

CURRICULUM VITAE



1.1 PERSONAL PROFILE

1.1.1 Personal Details

Name: Dr Regina Wangui Kamuhu

Department: Food, Nutrition and Dietetics

Designation: Lecturer

Postgraduate Coordinator- Department of Food, Nutrition and Dietetics

Area of Specialization/ research interests:

- Clinical nutrition and dietetics
- Prevention and management of NCDs
- Nutrition and critical care
- Medical nutrition therapy
- Public health nutrition,
- HIV and AIDS programming,
- Maternal, infant, and young child nutrition (MIYCN),
- Health research and evaluation,

1.1.2 ACADEMIC AND PROFESIONAL QUALIFICATIONS

Academic Qualifications

2011-2016	Kenyatta University	PhD - Food, Nutrition and Dietetics
2007-2009	Punjab University	Msc - Food, Nutrition and Dietetics
1996-2001	Egerton University	Bsc - Food, Nutrition and Dietetics (Second Upper)
1991-1994	TumuTumu Girls High Sch	KCSE (B Plain)

Professional Courses

August 2025	MOE	Competency based education and training (CBETA)
June 2025	MOE	Cbeta/Development Of National Occupational Standards

February 2025	MOH	Baby Friendly Community Initiative (BFCI) Plus Nurturing Care TOT Training on the Science of Early Childhood Development.
September 2024	FAO/UNICEF	IPC AMN L1 Training
January 2021	KU	International training on transformational leadership for actil mentors & mentees (ACTIL)
November 2016	KU	ISO;9001-2015 Awareness training
October 2016	KU	KENET TRAINING
MAY 2015	KU	Research infrastructures survey
August 2015	KU	Teaching pedagogy
June 2014	MOH	Nutrition in paediatrics and neonates
September 2008	Punjab University	Eating disorders
April 2007	MOH	PMTCT
JANUARY 2007	MOH	Adult ART
September 2006	MOH	IYCN
MAY 2001	Egerton University	Participatory Rural appraisal (PRA)

1.1.3 University appointments and responsibilities

Date	Position	Duties
July 2020 to date	KNDI Accreditation Committee Co chair person	To maintain documentation and standards /procedures for accreditation
July 2024 to date	Program development committee member	BSC Program and postgraduate programs
November 2017 to 2021	Quality assurance ISO committee	ISO standards
August 2021 to date	Postgraduate coordinator Department, Food, Nutrition and Dietetics, Kenyatta University	Postgraduate coordination at the department
Nov 2017-2021	Examinations coordinator- Department, Food, Nutrition and Dietetics, Kenyatta University	Coordination examination moderation, submission, results management and school coordination
Oct 2017-2021	Departmental advisory committee	Advice department on matters academic, research and community service
Jan 2012-2016	ODEL coordinator Department, Food, Nutrition and Dietetics, Kenyatta University	Coordination of ODEL with the department

1.1.4 Employment History

Date	Position	Duties
July 2016 to date	Lecturer Department of Food, Nutrition and Dietetics Kenyatta University	Areas of teaching; ➤ Nutrition education and counselling, ➤ Nutrition assessments and surveillance ➤ Diet therapy, ➤ Therapeutic nutrition ➤ Meal planning, management and service, ➤ Research methods, ➤ food and nutrition security, ➤ Nutrition planning and intervention, ➤ Nutritional epidemiology, ➤ legal requirements in dietetics and Nutrition, dietetics,
Jan 2011- June 2016	Tutorial Fellow Department of Food, Nutrition and Dietetics Kenyatta University	➤ Nutrition education and counselling, ➤ Nutrition assessments and surveillance ➤ Diet therapy, ➤ Therapeutic nutrition ➤ Meal planning, management and service, ➤ Research methods, ➤ food and nutrition security, ➤ Nutrition planning and intervention, ➤ Nutritional epidemiology, ➤ legal requirements in dietetics and Nutrition, dietetics,
FEB 2005-2011	Senior Nutritionist: Ministry of Medical Services, Nyeri Provincial General Hospital, P.O BOX 27, Nyeri, Kenya	Responsibilities ➤ Senior Nutritionist at the Comprehensive Care Centre and Consultant Dietician in Medical, surgical and pediatrics wards. ➤ Nutrition counselling to People Living with HIV AIDS at the clinic.

