

CURRICULUM VITAE



Personal Profile

Personal Details

- Name : Dr. Dorcus Mbithe David-Kigaru
- Position : Department of Food, Nutrition & Dietetics
Kenyatta University PO BOX 43844-00100, Nairobi, Kenya
- Designation : Senior Lecturer & Researcher
- Email Address: kigaru.dorcus@ku.ac.ke
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Area of specialization : Human Nutrition; Food policy, Food security and Healthy Diets, Nutrition Education & Counselling, School Nutrition and Health, Maternal and Child Nutrition, Nuclear Applications (Stable Isotope Techniques) in Human Nutrition

- **Research interests** : Nuclear Applications (Stable Isotope Techniques) in Human Nutrition, prevention and management of non-communicable diseases (NCDs), Adolescence nutrition, Food security and food systems, Maternal and child nutrition, nutrition in emergencies

- **Google Scholar name:** DORCUS MBITHE DAVID-KIGARU

Webpage link: <https://scholar.google.com/citations?hl=en&user=SQPep1oAAAAJ>

- **ORCID ID name** : Dorcus Mbithe Kigaru

The link is <https://orcid.org/0000-0001-6663-5285>

Academic and Professional Qualifications

Registered Nutritionist with the Kenya Nutritionists and Dieticians Institute (KNDI) (Reg. no. G/0571/11)

Academic Qualifications

2008: **Doctor of Philosophy (PhD)** in Foods, Nutrition & Dietetics, Kenyatta University, Kenya

2002: **Master of Science (MSc)** in Applied Human Nutrition, University of Nairobi, Kenya

1997: **Bachelor of Education**, Home Science & Technology, Moi University, Kenya: **First Class Honors**

1991: Kenya Certificate of Secondary Education (KCSE), Kathiani High School

Others: Numerous short courses

Employment History/Work Experience

18th March 2015 : Appointment to Senior Lecturer, Department of Food, Nutrition and Dietetics, KU

22nd May 2008 : Appointment to Lecturer, Department of Food, Nutrition and Dietetics, KU

9th Jan 2007 1st : Renewal of contract at a Tutorial Fellow

Feb 2006 Sept : Tutorial Fellow, Department of Foods, Nutrition & Dietetics, Kenyatta University

1997-2004 : Teachers Service Commission (TSC), Kenya. Tutor

Research Publications

Refereed Journals Papers

1. Tetsuhiro Kidokoro, Xiaojie Tian, Noriyuki Fuku, Luka B. Waiganjo, Elijah G. Rintaugu, **Mbithe D. Kigaru** and Francis M. Mwangi (2021) Segmented physical activity and sedentary behavior patterns among children in Maasai village and Nairobi city. *American Journal of Human Biology*. Am J Hum Biol. 2021;e23649. © 2021 Wiley Periodicals LLC. DOI: 10.1002/ajhb.23649
2. **Dorcus Mbithe D Kigaru**, Zipporah W Ndung'u and Catherine W Macharia-Mutie (2020) Application of stable isotope dilution techniques to assess body fat and comparison with WHO BMI-for-age classification as a measure of obesity among schoolchildren in Nairobi, Kenya. *Public Health Nutrition*: 1- 5. doi:10.1017/S1368980020001950
3. Tetsuhiro Kidokoro, Noriyuki Fuku, Toshio Yanagiya, Tomonari Takeshita, Mizuki Takaragawa, Michael Annear, Tian Xiaojie , Luka B. Waiganjo , Lamec F. Bogonko, Juliet K. Isika, **Mbithe D. Kigaru** and Francis M. Mwangi (2020) Physical Activity and Sedentary Behaviour Patterns among Kenyan and Japanese Children: A Comprehensive Cross-Country Comparison. *Int. J. Environ. Res. Public Health* 2020, 17, 4254; doi:10.3390/ijerph17124254
4. Wesley Bor, **Dorcus Mbithe**, Irene Ogada and Wesley Too (2020) Nurse's Knowledge Aspects of Enhancing Haemoglobin Level and Safety through Delayed Cord Clamping Time in a Semi-urban Hospital in South Rift Region, Kenya. *Kabarak Journal of Research & Innovation*.vol.9:1
5. Jacqueline Macharia, **Dorcus Mbithe**, Harun Kimani and Peter chege (2019) Feeding Practices and Nutrition Status among Children Aged 6-23 Months after Discharge from Supplementary Feeding Program in Isiolo County, Kenya. *Food Sci Nutr Res*. 2019; 2(2): 1-6.
6. A. El Hamdouchi, T. Adom, A. Aouidet, V.D. Agueh, A. Diouf, N.I. Joonus, G.H. Leyna, **K. Dorcus Mbithe**, T. Moleah, M.A. Monyeke, D. Nakimbugwe, H.L. Nashandi, A.F. Simpara, S.M.A. Somda, J.J. Reilly and C. Loech (2019) Protocol for validating simple measures of body fatness and physical activity of children in twelve African countries: The ROUND-IT Africa Study. *African Journal for Physical Activity and Health Sciences (AJPHES)* Volume 25(2), June 2019, pp. 142-173.
7. Silas Tumpeine, **Dorcus Mbithe Kigaru** and Peter Chege (2019) Dietary Practices Among Adults Living with HIV and AIDS Attending Clinics at Narok County Referral Hospital, Kenya. *International Journal of Sciences: Basic and Applied Research (IJSBAR)* (2019) Volume 46, No 2
8. Adama Diouf, Theodosia Adom, Abdel Aouidet, Asmaa El Hamdouchi, Noorjehan I Joonas, Cornelia U Loechl, Germana H Leyna, **Dorcus Mbithe**, Thabisile Moleah, Andries Monyeke, Hilde Liisa Nashandi, Serge MA Somda & John J Reilly (2018) Body mass index vs deuterium dilution method for establishing childhood obesity prevalence, Ghana, Kenya, Mauritius, Morocco, Namibia, Senegal, Tunisia and United Republic of Tanzania. *World Health Organization(WHO) Bulletin*. Bull World Health Organ 2018;96:772–781 doi: <http://dx.doi.org/10.2471/BLT.17.205948>
9. Faith K Munoru, Elizabeth N Kuria and **Dorcus Mbithe K.** (2018). Dietary and care practices and nutritional status of the elderly in Meru County, Kenya. *International Journal of Medical and Health Research*. Volume 4; Issue 6; June 2018; Page No. 01-06
10. Kavithe K. Rachel, **Dorcus Mbithe D. Kigaru** and Maoga W. Nyamota. (2018). Dietary intake and factors affecting food service of male prisoners living with human immunodeficiency virus at selected prisons in Kenya. *International Journal of Nutrition and Metabolism* Vol 10 [2] (2018): 6-15. DOI: 10.5897/IJNAM2017.0229.
11. Magali Leyvraz, **Dorcus M. David-Kigaru**, Catherine Macharia-Mutie, Grant J. Aaron, Marlene Roefs and Alison Tumilowicz (2017) Coverage and Consumption of Micronutrient

