

Academic Staff Profile

Personal Profile

Personal Details

Name: Gitahi Theuri Title/Qualification: Dr Department: Exercise Science Designation/Position: Lecturer Email: theuri.gitahi@ac.ku.ke Contact Address: Area of Specialization: - Applied Human Physiology - Chronic Disease Intervention Research Interests: - Metabolic Pathways in chronic disease - Cardiac rehab in Heart failure -Chronic Disease Interventions -Vitamin D3 in extra-skeletal disorders -Nutrient depletion effects of Pharmacological agents Google Scholar: ORCID ID:	
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Academic & Professional Qualifications

- PhD
- MS
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Employment History

- Kenyatta University, Nairobi
- Wellness Associates, Nairobi
- Nairobi Cardiovascular Clinic, Nairobi
- Quest I.S- Pharmaceutical Practice, Malvern PA
- Frostburg State University, Frostburg, MD

Achievements

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Publications

Referred Journals

S/No.	Author	Year	Title	Journal
1	B. Abuto, N. Muthomi and G. Theuri	Jan 2023	Efficacy of an eight week soccer training programme on cardiovascular fitness: Case of Strathmore school, Nairobi city county, Kenya	International Journal of Physical Education, Sports and Health 2023; 10(2): 234-237
2	G. Theuri	2022 In Press	Heart Failure: To D or not D, that is the Question!	Journal of Kenya Association of Physicians, Vol 4 No.1 (Supplement 1), July 2022
3	G. Theuri & L.J Wachira	2022 In Ed	Vitamin D3 Deficiency: The Missing Component in the Physical Activity and Lifelong Health of Children and Adolescents in Sub- Sahara Africa	Sport and Fitness in Children and Adolescents [Working Title]. IntechOpen. https://doi.org/10.5772/intechopen.105470
4	G. Theuri	2021	Vitamin D and Hyperinsulinemia: Beauty and the Beast	Book of Abstracts, 2021, Abu Dhabi Annual International Conference on Vitamin D Deficiency and Human Health
5	G. Theuri	2018	Relationships between s- Free Testosterone and s- 25(OH)D3 in females living on the Equator	Book of Abstracts, 2018, Abu Dhabi Annual International Conference on Vitamin D Deficiency and Human Health
6	G. Theuri	2018	Birds of a Feather: Correlation between hTMA-Magnesium and Vitamin D Status	Book of Abstracts, 2081, Abu Dhabi Annual International Conference on Vitamin D Deficiency and Human Health
7	G. Theuri		Symbiosis: Vitamin D deficiency and Waist circumference in Adult Males	Book of Abstracts, 2018, Abu Dhabi Annual International Conference on Vitamin D Deficiency and Human Health
6	G. Theuri & F. Kiplamai	2016	Serum Vitamin D and hand-grip strength in a Clinical Population in Kenya	Book of Abstracts, 2016 PASHDA Conference

8	G. Theuri and F. Kiplamai	2013	Association between vitamin D levels and central adiposity in an eastern Africa outpatient clinical population	Dermato-Endocrinology 5:1, 218–221; January/February/March 2013
9	G. Theuri & F. Kiplamai	2012	Hypovitaminosis D in an Ambulatory Population in Eastern Africa	Medycna Standardy/Pediatrica, 2012
	G. Theuri, G. Dallner, M. Tekle	June 2013	Effects of Lifestyle on Plasma IGF, Ubiquinone and Vitamin E in Kenyan Rural & Urban Populations,	Growth Hormone & IGF Research, Volume 23, Issue 3, Pages 68-75
10				
11	M. Tekle, G. Theuri, E. Sandberg, G. Dallner, K. Brismar	2010	M. Tekle, G. Theuri, E. Sandberg, G. Dallner, , 2010, P88 Plasma levels of insulin-like growth factor-I, insulin-like growth factor binding protein-1, coenzyme Q10 and vitamin E in Kenyan populations,	Growth Hormone & IGF Research, Volume 20, Supplement 1, Page S71,
12	G. Theuri	2010	Differences in Physical Activity, Waist-Hip Ratio and Blood Pressure Between an Urban and Pastoral Population in Kenya, Book of Abstracts ICHPES	Book of Abstracts, 2010 ICHPES
13	G. Theuri	2010	G. Theuri, 2010, The Prevalence of Malnutrition in an Urban and Rural Community in Kenya: Different Strokes For Different Folks?	Book of Abstracts, 2010 ANEC 4
14	G. Theuri	2005	Polyunsaturated Fats and Heart Disease: What Way Forward?	Book of Abstracts, 2005 KCS, 22nd Annual Scientific Conference
15	G. Theuri	2005	New Perspectives on High	Book of Abstracts, 2005 KCS, 22 nd Annual

