Fortification”.
- 2021 (ongoing) INIS; International NCP/ NCPT Implementation Survey

1.2.15 Scholarly Presentations at Conferences/workshops/Seminars

- Presented a Ph.D research thesis finding “Nutrient Composition of Hypochondriacus Amaranthus Grain and contributions to Nutrition Status of HIV andAIDs Infected Children Attending Thika District Hospital on 25th November ,2011 at Kenyatta University
- Plenary presentation “Nutrient composition of hypochondriacus amaranth grain and impact of consumption on nutrition status of HIV/AIDS infected children attending Thika District comprehensive care clinic, Kenya”(8th October 2009 Scientific Symposium); BIODIVERSITY (NATIONAL MEUSEUM OF KENYA)

- Poster Presentation “Nutrient Composition and Organoleptic Attributes of Amaranthgrain Based Porridges” (4th-8th October 2010); ANEC (Africa Nutritional and Epidemiology Conference) at Safari Park Nairobi, Kenya

Attended Conferences/Seminars/Workshops

- KNDI 4TH International Nutrition and Dietetics Scientific Online Conference 12th to 16th August 2024: Navigating sustainable Food Systems by Bayer
- Kenya Food Systems Online Conference, 4th APRIL, 2023
- 2019 APRIL Kenyatta University in partnership with University of Helsinki; Attended training and dissemination workshop on “Introductory Wellbeing Technology for Health Promotion”. Held at Kenyatta University, From Thursday, 17th-Friday 18th October, 2019.
- 2013 APRIL, KILRDI Attended 3-day Workshop on Trends and Opportunities in Production, Processing and Consumption of Staple Foods of Africa- Intercontinental Hotel, Nairobi. April 25th to 26th.
- 2010 October, ANEC; attended the 4th ANEC conference at the Safari Park hotel ,Nairobi-Kenya
- October 2009, Biodiversity International; Attended Scientific Symposium”(8th October 2009 Scientific Symposium) (National Museum Of Kenya) Theme: Celebrating Traditional Foods in Cultural Diversity
- 2002 July, ITANA (Information Technology for Advancement of Nutrition in Africa); Attended Regional Conference on use of Information Technology for Advancement of Nutrition in Africa at Grand regency Hotel Nairobi-Kenya
- Nutrition Society of India XXV111 Annual Conference held on 4th to 5th November 1995 at the SNDT Women’s university, Mumbai.

1.3 QUALITY TEACHING, LEARNING AND MENTORSHIP

1.3.1 Evaluation forms: 90%

1.3.2 Training in Higher Education

- IPC (Integrated Phase Classification) Level 1 Training From 9th to 12th September 2024, at Kenyatta university
- Teaching Methodology by Centre for Teaching Excellence & Evaluation held from 28th May and 14th November 2013
- Postgraduate supervision, Graduate school induction training for new supervisors, June 2012

- Webinar on Scientific Publishing, Peer Review, and Eating Ethics in Academic Research
- Quality management systems ISO ,attended induction training on ISO May 2023

1.3.3 Ongoing Supervisions

Name &Reg.No	Degree	Title	Status
Ester Kemunto Kerina H60/CTY/PT/28686/2014		Dietary Practices, Nutritional Status And Quality Of Life Among Adults Undergoing Cancer Treatment In Agakhan University Hospital, Nairo	Proposal Development
Wangari Watene G. H60/28389/2021	M.SC	Compliance to Nutrition Care Process In the Management of Paediatric Retinoblastoma and Lymphoid Leukaemia Patients at Kenyatta National Hospital, Kenya	Proposal Development
Mwaura Peris Wairimu H60/CTY/PT /20414/2020	M.SC	Nutrition Practices Among Adult Hiv Patiets On Antiretrovial Therapy Treatment In Kiambu Level 5 Hospital, Kiambu County, Kenya	Proposal Development
Abdullahi Hibaq Aden H60/CTY/PT/20125/2022	M.SC	Nutrition Status Outcomes In Orally Fed Versus Percutaneous Endoscopic Gastrostomy-Fed Children With Cerebral Palsy Aged 6-59 Months In Kenyatta National Hospital	Proposal Development
Mwarongo, Benson Mwarigha (B.Sc. Env. Health) Q57/PT/37165/2016	M.SC	Sugar Consumption and Risk of Metabolic Diseases in Ganjoni Ward, Mombasa County, Kenya	Proposal Development

Maria M. Omare H60/CTY/PT/21764/2012	M.SC	Nutritional Knowledge, Attitude And Feeding Practices Of Caregivers Of Children With Cerebral-Palsy In Kibera Informal Settlement Nairobi County, Kenya	Thesis writing
Halima Ahmed Osman H60/CTY/PT/27537/2018	M.SC	Consumption Of Herbs, Morbidity and Nutrition Status Among Women In Embakasi Sub-County, Nairobi City, Kenya	Thesis writing
Salina Owino H60/CTY/PT/25136/2018	M.SC	Availability, Accessibility and Utilization of Nutricosmetics among Women in Langata Sub-County, Nairobi County.	Field (data collection)
Jackson Kipchumba Too H60/27957/2018		Examining Motivators and Hindrances to Healthy Dietary Behaviors among University Students in Nairobi County, Kenya: A Modified Health Belief Model Perspective	Field (data collection)
Nyawira Patrick Wanjohi H60/CTY/PT/20174/2020		Adherence to ART, Dietary Practices, and Nutrition Status of Adolescents Living With HIV/AIDS attending Kiambu Level 5 Hospital, Kiambu County, Kenya	Thesis writing
Grace Mwenje- H60/26147/2019	M.SC	Nutritional Knowledge and Dietary Practices towards Cancer Prevention among Adults 18-65 Yrs in Riaki and Kiegoi Villages in Meru County	Proposal development