- Powders, Fortified Staples, and Iodized Salt Among Children Aged 6 to 23 Months in Selected Neighborhoods of Nairobi County, Kenya. *Food and Nutrition Bulletin*. 1-9. DOI: 10.1177/0379572117737678. journals.sagepub.com/home/fnb
12. Khasoa Carolyne Wasike, Erick V. O. Fwaya and **Dorcus Mbithe D. Kigaru** (2017) Factors influencing customer needs for healthy eating products in selected restaurants of Nairobi City, Kenya. *International Journal of Scientific Progress and Research* ISSN: 2349-4689 Issue 104, Vol.36, No.02
 13. Mary M Milelu, **Dorcus Mbithe D Kigaru**, Elizabeth N Kuria (2017) Demographic and socio-economic determinants of availability and access dimensions of household food security in Kitui County, Kenya. *International Journal of Food Science and Nutrition*. Vol. 2; Issue 5; 93-101
 14. Ndungu, Z. W., Kuria, E. N., Gikonyo, N. K. and **Mbithe, D. K.** (2017) Efficacy of amaranth grain consumption on CD4 count and morbidity patterns among adults living with HIV in Nyeri, Kenya. *Journal of AIDS and HIV Research* 9 (4), 81-88. DOI: 10.5897/JAHR2017.0415
 15. **Dorcus Mbithe D Kigaru**, Mary M Milelu (2017) Dietary diversity, water and sanitation practices and nutritional status of children aged 6-59 months in Kitui County, Kenya. *International Journal of Food Science and Nutrition*. Volume 2; Issue 5; September 2017; Page No. 113-120
 16. Mary N. Makau, Sophie Ochola and **Dorcus Mbithe** (2017) Feeding Practices of Children Aged 0-59 Months Accompanying Incarcerated Mothers in Selected Womens Prisons in Kenya. *The Open Nutrition Journal*. 2017, 11, 3-12. DOI: 10.2174/1874288201711010001
 17. Khasoa Carolyne Wasike, Erick V. O. Fwaya, **Dorcus Mbithe D. Kigaru** (2017). The relationship between healthy eating products on offer in restaurants and customer needs. *International Journal of Scientific Progress and Research (IJSPR)*. Issue 100, Volume 35, 01, 2017
 18. Isaac Nthiga, **Dorcus Mbithe**, Beatrice Mugendi, Tabitha Wambui (2017). The nutritional status of pulmonary tuberculosis patients aged 25-44 years attending tuberculosis clinic at Lodwar County and Referral Hospital, Turkana County, Kenya. *International Journal of Food Science and Nutrition*. Volume 2; Issue 1; January 2017; Page No. 119-122
 19. Isaac Nthiga, **Dorcus Mbithe**, Beatrice Mugendi, Daudi Nyangaresi, Tabitha Wambui (2017). Dietary practices of pulmonary tuberculosis patients attending clinic at Lodwar county and referral hospital, Turkana County, Kenya. *International Journal of Food Science and Nutrition*. Volume 2; Issue 1; January 2017; Page No. 123-127
 20. Lucy Maina, **Dorcus Mbithe D. Kigaru**, Anne Korir-Rugutt and Okello Agina (2016). Determinants of Screening Patterns for Invasive Cervical Cancer among Patients Attending Kenyatta National Hospital, Kenya. *Research journal's Journal of Public Health* Vol. 2 | No. 11 November|2016
 21. W.Bor, W. Too, **D. Mbithe**, B. Mugendi, E. N. Mutemi, R. Musyoki and W. C. Bor (2016). Nutritional Status of Adult Male on ART at Kericho District Hospital, Kericho County, Kenya. *East African Medical Journal* Vol. 93 No. 8
 22. **Dorcus Mbithe D. Kigaru**, Cornelia Loechl, Thabisile Moleah, C. W. Macharia-Mutie, Zipporah W. Ndungu (2015). Nutrition knowledge, attitude and practices among urban primary school children in Nairobi City, Kenya: a KAP study. *BMC Nutrition*. Kigaru et al. *BMC Nutrition* (2015) 1:44. DOI 10.1186/s40795-015-0040-8 **December 2015**
 23. W. Bor, **Dorcus Mbithe** and B. Mugendi (2015). Lipidemia status among HIV positive adult male on HAART attending the HIV clinic at Kericho District Hospital, Kericho. *East African Medical Journal* Vol. 92 No. 12 December 2015