		➤ Counsel mothers on prevention of mother to child transmission and feeding options for them. ➤ Planning of diets for patients with different conditions in the wards. ➤ Training of health workers on nutrition. ➤ Training communities about food security and good nutrition. ➤ Training and supervision of students on practicum ➤ Implementation of Malezi bora program in the outreach areas. ➤ Implementation of IYCF and Vitamin A supplementation in the hospital and the auxiliary hospitals ➤ Management and implementation of SFP in the hospital. ➤ Running a replacement feeding programme sponsored by a Spanish NGO-VIHDA in the PMTCT clinic and nursery in Nyeri PGH. ➤ Reporting and data management of the programs from the national level ➤ Liaising with the provincial and district nutrition officers in implementation of national programs Other Responsibilities ➤ Research assistant with Kenya Medical Research Institute at the CCC Nyeri PGH, a study about the effect of nutrition supplement on severely malnourished HIV AIDS patients.
May 2005-2006	Medical Representative: Surgi links Pharmaceuticals, P.O BOX 10232-00100, Nairobi, Kenya	Responsibilities ➤ Marketing of nutrition supplements to the prescribing doctors and local chemist stores

Jan 2002- Dec 2004	Secondary school teacher: St Clare's Girls High School, P.O BOX 393,Loitokitok, Kenya	Responsibilities ➤ Teaching Home science and Chemistry. ➤ Catholic lay missionary • Sports and house mistress. ➤ Guidance and counselling
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1.2 PUBLICATIONS

1.2.1 REFEREED PUBLICATIONS

No	Author(s)	Year	Title	Journal	ISBN/ISSN
1	Wanjiku, K. P., Regina, K., Elizabeth, K	2025	Dietary Practices and Nutritional Status of Hemodialysis Patients in Meru County..	<i>International Journal of Nutrition and Food Sciences,</i>	14(4), 248-259. https://doi.org/10.11648/j.ijnfs.20251404.17
2	Mutindwa , K., Kamuhu, R., & Kimiye, J.	2025	Association between Dietary Intake and Nutritional status of Critically Ill Non-Invasive Ventilated Adult Patients in Malindi Referral Hospital, Kilifi County,	<i>East African Journal of Health and Science</i>	8(1), 439-449. https://doi.org/10.37284/eajhs.8.1.2993
3	Nyawira P. W., Nyamota W., Kamuhu R.	2025	Dietary practices and nutrition status of adolescents with HIV attending Kiambu Level Five Hospital, Kiambu County, Kenya	<i>.International Journal of Food Science and Nutrition,</i>	ISSN: 2455-4898 Received: 20-02-2025, Accepted: 21-03-2025, Published: 04-04-2025 Volume 10, Issue 2, 2025, Page No. 46-54
4	Dorothy Bundi, Peter Chege, Regina Kamuhu.	2024	Association Between the Dietary Practices and the Nutrition Status of Adult Cancer Outpatients at Nyeri County Referral Hospital, Kenya; A Cross Sectional Survey.	<i>International Journal of Nutrition and Food Sciences</i>	13(6), 239–248. https://doi.org/10.11648/j.ijnfs.20241306.11
5	Bundi, D., Chege, P., Kamuhu, R	2024	Dietary Practices of Cancer Outpatients at Nyeri County Referral Hospital, Kenya; A Cross Sectional Survey	<i>International Journal of Nutrition and Food Sciences</i>	13(5), 209-218. https://doi.org/10.11648/j.ijnfs.20241305.16