			Protein Diets	Scientific Conference
16	G. Theuri	2004	Lifestyle Modification in Secondary Prevention of Cardiovascular, Disease	Book of Abstracts, 2004 KCS, 21 st Annual Scientific Conference
17	G. Theuri	2003	Perspectives on Obesity in Kenya at the Kenya Cardiac Society, 20th Annual Scientific Conference, Nairobi	Book of Abstracts KCS, 2003, 20 th Annual Scientific Conference
18	G.Theuri	2003	Perspectives on Pre-obesity and Obesity and Subsequent Health Implications in Kenya.	<i>Nairobi Hospital Proceedings Vol. 7, Issue 1,6-10</i>
19	G. Theuri, W. Muturi	2003	Lifestyle Modification in Cardiovascular Diseases	<i>Nairobi Hospital Proceedings Vol. 7, Issue 5, 229-240</i>

Books and Books Chapters

- G. Theuri & L.J Wachira 2022 Vitamin D3 Deficiency: The Missing Component in the Physical Activity and Lifelong Health of Children and Adolescents in Sub-Sahara Africa Sport and Fitness in Children and Adolescents [Working Title]. IntechOpen. <https://doi.org/10.5772/intechopen.105470>

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Conference/Workshops/Seminar Papers

Conference Papers

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1.	G. Theuri	Nutrition Interventions in CHF	Mombasa/Kenya	27-30 th Aug, 2022	
2	G. Theuri	Vitamin D and Hyperinsulinemia: Beauty and the Beast	Abu Dhabi/ UAE	7-8 th October, 2022	
3.	G. Theuri	Relationships between s-Free Testosterone and s-25(OH)D3 in females living on the Equator	Abu Dhabi/ UAE	16-17 th March, 2017	

4	G. Theuri	Birds of a Feather: Correlation between hTMA-Magnesium and Vitamin D Status	Abu Dhabi/ UAE	16-17 th March, 2017	
5	G. Theuri/F. Kiplamai	Serum Vitamin D and hand-grip strength in a Clinical Population in Kenya	Nairobi/ Kenya	PASHDA Sept 2016	
6	G. Theuri	Relationship between hand-grip strength and 25(OH)D3	Abu Dhabi/UAE	March 2015	
7	G. Theuri	Carb-counting and Diabetes Control- Insulin Pump Symposium for Clinicians	Gertrudes Hospital, Nairobi/Kenya	24 th May, 2014	G. Theuri
8	G. Theuri	Association between 25(OH)D3 and Blood pressure in a clinical population in E. Africa	Abu Dhabi/ UAE	March 2014	
9.	G. Theuri	Lifestyle /Nutrition and carb counting during insulin pump therapy	Sarova Hotel/Nairobi	22 nd June, 2013	
10.	G. Theuri	Role of Exercise in Diabetes Management- East Africa Diabetes Study Group Conference	Nairobi/Kenya	27 th -31 st Oct, 2013	
11.	G. Theuri	Vitamin D in Pregnancy and Lactation- Time to Act Kenya Family Physicians CME Workshop	Nairobi, Kenya	17 th Nov, 2012	Nil

12	G. Theuri	Prevalence of Hypovitaminosis D in an Ambulatory Clinical Population in Eastern Africa Central Europe Vitamin D Conference	Warsaw, Poland	Oct 19 -20 th 2012	2500US\$
13	G. Theuri	Hypovitaminosis D3 in Kenya Kenya Pharmaceutical Association	Nairobi, Kenya	July, 2011	Nil
14	G. Theuri	Nutrition in cardio Metabolic Disease- Current concepts. Cardio-Metabolic Forum - Kenya Association of Physicians 15 th Annual Scientific Conference, Nairobi, Kenya	Nairobi Kenya	June, 2011	Nil
15	G. Theuri	Regeneration and Recovery –4 th IAAF Elite Coaches Course	Nairobi, Kenya	June, 2009	Nil
16	G. Theuri	Regeneration and Recovery –4 th IAAF Elite Coaches Course	Nairobi, Kenya	June, 2009	Nil
17	G. Theuri	Differences in CVD Risk Factors Pastoral and Urban	Copenhagen, Denmark	June, 2009	1500