24. Gladys Njura Gitau, Judith O Kimiywe, Judith N Waudu and **Dorcus Mbithe** (2015). Primary School Pupils in Kenya Learn and Practice Good Hygiene. *Journal of Child & Adolescent Behavior*.<http://dx.doi.org/10.4172/2375-4494.1000267>. **December 2015**
25. Naiman N. Mbise, **Dorcus Mbithe D-Kigaru** and Moses Miricho (2014). The Quality of Service Standards and Related Factors in Tourist Hotels in Arusha, Tanzania. *Journal of Tourism and Hospitality Management*. Vol. 2, No. 9, 376-382, doi: 10.17265/2328-2169/2014.09.004
26. Dennis J Matanda, Maurice BM and **Dorcus Mbithe D Kigaru** (2014). Breast-, complementary and bottle-feeding practices in Kenya: stagnant trends were experienced from 1998 to 2009. *Nutrition Research* (2014) 507–517.
27. Dennis J Matanda, Maurice B M and **Dorcus Mbithe D Kigaru** (2014). Child undernutrition in Kenya: trend analyses from 1993 to 2008–09. *BMC Pediatrics* 2014, 14:5.
28. Gladys Njura Gitau, Judith O. Kimiywe, Judith N. Waudu and **Dorcus Mbithe** (2013). Effects of nutrition education on nutrition knowledge and iron status in primary school pupils of Gatanga District, Muranga County, Kenya. *Current Research in Nutrition and Food Science*. Vol. 1(2), 115-123 (2013) <http://dx.doi.org/10.12944/CRNFSJ.1.2.02>
29. Nelia P Steyn, Nel J., W Parker, Ayah R., **Dorcus Mbithe** (2012). Urbanisation and the nutrition transition: A comparison of diet and weight status of South African and Kenyan women. *Scandinavian Journal of Public Health*. 2012; 40: 229–238. DOI: 10.1177/1403494812443605
30. **Mbithe Dorcus David**, Judith Kimiywe and Judith Waudu (2012). Nutritional knowledge, attitude and practices and nutritional status of school-going children in Machakos District, Kenya. *Nutrition and Food Sciences IACSIT Press*. Singapore. 2012. Volume 39: 147-152
31. Nelia P Steyn, Whadi-ah Parker, Johanna H Nel, Ayah Rosemary, **Dorcus Mbithe** (2012). The nutrition transition and adequacy of the diet of pregnant women in Kenya. *Nutrition and Food Sciences IACSIT Press*. Singapore.2012. Volume 39.137-141.
32. Nelia P. Steyn, Johanna H. Nel, Whadi-Ah Parker, Rosemary Ayah & **Dorcus Mbithe** (2011). Dietary, social, and environmental determinants of obesity in Kenyan women. *Scandinavian Journal of Public Health*. 2011; 39: 88–97
33. Were GM, Ohiokpehai O, Okeyo-Owuor JB, Mbagaya GM, Kimiywe J, **Mbithe D** and M Okello (2010). Soybean (*Glycine Max*) complementation and the zinc status of HIV and AIDS affected children in Suba District, Kenya. *AJFAND, African Journal of Food, Agriculture Nutrition Development*. Volume 10. No. 3 ISSN: 16845374
34. Omo Ohiokpehai, **Dorcus Mbithe David** and Joyce Kamau (2009). Serum zinc levels of school children affected by HIV/AIDS on a corn soy blend feeding trial in primary schools in Suba District, Kenya. *Journal of Applied Biosciences* Volume 17. 904-912
35. Brenda King'olla, Omo Ohiokpehai and **Dorcus Mbithe David** (2009). The impact of a nutrition and health programme on the socio-economic status and food access of households in Suba district, Kenya. *Journal of Applied Biosciences*. 21.1226-1236.
36. Omo Ohiokpehai, **Dorcus Mbithe David** and Joyce Kamau (2009). The effects of soybean (*Glycine max*) and pigeon pea (*Cajanus cajan*) food mixtures on the nutritional status of school children in Suba District, Kenya. *Journal of Food, Agriculture & Environment – JFAE*. Volume 7 (2) 59-63.
37. Gertrude M. Were, Omo Ohiokpehai, Grace M., J.B.Okeyo-Owuor, Joyce Kamau, **Dorcus Mbithe**, Judith Kimiywe (2008). Nutritional status and morbidity among HIV/AIDS affected children aged 6-9 years in Suba District, Kenya. *Journal of Food, Agriculture & Environment– JFAE*. Vol. 6 (2) 68-73.

38. **Dorcus Mbithe D**, Judith Kimiywe, Judith Waudo and John A. Orodho (2008). Promotion of nutrition education interventions in rural and urban primary schools in Machakos District, Kenya. *Journal of Applied Biosciences*. 128 Volume 6 130-139
39. Joyce Kamau, Omo Ohiokpehai, Judith Kimiywe, Lawrence Oteba, **Dorcus Mbithe D**, Gertrude Were & Brenda King'olla (2008). Effects of soybean (*Glycine Max*) supplementation on nutritional status of school children aged 6-9 years from HIV affected households in Suba District, Kenya. *Journal of Applied Biosciences*. Volume 4. 94-102
40. Judith Kimiywe, Judith waudo, **Dorcus Mbithe D.**, and Patrick Maundu (2007). Utilization and medicinal value of indigenous leafy vegetables consumed in urban and peri-urban Nairobi. *AJFAND, African Journal of Food, Agriculture Nutrition Development*. Volume 7 No. 4. ISSN 1684-5374
41. Omo Ohiokpehai, Judith Kimiywe J. Chianu **D. Mbithe** and N Sanginga (2007). Socioeconomic and demographic profiles of households with children aged 6-59 months, Mbita Division, Suba District Kenya. *Journal of Food, Agriculture & Environment–JFAE*. Vol. 5. (2)45-49.

University Level Scholarly Books

- Republic of Kenya/**Dorcus Mbithe** (List of contributors) (2017). *A Facilitators' Guide on Adolescence Nutrition: Nutrition Education and Weekly Iron and folic Acid Supplementation for Adolescents in Kenya*. Nairobi, Kenya

Book Chapters

- **Book Title:** Food Safety, from Farm to Fork: Emerging and Re-emerging Issues (2020 Cambridge Scholars Publishing. **Chapter Two:** Understanding the Livelihood Challenges of Food Vendors in Three Markets in Selected Informal Settlements in Nairobi County: A Crisis or Opportunity? Christine Njuguna, Dorcus Mbithe D. Kigaru and Patrick Kamande
- **Dorcus Mbithe** and others. 2011. Book Title – Innovations as Key to the Green Revolution in Africa. Chapter Title – Enhancing Agricultural Production Potential through Good Nutrition and Health: The Case of Suba District, Kenya. Springer Sciences + Business Media B.V 2011

Refereed Learning Modules

- Dorcus Mbithe D. Kigaru (2020) HFN 346: Nutrition Counselling Module. An interactive online Module for Bachelor of Science in Foods, Nutrition & Dietetics. Kenyatta University Digital School.
- Dorcus Mbithe D. Kigaru (2020) HFN 404: Nutrition Education Module. An interactive online Module for Bachelor of Education Science (Home Science). Kenyatta University Digital School.
- Dorcus Mbithe D. Kigaru (List of Contributors) (2019) Review of the More Milk project module on communication skills and nutrition messages. International Livestock Research Institute ILRI/CGIAR

Reviewed Conference Papers

- **Dorcus Mbithe D. Kigaru** and Zipporah Ndung'u (2016) Comparison of nutritional status by different nutrition assessment methods and implications on nutrition counseling decisions presented at the Paper presented at the SUN National Food and Nutrition conference/Symposium at Kenya School of Government, Nairobi on November 23rd - 24th, 2016

- **Dorcus Mbithe David-Kigaru** (2021) Food Systems and Sustainable Diets in Informal Settlements of African Cities: A Case of Nairobi City. A peer reviewed paper presented at the ESDA Sustainable Urban Development workshop 24th June 2021. Nairobi, Kenya

Short communication in a refereed/scholarly Journal

- Dr. Dorcus Mbithe, Professor Francis Zotor and Catherine Geissler (2019) IUNS, Biodiversity and Food Safety. International Union of Nutritional Sciences (IUNS) News.
- Dr. Dorcus Mbithe David-Kigaru. KU Don explores the use of isotope technique applications to assess the effects nutrition related interventions. Kenyatta University. RIO. Issue No. 7.Dec. 2020.