6	Dorothy Bundi1, , Peter Chege2 & , Regina Kamuhu	2024	Malnutrition Diagnosis Among Cancer Outpatients Using Malnutrition Universal Screening Tool in Nyeri County Referral Hospital, Kenya.	<i>International Journal of Nutrition and Food Sciences,</i>	13(5), 166–173. https://doi.org/10.11648/j.ijnfs
7	Mary Ndanu Kyalo; , Peter Chege; & Regina Kamuhu.	2024	Overweight and Obesity and Associated Factors among Adolescent Students in Public Day Secondary Schools in Machakos County, Kenya.	<i>Journal of Nutrition and Food Security</i>	9(4), 744–754. https://doi.org/10.18502/jnfs.v9i4.16903
8	Elizabeth Wanyonyi , , Regina Kamuhu, & , Judith Kimiywe	2024	Nutrition Knowledge and Dietary Intake of Vitamin A and Iron Among Lactating Teenagers in Referral Hospitals in Kisumu County, Kenya.	<i>International Journal of Health Sciences and Research</i>	14(10). https://doi.org/DOI https://doi.org/10.52403/ijhsr.20241035
9	Sum Jepchumba, R., Munyaka, A., & Kamuhu R	2023	Prevalence and demographic risk factors for overweight and obesity among healthcare workers at Uasin Gishu County hospital, Kenya.	<i>African Health Sciences.</i>	, 23(2), 565–571. https://doi.org/10.4314/ahs.v23i2.65
10	Karimi, M., Chege, P., & Kamuhu, R	2023	Social economics determinants and dietary Recommendations adherence in type 2 diabetes patients in nyahururu kenya	<i>International Journal of Novel Research and Development,</i>	Volume 8,(Issue 8).ISSN: 2456-4184
11	zeephaniah O. Obonyo , Judith Kimiywe , Regina Kamuhu.	2023	Nutrient adequacy in the feeding of preterm infants for optimal growth at Embu Level Five Referral Hospital, Kenya	<i>TIJER International Research Journal,</i> 10(6), 859–869.	, 10(6), 859–869. Approved ISSN : 2349-9249
12	Rachael Maina, M., Waudu, J.	2023	Diet and comorbidities affecting hemodialysis patients at the renal unit in kenyatta national hospital, kenya: A	<i>International Journal of Health Sciences and Research,</i>	13(7), 110–121. https://doi.org/10.52403/ijhsr.20230718

	N., & Kamuhu, R. W.		cross sectional analytic study. International		
13	Onchwari, C. K., Chege, P., & Kamuhu, R.	2022	Cash crop farming among small scale tea farmers and its contribution to food security of households in vihiga county, kenya	<i>International Journal of Health Sciences and Research,</i>	12(11), 255–262. https://doi.org/10.52403/ ijhsr.20221133
14	Kamuhu, R., Mugendi, B., & Kimiye, J.	2021	Cardiovascular disease risk factors in hiv-infected adults in nyeri county, kenya.	<i>International Journal of Health Sciences and Research,</i>	11(5), 117–124. https://doi.org/10.52403/ ijhsr.20210516
15	Kamuhu, R., Mugendi, B., Kimiye, J., & Njagi, E.	2021	Effects of healthy diet plus peanut consumption on fasting lipid profile on hiv infected adults in nyeri county, kenya: Randomized crossover study.	<i>Journal of Nutrition, Fasting and Health, Online First.</i>	https://doi.org/10.22038/ jnfh.2021.52465.1308
16	Kamuhu, R. , Mugendi, B. , Kimiye, J. , & Njagi, E.	2020	Effect of Peanut Consumption on Nutritional Status Indices of HIV Infected Adults in Nyeri County, Kenya.	<i>World Journal of Nutrition and Health,</i>	SSN(Print): 2379- 7819 ISSN(Online): 2379-7827 8(1), 22-27. DOI: 10.12691/jnh-8-1-5
17	Kamuhu R., Mugendi B., Kimiye J., Njagi E.	2019	Proximate analysis of raw and roasted groundnut (Arachis hypogaea L.): Red Valencia and manipinta varieties	<i>International Journal of Food Science and Nutrition</i>	Vol. 4, Issue 4 ; Pages: 191-194 ;doi.org/10.22271/food
18	Wangui, K. R. (2016).	2016	Impact of peanut supplementation on cardiovascular disease markers in hiv-infected adults with dyslipidemia attending Nyeri level-5-hospital, Kenya (	<i>Doctoral dissertation, Kenyatta University</i>	http://ir- library.ku.ac.ke/handle/1 23456789/15090