		Population. Steno Diabetes Center			
18	G. Theuri	CVD Research in Africa: Trials, Tears and Tribulations- University of	Copenhagen, Denmark	June, 2009	1500
19	G. Theuri	Lifestyle Modification in Hypertension- Kenya Association of Physicians 13th Annual Scientific Congress-	Nakuru, Kenya	March, 2009	Nil
20	G. Theuri	Forgive our Transgressions: Evolving Cardiovascular Disease in Kenyan Clergy- 5 th All African University Pre-Games Scientific Conference-	Kampala, Uganda	July, 2009	Nil
21	G. Theuri	Modern Nutrition and the Chronic Disease Fallout – Kenya Society of Anaestheologists - 15 th Scientific Conference	Mombasa, Kenya	Aug, 2009	Nil

22	G. Theuri	Polyunsaturated Fats and Heart Disease: What Way Forward? - Kenya Cardiac Society's 22nd Annual Scientific Conference	Nairobi, Kenya	May, 2005	Nil
23	G. Theuri	New Perspectives on High Protein Diets- Kenya Cardiac Society- 22nd Annual Scientific Conference	Nairobi, Kenya	May, 2005	Nil
24	G. Theuri	Lifestyle Modification in Secondary Prevention of Cardiovascular Disease Kenya Cardiac Society's 21st Annual Scientific Conference	Nairobi, Kenya	May, 2004	Nil
25	G. Theuri	Perspectives on Obesity in Kenya at the Kenya Cardiac Society 20th Annual Scientific Conference	Nairobi	May, 2003	Nil

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Workshops Papers

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Seminar Papers

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Student Co-authored Publications

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Other Publications

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Research

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Funded Projects

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Conferenced/Workshops/Seminars Attended

Conferences Attended

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Workshops Attended

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Seminars Attended

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Supervision of Postgraduate Students

Masters

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1	Elvis Onyango	Comparative Analysis of High volume training and sports specific training on Vo2 peak and lactate threshold on Black Blad Rugby players	Graduated, MSc
2	Brian Abuto	Efficacy of An Eight Week Soccer Training Programme on Muscular Fitness And Cardiovascular Endurance: Case of Strathmore School, Nairobi City County, Kenya	Graduated, MSc
3	Moses Gicharu	Efficacy of an Carbohydrate sport drink as an ergogenic aid in competitive males cyclists in Kiambu, County, Kenya	Graduated MSc
4	Dr Muthoni Gichu	Left Ventricular Hypotrophy in The Kenya Rugby Team	Graduated, MSc
5	Ane Viller	Apolipoproteins in Pastoral and Urban Populations in Kenya	Graduated MPH

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Ph. D

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8	Sipho Heleni Rutsatse	Health-risk appraisal effects on modifiable risk factors associated with obesity and hypertension in the banking sector workforce in Zimbabwe	PhD, Draft Dissertation
5	Julia Githanga	Blood Pressure Regulation using PMT in an Institutionalized Elderly Population	Graduated PhD
6	Edwin Kiptolo Boit	Circuit Training, Magnesium Supplementation in Hypertensive adults	Graduated PhD
7	Waiganjo Boro	Efficacy of foot orthotics and exercise in alleviating occupation related low-back pain in high school teachers in Nairobi	Graduated PhD

		County, Kenya	
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Professional/ Consultancy (Editor/ Peer review in journals, Networks/
Collaborations, External Examiner, Patents)

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Community Service and Other Engagements

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Columnist	<i>Hipoalergiczny</i> - Polish Allergy Magazine	2015-current	Writer/columnist	Nil
http://vitamindproject.ca	True North	2015	Public Health Awareness on Vitamin D	Nil

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Affiliation of Professional Bodies

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-SMSK

National and International awards and Recognitions

- Graduate Assistantship Frostburg State University 1996
- International Fellowship Frostburg State University, 1997
- Honours Award, Frostburg State University 1998

Administrative Positions Held

Recognized university administrative positions

- School Board of Post-graduate Studies: Chair 2016-2022

Other administrative positions Held

- Departmental Board of Post-graduate Studies: Chair 2016-2019
- Coordinator K.U Human Performance Lab

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