Consultancy and Project reports

- I was a Senior Evaluator (part of evaluation team) for the United Nations (UN) World Food Program (WFP) Kenya Country Strategic Plan (CSP) 2018-2022 which informed the current Kenya Country Strategic Plan (CSP) 2013-2027.
- Dorcus Mbithe D. Kigaru (2019) Improved Approach to Community-based Nutrition in Turkana (IMPACT) in Katilu and Turkwel Wards, Turkana County: Baseline survey Report. Panafricare/Africare IMPACT Project
- Dorcus Mbithe D. Kigaru (2018) Baseline Survey Report on Agriculture-Nutrition Knowledge, Attitudes & Practices (KAP) in 12 Selected Counties In Kenya RTI International Kenya Feed the Future Crops and Dairy Market Systems Activity Nairobi-Kenya. RTI/USAID
- Dorcus Mbithe David-Kigaru (2016) Resilience And Economic Growth In Arid Lands-Improving Resilience (REGAL-IR) Nutrition Result Area: Improved Nutritional Outcomes - Mid-Term Knowledge, Practices And Coverage (KPC) Survey in Isiolo and Turkana Counties
- Dorcus Mbithe David-Kigaru and Catherine Macharia-Mutie (April 2015) Report on the Baseline Survey of the Scaling Up Home Fortification MNP Project in Kenya. Global Alliance for Improved Nutrition (GAIN), Kenya
- Dorcus Mbithe D. Kigaru/FAO & others (Consultant facilitator) (July 2015) Report of the ENACT (Education for Effective Nutrition in Action) Tutor Briefing Workshop For Southern and East Africa - Nairobi, Kenya 29/6-03/ 2015. Food and Agriculture Organization of the United Nations, with support from the German Federal Ministry of Food and Agriculture (BMEL). FAO
- UN Food and Agricultural Organization (FAO). Development and piloting of Education for Effective Nutrition in Action (ENACT) module — Professional Training in Nutrition Education. 2013-2015.
- Ministry of Health, Division of Leprosy, Tuberculosis and Lung diseases and AMREF: Development of Monitoring & Evaluation (M&E) Framework and Revision of other Materials in the management of malnutrition in/and Tuberculosis and co-morbidities. Food commodity management.
- UN International Atomic Energy Agency (IAEA) Technical Cooperation Regional Project RAF6042: Applying Nuclear Techniques to Design and Evaluate Interventions to Reduce Obesity and Related Health (Project in 11 African Countries). I represent Kenya in the project: 2012-2017
- Training of health workers from hospitals in South Rift in Kericho district hospital supported by Walter Reed/KEMRI foundation on Integrated Management of Acute Malnutrition (IMAM) and HIV/AIDS and nutrition food commodity management/Food-by-Prescription. 2012-2013

- Enhancing food security of drought vulnerable households in Marsabit and Context Evaluation a Future ACK/DKH Nutrition Intervention Component by Diakonie Emergency Aid, Kenya to manage Acute Malnutrition. 2012.
- Food Security Project/Emergency Aid: Training on Nutrition Assessment, Acute Malnutrition and Utilization of food commodities for management of severe and moderate acute malnutrition Food commodity management (Ready to use therapeutic foods and Fortified Blended Flours) in Marsabit by Diakonie Emergency Aid, Kenya. 2011
- Management of Malnutrition and HIV/AIDS 2006-2011 with USAID/NHP and Ministry of Health, Kenya. Training health workers on Nutrition care process, Nutrition Assessment, Nutrition intervention, Food-by-Prescription of food commodities Data management and reporting.
- Organization of the National Museums of Kenya Scientific Symposium during the Annual National Food Fair Week. 2009-2010
- Ministry of Health, Division of Leprosy, Tuberculosis and Lung diseases: Development of M & E Framework and Revision of other Materials. 2014
- VVOB Healthy Learning Programme in Machakos, Kajiado, Narok, Samburu and Laikipia Districts. 2008-2012. Funded by the Flemish Association for Development Cooperation and Technical Assistance (VVOB) and the World Agro forestry Centre
- Development of Training and Reference Manual for Nutrition & HIV in Kenya supported by USAID/NHP Programme and NASCOP. 2006-2010

Non-reviewed Conference Papers

- **Dorcus Mbithe D. Kigaru** (2019) Knowledge gaps in promoting behaviour change communication (BCC) in food safety among farming households in Kenya. A paper presented at the International Food Safety Conference, Kenyatta University, Nairobi, Kenya

Other Publication

- Food Safety Book: From Farm to Fork: Emerging and Re-emerging issues: **Chapter Three: Dorcus Mbithe D. Kigaru**, Christine Njuguna and Patrick Kamande (2020) Food Safety Related Knowledge, Attitude and Practices among Food Marketers and Traders in Nairobi City's Informal Settlements. Cambridge Scholars Publishing

Scholarly Presentations at conferences and workshops

1. **Dorcus Mbithe D. Kigaru**, Francis Mundia & John Gachoya (Conference date: 21-23, Oct, 2019). *Contamination of Meat with Heavy Metal in Butchery in Selected Outlets in Nairobi County, Kenya*. Biennial Conference, Kenyatta University. Nairobi. Funded by: Kenyatta University/Self.
2. Christine Njuguna, **Dorcus Mbithe D. Kigaru** & Patrick Kamande (Conference date: 20-24, May, 2019). *Understanding The Challenges Faced By Food Vendors in Three Markets in Selected Informal Settlements in Nairobi County. A Crisis or opportunity?* International food Safety Conference, Kenyatta University, Nairobi, Kenya. Funded by: Kenyatta University/Self
3. **Dorcus Mbithe D. Kigaru**, Christine Njuguna & Patrick Kamande (Conference date: 20-24, May, 2019). *Food Safety Related Knowledge, Attitude and Practices among Food Marketers and Traders in Nairobi City's Informal Settlements, Kenya*. International food Safety Conference, Kenyatta University, Nairobi, Kenya. Funded by: Kenyatta University/Self
4. **Dorcus Mbithe D. Kigaru** (Conference date: 20-24, May, 2019). *Knowledge gaps in promoting behaviour change communication (BCC) in food safety among farming households in Kenya*. International food Safety Conference, Kenyatta University, Nairobi, Kenya. Funded by: Kenyatta University/Self