1.2.2 Univeristy Level Scholarly Books

N o	Author(s)	Year	Title	Book
1	Dr. Regina Kamuhu	2025	Operational pilot guidelines for adoption of small quantity – lipid-based nutrient supplements (sq-lns) for wasting prevention in kenya	Operational Guidance For Implementation Of SQ-LNS First Edition July, 2025
2	Dr. Regina Kamuhu	2025	Wasting prevention using Small quantity – lipid-Based nutrient supplement (sq-lns)	Faciliators Guide First Edition July, 2025
3	Dr Regina Kamuhu	2025	Small quantity Lipid-based Nutrient Supplement (sq-Lns)	Participants' Manual First Edition July, 2025

1.2.3 Referred Learning Modules

N o	Author(S)	Year	Title	Copy right
1	Regina Kamuhu	2020	HFN 240: Foundations Of Food Preparation	Copy right Kenyatta University
2	Regina Kamuhu	2020	HFN 241: Human Nutrition	Copy right Kenyatta University
3	Regina Kamuhu	2021	HFN 171; Human Nutrition And Metabolism	Copy right Kenyatta University
4	Regina Kamuhu	2022	HNS 176: Introduction To Nutrition	Copy right Kenyatta University
5	Regina Kamuhu	2022	HNS 177: Nutrition And Health	Copy right Kenyatta University

6	Regina Kamuhu	2024	MND 6102: Medical Nutrition Therapy	Copy right Mount Kenya University
7	Regina Kamuhu	2024	MMB 5101: Nutrition Epidemiology	Copy right Mount Kenya University

1.2.6 Reviewed conference papers

- 1) Dorothy K. Bundi¹, Dr. Peter Chege (PhD)², **Dr. Regina Kamuhu** (PhD)³. (2024, August). Malnutrition Risk of Cancer Outpatients Using Malnutrition Universal Screening Tool in Nyeri County Referral Hospital, Kenya. *4th Conference Proceedings*. 4TH INTERNATIONAL NUTRITION AND DIETETICS
- 2) Wanyonyi Elizabeth Nanjala¹, **Kamuhu Regina²**, Kimiywe Judith³. (2024, August). Nutrition Knowledge and Dietary Intake of Vitamin A And Iron Among Lactating Teenagers in Kisumu County. *4th Conference Proceedings*. 4TH INTERNATIONAL NUTRITION AND DIETETICS SCIENTIFIC CONFERENCE BY JND, Kenya Nutritionists and Dieticians Office Complex, Mlolongo, Kenya.
<https://doi.org/10.57039/JND-Conf-Abt-2024-MFPCH-20>

- 3) Muketha Maureen Karimi ¹; Chege Peter M ². (PhD); Kamuhu Regina W ³. (PhD) (Aug, 2024). **Adherence To Dietary Recommendations in The Management of Type 2 Diabetic Patients Attending Diabetic Clinic at Nyahururu County Referral Hospital, Kenya.** 4th Conference Proceedings. 4TH INTERNATIONAL NUTRITION AND DIETETICS SCIENTIFIC CONFERENCE BY JND, Kenya Nutritionists and Dieticians Office Complex, Mlolongo, Kenya.
<https://doi.org/10.57039/JND-Conf-Abt-2024-MFPCH-20>

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1.2.7 Scholarly Presentations at Conference/Workshop/Seminars

No	Date	Presenter	Activity/Title Of The Paper	Venue/ Country	Funding source
1	March 2024	Regina Kamuhu	Nutrition Situation In Kenya	Thomas More, Belgium	Global Minds with a XREI grant
2	MAY 2015;	Regina Kamuhu	Impact Of Peanut Supplementation On Cardiovascular Risk Factors In HIV- Infected Patients With Dyslipidemia Attending Nyeri Level 5 Hospital	3rd FANUS Conference Arusha, Tanzania 25 – 29th May 2015	KU
4	OCTOBER, 2018	Regina Kamuhu	Formulation Of Module For And Training Of Small Scale Farmers On Processing And	Thika	AICAD (2019)