Sylvia Musinzi H60/25212/18	MS.C	Factors Associated with Program Adherence in Empowerment-Based Nutrition Interventions among Women of Reproductive age in Low-To-Middle Income Countries. A Secondary Analysis of a Systematic Review	Proposal development
Maureen Karimi Muketh H60/CTY/PT/26898/2019	MS.C	Adherence to Dietary Recommendations in the Management of Type 2 Diabetic Patients attending Diabetic Clinic at Nyeri Level 5 Hospital	Proposal development
Jane Mueni Mutuku H60/CTY/PT/32591/2015	MS.C	Dietary Practices, Nutrition Status, and Quality of Life among End-Stage Renal Patients on Dialysis in Nairobi and Embu Level Five Hospitals	Proposal development

1.3.4 COMPLETED SUPERVISION OF POSTGRADUATE STUDENTS

1.3.4.1 Masters

Name & Reg.No	Degree	Title	Status
1. Jacob Kipruto Korir H60/20256/2010 2011- 2012	M.Sc.	Complementary Feeding Practices and Nutritional Status of Children aged 6-23 Months in Korogocho Slum, Nairobi County, Kenya	Successfully completed
2. Msanzu Samuel Chea (H60/22717/2012)	M.Sc.	Household Food security, Dietary Practices and Nutrition status of Preschool Children in Bahari division-Kilifi County, Kenya	Successfully completed
3. Kegoli Odongo Steve (H60/CTY/PT/22670/2011)	M.Sc.	Overweight prevalence, dietary diversity, bodysize preference and physical activity among seropositive	Successfully completed

		adults attending Kayole Hospital Nairobi County, Kenya	
4. Mwaura Joel Kiarie(H60/CTY/PT/22669/2011)	M.Sc.	Feeding Practices and Prevalence of Malnutrition and Morbidity among 0-6 Month-Old Infants attending Babadogo Health Centre in Babadogo Slums, Nairobi County, Kenya	Successfully completed
5. Kavithe K. Rachel (H60/CE/23067/2010)	M.Sc.	Dietary Intake, Nutrition Status, Morbidity and Factors Affecting Food Service of Male Prisoners Living with Human Immunodeficiency Virus at Selected Prisons Kenya	Successfully completed
6. Jackline Gakii Q139/CTY/PT/31417/2015	MSc.	Predictors of Retention in Care among Human Immunodeficiency Virus Infected Pregnant Women in Narok County, Kenya.	Successfully completed
7. Julia Rotich	M.Sc.	Nutrition Knowledge Attitude and Practices in Management of End Stage Renal Disease among adult Patients in Renal Unit Kenyatta National Hospital	Successfully completed
8. Juliet Walukana H60/CE/28303/2015	M.Sc.	Maternal Knowledge, Attitude and Utilization of Nutrition Information in the Mother and Child Health Handbook In Bungoma County, Kenya	Successfully Completed
9. Amoke Lydia Achieng H60/CTY/PT/38158/2017	M.SC	Breastfeeding practices and Infant Nutrition (6-23 Weeks) of Post-partum Depressed Mothers In Nairobi City Hospitals	Thesis writing

1.4 PROFESSIONAL/CONSULTING

- 2010 Ministry of Health: Development of *National Clinical Nutrition and Dietetics Manual*-First Edition

- 2015 to 2016; The East African Kidney Institute; UON , Curriculum Review

2015 to 2016; Ministry of Health: Development of the *National Clinical Nutrition and Dietetics Manual* -Second Edition

- 2017 Ministry of Health: Development of complementary feeding guidelines, recipe book.
- 2016 Mount Kenya University external examiner and panelist, , School of public health
30th June 2017

1.5 ADMINISTRATIVE AND RESONSIBILITIES

2024 JUNE TO DATE	Patron of the Nutrition Club/Association KU Chapter
2021 to Date	Departmental time tabler
2013 TO DATED	Departmental ISO Coordinator
11 TH SEPTEMBER TO 6 TH OCTOBER 2023	Acting Chairperson
2013 TO 2017	Home Economics Programme Coordinator
AUGUST 2016	Acting Examination Officer/Coordinator
MAY 2014 TO SEPTEMBER 2014	Acting Examination Officer/Coordinator
2012 to Date	Internal Examiner; Graduate School
2012 to Date	Board member for post graduate defenses ;Graduate School
2012 TO DATE	Student Mentor

1.6 COMMUNITY ENGAGEMENTS AND OTHER CONTRIBUTIONS

2021 to date	INIS Collaboration	(ongoing) INIS; International NCP/ NCPT Implementation Survey
2017	Ministry of Health	Member of the Research in Nutrition Technical Working Group(RNTWG)
May 2024	YOUNIB TV talk	Nutrient Requirements for Individuals
17 TH December 2020 (7.30 - 8.30)P.M	KU TV talk	Nutrition and Diabetes awareness and Management

1.7 Referee

1. Professor Elizabeth Nafula Kuria
Kenya University
Department of Foods Nutrition & Dietetics
Email: KURIA.ELIZABETH@ku.ac.ke
2. Professor Judith Kimiywe
Kenya University
Department of Foods Nutrition & Dietetics
Email: KIMIYWE.JUDITH@ku.ac.ke