5. Chelimo, F.L, Kuria E.N, Rombo G. and **Dorcus Mbithe David-Kigaru** (Conference date: 20-24, May, 2019). Complementary Feeding Practices, Food Safety, and Nutritional Status of 6 To 24 Months Old Children: A Case of Athi-River Division, Machakos County, Kenya. International food Safety Conference, Kenyatta University, Nairobi, Kenya. Funded by: Kenyatta University/Self
6. Wesley Bor, **Dorcus Mbithe**, Irene Ogada and Wesley Too (Conference date: 20-24, May, 2019). Nurse's Knowledge Aspects of Enhancing Infants' Haemoglobin Level and Safety through Delayed Cord Clamping Time in a Semi-urban Hospital in South Rift Region, Kenya International food Safety Conference, Kenyatta University, Nairobi, Kenya. Funded by: Kabarak University/Kenyatta University/Self
7. **Dorcus Mbithe D. Kigaru** (Conference date: 23-24 November, 2016). *Comparison of Nutritional Status by Different Nutrition Assessment Methods and Implications on Nutrition Counseling Decisions*. SUN/ARN Conference, Kenya School of Government, Nairobi, Kenya. Funded by: Kenyatta University/Self
8. **Dorcus Mbithe D. Kigaru** & Judith Kimiywe (Conference date: 25-29 May 2015). *Experiencing of piloting the FAO ENACT Nutrition Education Program in Kenya*. FANUS Conference. Arusha, Tanzania. Funded by FAO/IAEA/Kenyatta University
9. Bor, Wesley, **Mbithe, Dorcus**, Too Wesley and Ogada, Irene (2020). Effect of Umbilical Cord Clamping Time on Nutrition Status of Infants, Randomized Control Trial in County Referral Hospital in South Rift Valley, Kenya. Kabarak University International Conference on Trends and Opportunities in Addressing Global Health Challenges 2020: Source of funding: Kabarak University/Self
10. **Dorcus Mbithe D.Kigaru** (2019) Food Safety, Nutrition and Post-Harvest Loss Workshop, 9 – 10 September 2019 in Nairobi, Kenya. Venue: Trademark Hotel in Nairobi, Kenya. Organizers and Source of funding: AATF, Africa.
11. **Dorcus Mbithe D. Kigaru** (Conference/workshop date: 6th March 2015). *The Potential of Nutrition Education in Schools in Addressing Malnutrition: Experiences & Opportunities: Nutrition in school curriculum*. Hilton Hotel, Curriculum Developers and Stakeholders Workshop, Nairobi. Funded by: World Food Programme (WFP) and Ministry of Health, Kenya
12. **Dorcus Mbithe D. Kigaru** (Conference/workshop date: 3rd December, 2014). *Applying Nuclear Techniques to Design and Evaluate Interventions to Reduce Obesity and Related Health Risks: IAEA RAF6042*. WHO/MOH Workshop on Childhood Obesity. Silver Springs Hotel, Nairobi, Kenya. Funded by: WHO/MOH.
13. **Dorcus Mbithe D. Kigaru** – member of Panel of experts (Conference date: 20– 25 July 2014). *A4NH Symposium on Food and Nutrition Security: Nutrition Networks in Africa; challenges & opportunities for sustainability*. ANEC VI conference: GIMPA centre, Accra, Ghana. Funded by: International Food Policy Research Institute (IFPRI).
14. **Dorcus Mbithe D. Kigaru** & Judith Kimiywe (Conference/workshop date: 7-11 April 2014). *Food and Agriculture Organization (FAO) - Education for Effective Nutrition in Action (ENACT) Post-Piloting Workshop*. ILRI, Addis Ababa, Ethiopia. Funded by FAO.
15. **Dorcus Mbithe D. Kigaru** (Conference date: 10-14th March, 2014). School Health and Nutrition: The Healthy Learning Programme In Kenya. Nutrition Conference North Coast Beach Hotel, MSA, Kenya. Funded by: VVOB/Kenyatta University.
16. **Mbithe Dorcus David**, Judith Kimiywe and Judith Waudu (2012). Nutritional knowledge, attitude and practices and nutritional status of school-going children in Machakos District, Kenya. International nutrition conference (ICNFS/CBEES) Quality Hotel, Marlow, Singapore Nutrition and Food Sciences IACSIT Press. Singapore. 2012. Volume 39: 147-152
17. Nelia P Steyn, Whadi-ah Parker, Johanna H Nel, Ayah Rosemary, Dorcus Mbithe (2012). The nutrition transition and adequacy of the diet of pregnant women in Kenya. International nutrition