			Utilization Of Legumes, Cereals, Roots And Tubers		
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1.2.8 Seminars/ workshops attendance

No	Date	Presenter/ Participant	Activity	Venue/ Country	Funding source
1	March 2024	Regina Kamuhu	The 19th Edition of Thomas More International Days	Thomas more, Belgium	Global Minds with a XREI grant
2	16 To 20th June 2025	Regina Kamuhu	2nd co-creation workshop for development of the operational pilot guidelines for adoption of small quantity – lipid-based nutrient supplements (sq-lns) for wasting prevention in kenya	Machakos	MOH
3	November 2024	Regina Kamuhu	2nd workshop to review the public food procurement policy document	Lake Naivasha Resort	MOH
4	June 2025	Regina Kamuhu	Competency-based education training and assessment (CBETA) requirements	KUCC	TVETA
5	Feb 10-15 2025	Regina Kamuhu	Science of early childhood course	Safari park hotel	Aga khan university
6	January 2021	Regina Kamuhu	International Training On Transformational Leadership For Actil Mentors & Mentees	KUCC	KU/Directorate Of Capacity Building
7	OCT 2024		2 nd Africa maternal nutrition and MMS technical meeting	Raddison blue hotel	Micronutrient forum
8	Nov 2016 Iso;9001-2015	Regina Kamuhu	Quality Management System Standard Awareness	KU	KU

9	Oct 2016	Regina Kamuhu	Research infrastructures survey.KENET training	KU	KU
10	28 TH MAY- NOV 2013	Regina Kamuhu	Teaching methodology	KU	KU
11	JUNE 2014	Regina Kamuhu	Nutrition in paediatrics and neonates	MOH	MOH
12	APRIL 2009	Regina Kamuhu	Eating disorders	Govermnen t medical college, Chandigarh	Indian Dietetics Association: chardigarh Chapter
13	JULY 2021	Regina Kamuhu	Diabetes comprehensive care	Westwood Hotel, Nyeri	MOH
14	APRIL 2007	Regina Kamuhu	Replacement feeding and feeding options. Prevention during delivery PMTCT	MOH	MOH
15	FEB 2007	Regina Kamuhu	Comprehensive HIV Management and rationale use of HIV	Blue Post hotel	NASCOP&ICA P

1.2.13 Organising Conference/seminars

- Committee Organising The 1st Kenyatta University Global Conference On Patient Centered Care
- Scientific committee-THE 5TH INTERNATIONAL NUTRITION & DIETETICS SCIENTIFIC CONFERENCE November 2025
- Scientific committee-THE 4TH INTERNATIONAL NUTRITION & DIETETICS SCIENTIFIC CONFERENCE 12 th to 16 th August 2024.
- Scientific committee-THE 3rd INTERNATIONAL NUTRITION & DIETETICS SCIENTIFIC CONFERENCE 25th to 29th September 2023

1.3 QUALITY TEACHING LEARNING AND MENTORSHIP

1.3.1 Training in higher education

28th may- 14th Nov 2013: Teaching methodology

1.3.2 Supervision of Post Graduate Students

Complete supervision 14 Msc Students

1.3.3 COMPLETED MSC SUPERVISION

S No	Name	Title	Stage
1	Sum Rael H60/33573/2015	Blood pressure and its associated risk factors among staff at uasin gishu level 5 hospital, uasin gishu county, kenya	Graduated Dec 2020
2	ONCHWARI CALLEN KERUBO (Bsc) H60/CE/34132/2017	Household food security and nutrition status of children 6-59 months among smallholder tea farmers in vihiga county, kenya	Graduated Dec 2022
3	Maureen Karimi Muketha (Msc Fnd) H60/Cty/Pt/26898/2019	Adherence to dietary recommendations in the Management of type 2 diabetic patients attending Diabetic clinic at nyahururu county referral hospital, kenya	Graduated July 2024
4	Wanyonyi Elizabeth Nanjala (B.Sc. Fnd) Reg No. H60/Cty/Pt/24636/2013	Dietary intake and nutrition knowledge on vitamin a and iron among lactating teenagers in referral hospitals in kisumu county, kenya	Graduated
6	DEBORA GERVAS NIYEHA (Bsc. HE& HN) H60EA/CE/22675/2011	Dietary intake, physical activity and nutrition status of adolescents attending urban primary schools in kinondoni district, dar es salaam tanzania	Graduated