- conference (ICNFS/CBEES) Quality Hotel, Marlow, Singapore Nutrition and Food Sciences IACSIT Press. Singapore.2012. Volume 39.137-141.
18. **Dorcus Mbithe D. Kigaru** (Conference/workshop date: 4 Aug, 2012). *Diabetes: The problem in Kenya and the World*. Centre for Nutrition Education & Research (CENER). The Nairobi Club, Nairobi, Kenya. Funded by CENER.
 19. **Dorcus Mbithe D. Kigaru** (Conference date: 12-15 Sept. 2011). *Gender Roles and the Effects of Nutrition Education Interventions on Pupils' Nutrition Knowledge and Practice in Primary Schools, Machakos, Kenya*. FANUS Conference Abuja, Nigeria. Funded by Nevin Scrimshaw International Nutrition Foundation (INF)/FANUS
 20. **Dorcus Mbithe D. Kigaru** (Conference date: 9 December 2011). *The trials, tribulations and triumphs of Trans-disciplinary Research (TDR) in the context of nutrition research in Sub-Saharan Africa*. Hemil-senteret, Fall Research Conference/Seminar Bergen, Norway. Funded by: the University of Bergen, Norway.
 21. V.Nyapera, **Dorcus Mbithe D. Kigaru** & Sophie Ochola (Conference/workshop date: Sept., 2011). Nutrition Knowledge, Attitudes And Practices of Children from Nkoile And Isinya Primary Schools, Kajiado, Kenya. The National Museums of Kenya 2011 National Food Fair, Nairobi, Kenya. The National Museum of Kenya (NMK).
 22. **Dorcus Mbithe D. Kigaru** & Judith Kimiywe (Conference date: 20-24 July, 2010). *Support Schools Against Hunger: Family And Community Involvement In Nutrition Education*. First Pan-African Family Strengths International Conference, Mombasa, Kenya. Funded by: Kenyatta University.
 23. **Dorcus Mbithe D. Kigaru** (Conference date: 1 April 2009). *The role of nutrition in the management of illnesses*. Mbagathi District Hospital, Nairobi Kenya. Funded by Ministry of Health
 24. **Dorcus Mbithe D. Kigaru** (Conference date: 25-26 March, 2009). *A Review of Solutions to Zinc deficiencies In Developing Countries: Contextualizing Action*. International Zinc Conference Windsor Hotel, Nairobi, Kenya. Funded by: Tropical Soil Biology and Fertility (TSBF/ CIAT).
 25. **Dorcus Mbithe D. Kigaru** & Omo Ohiokpehai (Conference date: 25-26 March, 2009). *Food Accessibility Parameters as Predictors Of Food Consumption Patterns In Suba District*. International Zinc Conference Windsor Hotel, Nairobi, Kenya. Funded by: Tropical Soil Biology and Fertility (TSBF/ CIAT).
 26. **Dorcus Mbithe D. Kigaru** (Conference/workshop date: 28 Oct, 2009). *Nutrition Education - Opportunities and Gaps in Schools*. The National Museums of Kenya/VVOB workshop. Funded by VVOB/National Museum of Kenya
 27. **Dorcus Mbithe D. Kigaru** (Conference date:13-16 Oct, 2008). *The Effect of Nutrition Education Interventions on Pupils' Nutrition Knowledge and Practice in Primary Schools, Machakos District, Kenya*. 3rd African Epidemiological Conference (ANEC III), Cairo, Egypt. Funds Kenyatta University.
 28. Judith Kimiywe, **Dorcus Mbithe D. Kigaru**, Judith. Waudo & Patrick Maundu (Conference date: March, 2008). *Correlations of Consumption Patterns of Underutilized Plant Species with other variables among Major Ethnic Groups in Urban and Peri-Urban Nairobi*. Conference on Underutilised Plant Species. Arusha, Tanzania. Funded by: Bioversity International/Kenyatta University.
 29. **Dorcus Mbithe D. Kigaru**, Judith Kimiywe, Judith Waudo & John .A. Orodho (Conference date: 20-23 June, 2007). ISBNPA Conference In Oslo, Norway. Funded by City Council of Oslo/ ISBNPA

30. **Dorcus Mbithe D. Kigaru** (Conference/workshop date: 6 Sept, 2007). *Addressing Anaemia: Food Based Approaches*. Centre for nutrition Education & Research, CENER Nairobi, Kenya. Funded by CENER/Self

Quality of Teaching

- Numerous semester student-evaluations done at Kenyatta University with very good overall performance of above 85%-100%.
 - Training in Higher Education: Numerous Short Courses/trainings attended
 - Video Education workshop in support of communicating Agri-Nutrition messages. Funded by the Africare IMPACT Nutrition Project. Lodwar, Turkana. 9-13 March 2020
 - Food systems for healthy and sustainable diets, 1 month short course. June 2019. Wageningen University, The Netherlands
 - VLIR-UOS ITP- Clinical Nutrition Training Course – the North-South experience at Katholieke Universiteit (KU Leuven), Belgium. 1 month short course. September 2017.
 - Handling medical emergencies at school and home 9th March 2019. AAR Clinic, Ngong.
 - Advanced Security in the Field. United Nations Department of safety and security (UNDSS) 7th June 2015.
 - FAO/INFOODS Training on Food Consumption especially relevant to Universities May 2015 Arusha, Tanzania
 - Open data management in Agriculture and Nutrition GODAN Action. 13 Nov. -8 Dec. 2017 funded by DFID.

Ongoing postgraduate student supervision

Ongoing PhD Supervision

1. Gilbert Mangusho (H87EA/33821/15) Effect of Nutrition Education and Promotion of Orange-Fleshed Sweet-Potato Vitamin-A Status of Preschool-Age Children in Eastern Uganda. Draft thesis.
2. Susan Wairegi (SHNY/04985P/2019). Validation of Nutrition Assessment Methods for Adiposity using Deuterium Dilution Technique among Women of Reproductive Age, Kenya. Technical University of Kenya.
3. Purity Chepkorir Lang'at (H87/37809/2016) Body Composition and Nutritional Status as Influenced by Hormonal Contraceptives Use among Women of Reproductive Age in Nyeri county, Kenya. Draft Thesis
4. Isaac Nthiga (H87/38215/2016) Effectiveness of Peer-Facilitated Counselling Versus that by Professionals on Nutrition Outcomes among Tuberculosis Adults in Kiambu county, Kenya. Draft Thesis
5. Florence Chelimo (H87/21316/2010) Efficacy of Home Grown School Meals on Nutritional and Educational Outcomes of School Children Baringo County, Kenya. Field work stage.
6. Kathiari Caroline K (H87/28191/2020) Impact of nutrition counselling on women's nutrition status and body composition by stable isotope technique in Nyeri County, Kenya. Data analysis stage.

Ongoing Masters Supervision

1. Lisa M. Were (H60/CTY/PT/20282/2020) Weight-related body image perceptions among women of reproductive age in Nyeri Central Sub-county, Kenya. Draft Thesis.
2. Caroline W. Wandu (H60/CTY/PT/21716/2021) Nutrition knowledge, dietary practices and nutrition status of pregnant adolescent users and non-users of antenatal clinic in Kajiado, Kenya. Data analysis

3. Kutwah M. Amram (H60/CTY/PT/27379/2018) Social media use, nutrition knowledge, food choice, dietary practices & nutrition status of teenagers in Mlolongo, Machakos County, Kenya. Draft Thesis.
4. Mutuura Caroline H.K. (H60/CTY/PT/25034/18) Parental use of reward and punishment on children's food choices, dietary diversity and nutritional status in Kiambu County. Submitted for examination
5. Maria Omari (H60/CTY/PT/21764/12) Nutrition Knowledge, Attitude and Practices of Caregivers of Children with Cerebral Palsy in Kibera Informal Settlement, Nairobi, Kenya – Draft thesis
6. Genevieve Otunga (H60/CTY/PT/24645/13) Childcare Practices and Nutrition Status of Children in, Bungoma County, Kenya. Data analysis stage