7	Mary Ndanu Kyalo (Bsc. Fnd) H60/Cty/Pt/33575/2015	Predictors of overweight and obesity among adolescent students in public day secondary schools in machakos county, kenya	Graduated July 2022
8	Zephaniah O. Obonyo (Bsc. F N D) H60/Cty/Pt/38440/2016	Infant and maternal factors affecting nutrient adequacy for optimal growth of preterm infants at embu level five referral hospital, kenya	Graduated
9	Maina Rachael Muthoni H60/38518/2017	Dietary intake and nutrition status of maintenance hemodialysis patients attending renal unit kenyatta national hospital, kenya	Graduated
10	NYAWIRA PATRICK WANJOHI (BSc. HND) REG NO.: 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	Graduate December 2025
11	KIMONDO ELIZABETH WAMBUI (BSC. FND) H60/CTY/PT/29439/2014	Household food security, morbidity and nutrition Status of adult females with tungiasis in Muranga county, kenya	Graduated July 2022
12	Dorothy Kareainto Bundi H60/Ce/21543/2020	Chemotherapy Side Effects, Dietary Practices and Nutrition Status of Cancer Outpatients in Nyeri County, Kenya	Graduated July 2024

1.3.4 ONGOING SUPERVISION

S No	Name	Title	Stage
1	Mary Njeri Irungu(Bsc Fnd) H60/Cty/Pt/30832/2015	Determinants of nutrition status of children 0-13 years with neurological impairment attending occupational therapy at thika level five hospital	Proposal/data collection

2	Rukwaro G Wanjiku (Bsc Fnd) H60/Ce/28086/2015	Determinants of adherence to diabetes self-management among type 2 diabetes patients attending nyeri county referral hospital, kenya.	Thesis
3	Carolyn Kemuma Oira (Bsc.Fnd) H60/Cty/Pt/39384/2016	Dietary practices, physical activity level, prevalence of overweight and obesity of late postpartum plus singleton mothers visiting kiambu level 5 hospital kenya	Proposal
4	Macharia Ann Wambui (Bsc H60/Ce/24079/2012	Factors influencing nutrient intake, nutrition status and glycemic control among type 2 diabetic patients in nyandarua county	Proposal
5	Kimutai Jebet Everlyn Reg. No. H60/Ce/34043/2016	Determinants of determinants of blood glucose management among type ii diabetic patients attending moi teaching and refferal hospital ,kenya	Data Collection
6	Maina Jerusha Muthoni (Bsc. Fsn) Reg No: H60/37738/2017	Nutrition status and functional status of adult cancer patients undergoing chemotherapy at murang'a level 5 hospital	Proposal
7	Wanjiku Njenga H60/Cty/Pt/27156/2014	Physical activity level, dietary and weight loss practices of overweight and obese adults attending aga khan university hospital nairobi city county, kenya	Proposal
8	Mercy Oduor (B.Sc. Fnd) H60/22719/12	An assessment of health seeking behaviour among hypertensive patients attending nutrition clinic in rachuonyo south county hospital, homabay county, kenya	Proposal
9	JEAN PAUL ZIHALIRWA HAKIZIMWAMI (Bsc. FND) H60EA/22030/2021	Feeding practices, morbidity, parental attitudes, and Recovery among children enrolled in outpatient Therapeutic feeding programs goma, democratic republic of Congo	Findings
10	Kaburu Robert Kamu H60/Cty/Pt/25940/2018	The prevalence of depression and self-management practices among patients with type ii diabetes mellitus in nakuru county	Findings
11	Wainaina Esther Watetu (Msc, Fnd)	Effect of expressed breastmilk counselling on the duration of exclusive	Phd findings

		breastfeeding among working mothers in nairobi, Kenya: a randomized controlled study	
12	CHERONOH MUTAI FARIDAH, (Bsc FND) REG.NO:H60/CE/24276/2012	Dietary intake and nutrition status among adolescents living with human immuno-deficiency virus in comprehensive care clinics in bomet county, kenya	Proposal
13	WAHOME EMILY MUKAMI (B.E.d, MSc.) REG. NO. H87/37446/2017	Effects of individualized and group diabetes nutrition education on blood glucose control. A randomized controlled trial in kiambu county, kenya	Phd Proposal
14	DITIRO A. CHERE R50F/20754/2023	Determinants of nutritional status among children under Five years of age admitted in princess marina hospital,botswana.	Findings
15	ABDULLAHI HIBAQ ADEN H60/CTY/PT/20125/2022	Determinants of nutritional status among children under Five years of age admitted in princess marina hospital, Botswana.	Data collection
16	RIGHA EDNA WAKIO (BSc. FND) H60/CTY/21529/2020	Nutrition knowledge, behavioral characteristics ,and diet adherence among diabetic children attending coast general teaching and referral hospital, mombasa county, kenya	Proposal
17	SALOME WANJIKU MWAI (BTECH.FN&D) H60/ CTY/PT/20945/2021	Dietary practices, dietary supplements use and blood pressure control among adult patients with hypertension in nairobi city county, kenya	Proposal
18	RODGERS MAXWELL OCHIENG H60/CTY/PT/20540/2021	Determining anaemia status among women of Reproductive age in bungoma county, kenya.	Proposal
19	ANN MUTAVE MUTISYA (BSc, FND) H60/CE/28816/2018	Community health volunteers knowledge And their performance on diabetes Management in machakos county, kenya.	Proposal
20	MUORIA STACY WAMBUI H60/20946/2021	Food consumption patterns, feeding difficultiess and Nutrition status among children with autism in nairobi, Kenya.	Proposal

21	Kathomi Mutembei Proposal	Determinants of body weight loss among selected Corporate workers within nairobi city county	Proposal
22	Esther Kemunto kerina H60/CTY/PT/28686/2014	Dietary practices, nutritional status and quality of life among adults undergoing cancer treatment in agakhan university Hospital, nairobi	Proposal
23	PHYLLIS WANJIKU KAROKI (Msc FND) H60/CE/21544/2020	Dietary adherence and nutritional status of adult chronic kidney disease patients on hemodialysis attending meru hospital clinics, meru county..	DEFENDED
24	Kamundi Patrick Mutindwa H60/Cty/Pt/20192/2021	Prevalence of malnutrition and associated factors Among critically ill non-invasive ventilated adult Patients in malindi sub-county referral hospital,kenya	DEFENDED
25	Jemimah Njeri Wawire H60/Cty/Pt/28562/2018	Nutritional status, blood pressure levels and the associated risks for hypertension among staff working in selected banks in nairobi town, kenya	Awaiting graduation

1.4. PROFESSIONAL/CONSULTANCY

1.4.1 Networks and collaborations

- Thomas More – COIL project for 4 Universities in 4 countries
- KNDI – Examiner And Accreditation Committee Member
- Proposes Thika University -APPOINTMENT AS A REVIEWER FOR CURRICULUM N NUTRITION AND DIETETICS
- **AMREF INTERNATIONAL UNIVERSITY** -SMEs Developing PGD. Clinical nutrition Blended elearning curriculum. From 24 th to 29th th April 2022.
- **AMREF INTERNATIONAL UNIVERSITY - APPOINTMENT AS AN INTERNAL EXAMINER FOR JOSEPHINE ATIENO ODHIAMBO SHS/MPH/3619-2/2020, MASTER OF PUBLIC HEALTH**
- Collaboration with MOH-Member of the public food procurement policy document Technical Working Group
- Collaboration with MOH-Member operational pilot guidelines for adoption of small quantity – lipid-based nutrient supplements (sq-lns) for wasting prevention in kenya Technical Working Group
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1.4.2 Editorial Boards/ Referee for Professional Periodicals