Completed postgraduate student supervision

Completed Masters Supervision

1. Christine Kakuu Mbuve (H60/27363/2014) Perceived Body Image, Dietary Practices and Nutritional Status of Adolescents attending Selected Secondary Schools, Nairobi City County Kenya. Draft Thesis
2. Mulei Dorcas Nduku (H/60/33330/15) Prevalence of Anaemia and Nutritional Status among Day-Secondary School Adolescent Girls Machakos County, Kenya. Submitted Thesis for examination
3. Julius Kienji Kigo (H60/CTY/PT/24644/2013) Complementary Feeding Practices And Nutrition Status among Children 6-23 Months in Machakos County, Kenya Submitted Thesis for examination
4. Florence Wangui (H60/CTY/PT/24925/11) Dietary Practices and Nutrition Status of Pregnant Students in Tertiary Institutions in Machakos Town, Kenya. Submitted Thesis for examination
5. Steve Kegoli (H60/22670/11) Overweight Prevalence, Dietary diversity, Body Size Preference and Physical Activity among Sero-positive Adults attending Kayole Hospital, Nairobi City County, Kenya
6. Mburireh Ephantus Nyaga (T129/OL/MSA/24831/2014) Activity-Based Costing on Restaurants' Menu Items to Explore Changes in the Contribution Margins within Mombasa County, Kenya
7. Cephas Zulu (H60F/33983/2015) Dietary Diversity, Nutrient Adequacy and Nutritional Status among Children Ages 6-59 Months from Female Headed Households in Luapula, Valley, Zambia.
8. Mary Gicheha: Contribution of Underutilized Cereals and Tubers towards Urban Food Security and Dietary Diversity in Ruiru, Kiambu County, Kenya
9. Silas Tumpeine (H60/22678/11) Dietary Practices, Morbidity and Nutritional Status among Adults Living with HIV and AIDS attending Narok County Referral Hospital, Kenya
10. Bibiana Jumwa Muasya (17579694) The University of Stellenbosch, South Africa: Determinants of Infant and Young Child Feeding Practices of Children 0-23 Months among Agro Pastoralist Communities in East Pokot in Baringo County, Kenya
11. Macharia Jacqueline Wairimu: Q57/24161/2013: Feeding Practices and Nutritional status among Children Aged 6-23 Months Following Discharge from Supplementary Feeding Program In Isiolo County, Kenya
12. Rachael Kavithe: H60/CE/23067/2010. Dietary Intake, Nutritional Status, Morbidity and Factors affecting Food Service of Male Prisoners Living with Human Immunodeficiency Virus at Selected Prisons in Kenya
13. Faith Munoru: H60/20311/2010: Dietary and Care Practices, Morbidity and Nutritional Status of the Elderly In Igembe South, Meru County, Kenya

14. Brenda Wekesa: H60/CTY/PT/22590/2012. Fruit Consumption and Nutritional Status of Children Aged 6 To 59 Months Across Agro-ecological Strip Connecting Kakamega and Siaya Counties, Kenya
15. Mary Milelu: H60/13450/2009: Determinants of Household Food Security and Nutritional Status of Children aged 6-59 Months in Mwingi Central Sub-County, Kenya
16. Isaac Nthiga: Dietary Practices and Nutritional Status of Pulmonary Tuberculosis Patients Attending Clinic At Lodwar County and Referral Hospital, Turkana County, Kenya
17. Kieti Immaculate Nzila: Risk Factors associated with Osteoporosis among Women Aged 40 Years and above attending Orthopedic Clinic at Mbagathi Hospital, Nairobi County, Kenya
18. Zipporah Ndung'u: Contribution of Amaranth grain to improve nutrition and health status of adults infected with Human Immuno-Deficiency Virus in Mweiga, Nyeri District, Kenya
19. Velma Nyapera: Nutrition Knowledge, Attitudes And Practices of Children from Nkoile and Isinya Primary Schools In Kajiado District, Kenya
20. Grace Kihagi: Childcare Practices, Nutrition and Health Status of Children (6-59 Months Old) Among Internally Displaced Persons in Kieni Forest, Gatundu District
21. Naiman N. Mbise: The Quality of Service Standards and Related Factors in Tourist Hotels in Arusha, Tanzania
22. Salome Kasimba: Dietary diversity and nutritional status among children aged 6-23 months in Makindu division, Kenya
23. Mary Ndanu Makau: Feeding Practices and Nutritional Status of Children 0-59 Months of Incarcerated Mothers in Selected Women's Prisons in Kenya
24. Gitika Alice W. Food Consumption Patterns and Nutritional status of school children made vulnerable by HIV and AIDS in Kiambu District, Kenya
25. Bor Wesley K: Status of hyperlipidemia Among HIV positive adult patients attending Comprehensive care (HAART) Clinic in Kericho District Hospital

Completed PhD Supervision

1. Zipporah Wanjiru Ndung'u: H87/23463/2012 (Kenyatta University) Title: Validation of Nutritional Status Assessment Methods Using Stable Isotope Dilution Technique among School Children in Nairobi, Kenya
2. Wesley Bor: H87/33292/2014 (Kenyatta University) Effects of Umbilical Cord Clamping Time on Nutrition Status of Infants: A Randomized-Controlled Trial in Longisa Hospital, Bomet County, Kenya
3. Carolyne Wasike: PHD/ATHX/06471P/2015 (Technical University of Kenya) Title: Health Food Products as a Tool for Market Growth among Restaurants in Nairobi City County, Kenya
4. Gladys Njura Gitau: H87/11934/2008 (Kenyatta University) Title: Nutrition education on Iron Status of Primary School pupils in Gatanga Sub-County, Kenya
5. Dennis Matanda (University of Bergen, Norway) Title: Relationship between child feeding practices and child malnutrition in Kenya: a longitudinal analysis (1993-2009).
6. Moses Ngatia Miricho: H87/11075/08 (Kenyatta University) Title: Yield Management Strategy in Kenya's Town Hotels: Opportunities and Scope in Room-Stock Management.

Professional/Consulting

Networking and collaboration with other organizations: I have networked and collaborated with other institutions such as Kenya Veterinary Board, Bayer East Africa company, APHRC, NACOSTI, MoH, Ministry of Planning. I have also networked and collaborated with UN bodies, civil society and other Non-governmental organizations especially those dealing with Food Security, Nutrition and Health.

Membership to Editorial Boards: I am a member of EC Nutrition as a member of the editorial board.

Appointment to National, Regional and International boards as a consultant: I have consulted for GAIN (REGAL-IR), the Agriculture Nutrition and Health (ANH) Academy, UN FAO, for Global alliance for improved health (GAIN) on food fortification and the Counterpart for the IAEA-Kenya National Nutrition KEN 6025 – a national project (Title: *Enhancing the Use of Isotope Technique Applications to Assess the Effects of Nutrition Related Interventions*) hosted at and led by Kenyatta University. I previously coordinated a regional nutrition project in which 11 African Countries participated in – IAEA RAF 6042.

Consultancies for academic/professional organizations and institutions: I have consulted widely for organizations such as UN FAO, WFP, UNICEF, IAEA, Africare, Turkana (the IMPACT project), RTI Turning knowledge into Practice/USAID among others and Ministries of Health, Agriculture and Education through partners.

Membership to Academic/ professional bodies: I am a

- Registered member of Kenya Association of Food Safety and Protection (KAFSAP)
- Member (and registered member) of the Kenya nutritionist and dietician Institute (KNDI).
- I am also a member of the Scaling up Nutrition (SUN) Academia Research Network.

Appointment as External Examiner

- I have been serving as external examiner for both undergraduate and postgraduate coursework as well as postgraduate theses/dissertations Evidence is attached.
- Coursework External Examiner, Kabarak University, Kenya – 2017 - 2020. Renewed in 2021.
- External Examiner: Postgraduate thesis examination: North West University, South Africa, Makerere University, Uganda, University of Eldoret, University of Pretoria, South Africa, Makerere University, Uganda, Moi University and Maseno University.

Administration and Responsibilities at Kenyatta University

Recognized University administrative positions

- 2019- 2021 : Renewal of appointment as Chairperson, Department of Food, Nutrition and Dietetics
- 2017- 2019 : Appointment as Chairperson, Department of Food, Nutrition & Dietetics
- 2018 – 2019 : Chairperson, University Conference Organizing Committee, the International Food Safety Conference in May 20-24, 2019 at Kenyatta University, Nairobi, Kenya
- 2013 – 2017 : Chairperson, School of Applied Human Sciences Linkages & Collaborations Committee
- 2012 – 2017 : Chairperson, School of Applied Human Sciences Board of Undergraduate Studies
- 2017-2021 : I have served in several University committees such as Kenyatta University participation in the Blue Economy international conferences.
- In 2019 : Appointed to a University committee to investigate student unrest/riots
- 2019-2023 : Several appointments to committees to write University Research Proposals; Proposal to WADA, proposal on maternal and child health, proposal on Women's Health
- In 2023 : Appointment to a University Committee to review/revise University's IP Policy

Other University responsibilities

Jan -Aug 2017: Chairperson, Departmental credit waiver committee
2013 – 2017 : Departmental Postgraduate Coordinator, Dept of Foods, Nutrition & Dietetics
2013-2017 : Member, School of Applied Human Sciences Board of Post Graduate Studies
2012–date : Student and staff mentor, Kenyatta University
2012-Date : Member, Departmental Quality Management Committee
2010- 2013 : Departmental Timetable Coordinator
2008– 2010 : Departmental Examination Coordinator
2007- 2009 : School and Departmental Website Coordinator
2006-2008: Departmental Coordinator for Institute of Open Learning

Community Engagement and other contributions

Research funding

- This UN International Atomic Energy Agency (IAEA) – Kenya National Nutrition Project on nuclear applications Project KEN6025: *Project Title: Enhancing the Use of Isotope Technique Applications to Assess the Effects of Nutrition Related Interventions*, (a 4-year project 2020-2023), in which I am the Lead Scientist, Counterpart and host attracted research funds to Kenyatta University
- Belgium VLIRIOUS Clinical Nutrition short course training for capacity building, 2017
- Dutch Government NUFFIC OKP funding for short course in Food systems, 2019
- I in 2019 organized (as the Chairperson) a very successful international food safety conference received external stakeholder funding which led to the launch of the Kenya Association of Food Safety and Protection, in which I am the Vice-Chairperson

Community Service

- EnoomatAsian Girls Secondary School, Kajiado North, member of Board of Management (BOM) and Chairperson of the Academic Committee (2019-2023)
- Organized and attended community based medical camp
- Church ministry training at CITAM Ngong and leadership as a Bible study/Safari group leader
- I have supported General Mulinge Secondary School, Machakos in Careers.

Professional Affiliations and Portfolios

- I am the Chairperson of the Kenya Association of Food Safety and Protection KAFSAP
- I serve (2006 to date) in different technical working groups at the Ministry of Health and
- At the Agri-Nutrition Technical forum hosted at the Ministry of Agriculture
- I am a licensed nutrition practitioner
- I have served in international boardse.g. e-Nutrition Academy

Recognitions, awards and honors

- I received from the VC Kenyatta University a recognition letter as a successful Chairperson of a Department
- For a month I was featured and recognized as a scholar championing Agriculture, Nutrition and Health Academy (ANH)
- Invited to Kenya's first lady's meeting on nutrition related activities
- I have been invited to high profile meetings as an individual/ representative of KU.
- I got trained on implementing University policies as a Chairperson of Department

Other sub-category

- I have served on severally as a Judge/adjudicator in the Kenya Arts and science exhibitions

- I have also served as an invited speaker on professional meetings
- I am invited to schools to schools on careers

Organizing conferences and workshops

- 2019: Chairperson of the Local Organizing Committee of the International Food Safety conference which was a huge success
- 2016: Member of the Local Organizing committee (as Secretary) of the 2nd Regional conference of Gerontology and Geriatrics held at APHRC, Nairobi, Kenya
- 2020: Organization of Public Health workshop

Evidence of applying for research grants

- Several proposals are written

REFEREES

1. **Prof. Judith Kimiywe (PhD), Professor of Nutrition** Department of Foods, Nutrition & Dietetics
Kenyatta University, P.O. Box43844, 00100 Nairobi, Kenya,
Email: jokimiywe@gmail.com or kimiywe.judith@ku.ac.ke
2. **Prof. Judith Waudu (PhD), Professor of Nutrition** Department of Foods, Nutrition & Dietetics
Kenyatta University, PO Box 43844, 00100, GPO, Nairobi, Kenya, Email: or
waudo.judith@ku.ac.ke
3. **Susan Kahinga Chege, Research Director**
Pan African Research Services (PARS) Ltd. P.O. Box 66765 – 00800, Nairobi, Kenya
Email: susan.kahinga_chege@pars.co.ke Website: www.pars.co.ke