- Reviewer for Kenya nutritionist and dieticians journal (KNDI)
- Member of the scientific committee: **5th International Conference in Nutrition and Dietetics, 2025**

1.4.3 Consulting for external academic/ professional Organizations/ Institutions

Date	Position/ Type of research	Duties
. June – July 2013-	Coordinator (Narok county)	Consultant in the National Knowledge Attitude and Practice Survey in Vitamin A, Iron and Folic acid supplementation in Narok county
June 2024 ongoing	TWG MEMBER	The Public Food Procurement Policy Documenttechnical Working Group
July 2025	TWG MEMBER	Adoption Of Small Quantity – Lipid-Based Nutrient Supplements (Sq-Lns) For Wasting Prevention In Kenya

1.4.5 Membership to Academic/Professional Bodies

- Kenya Nutritionist and Dieticians Institute
- Nutrition academy- UK
- African Nutrition Society

1.4.6 External Examiners (THESIS_

1. External Examiner – Jomo Kenyatta university of Agriculture & Technology
2. External Examiner – Amref International University
3. External examiner- Masinde Muliro University of science and Technology
- 4.

1.5. ADMINISTRATIVE AND RESPONSIBILITIES

1.5.1 Recognized University administrative positions

- Departmental examinations coordinator (2018-2021)
- Appointment in University Committee
 - Member of School Board of Postgraduate Studies Committee -October 2021 to date
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Acting Chairman Department of Food, Nutrition and Dietetics :31 oct -November 2022

1.5.2 Other responsibilities in the University

Date	Position	Duties
July 2020 to date	KNDI Accreditation Committee Co chair person	To maintain documentation and standards /procedures for accreditation
July 2024 to date	Program development committee member	BSC Program and postgraduate programs

November 2017 to 2021	Quality assurance ISO committee	ISO standards
August 2021 to date	Postgraduate coordinator Department, Food, Nutrition and Dietetics, Kenyatta University	Postgraduate coordination at the department
Nov 2017-2021	Examinations coordinator- Department, Food, Nutrition and Dietetics, Kenyatta University	Coordination examination moderation, submission, results management and school coordination
Oct 2017-2021	Departmental advisory committee	Advice department on matters academic, research and community service
Jan 2012-2016	ODEL coordinator Department, Food, Nutrition and Dietetics, Kenyatta University	Coordination of ODEL with the department

1.6. COMMUNITY ENGAGEMENTS AND OTHER CONTRIBUTIONS

1.6.1 Research grants

1.6.1.1 Funded research grants

1. **Guest speaker:** Participation in International days - Thomas More- Geel, Belgium - Global Minds with a XREI grant Erasmus grant (2,500 Euro) – (16 March – 23th March 2024)
2. **Guest speaker:** Participation in International days - Thomas More- Geel, Belgium – KI71 Erasmus grant (16,500 Euro) – (16 March – 21th March 2026)
3. **CO PI** Upscaling and Commercialization of Nutraceutical Products Based on Resilient Grains for Enhanced Incomes, Food and Nutrition Security (2023).
Donor: National Research Fund: Government of Kenya:
Value: KSh. 9,950,000.00 (Funds not released)

1.6.2 Community service and other outreach

- **Appointment to Boards**
 - Member of Board of Management –Iriani girls High School, Othaya (April 2021 – 2024)
 - Member of Board of Management-Thunguri primary School, Othaya (July 2025 – date)
 - Member of Board of Management- St Josephs dispensary (Kahawa wendani) 2017-2020

- **Community service**
 - Participation in local radio and TV stations - giving talks on nutrition and Health
 - Nutrition talk – Anglican Churches of Kenya (Nyeri)
 - Nutrition talk – catholic Churches of Kenya (Kahawa Sukari)
 - Treasurer Jacaranda court (New Kahawa sukari) 2018- 2024
 - Assistant secretary St Rita Jumuiya St Joseph's Catholic church

REFEREES

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