

CURRICULUM VITAE
PROF. SOPHIE ATIENO OCHOLA



1. 1 PERSONAL PROFILE

1.1.1 Personal Information

NAME	:	Prof. Sophie Atieno Ochola
DEPARTMENT	:	Food, Nutrition and Dietetics
DESIGNATION	:	Associate Professor
EMAIL	:	ochola.sophie@ku.ac.ke

AREA OF SPECIALIZATION:

- Public Health Nutrition
- Humanitarian Nutrition – Nutrition in Emergencies
- Maternal and Child Nutrition
- Adolescence Nutrition

RESEARCH INTERESTS:

- Evaluation of Community-Based Nutrition Programmes
- Interphase between Nutrition and Climate Change
- Operation Research

GOOGLE SCHOLAR:

ORCHID ID: 0000-0003-0726-2428

1.1.2 Academic and Professional Qualifications

Academic Qualifications

- **2008:** PhD in Nutritional Sciences, University of Stellenbosch, Cape Town
- **1992:** Master of Science in Applied Human Nutrition, University of Nairobi
- **1978:** Bachelor of Education in Home Economics; First Class Honors.
University of Nairobi, 1978

Professional Qualifications

- 2025:** Essential Elements of Ethics by Global Health Network
- 2022:** Essential Elements of Ethics by Global Health Network
- 2021:** Prevention of sexual exploitation and abuse (PSEA) by UNICEF
- 2021:** Prevention of sexual harassment and abuse of authority (2021 version) by UN & UN agencies
- 2020:** Ethics and Integrity at UNICEF 2020 by UNICEF
- 2020:** **BSAFE** Online Security Awareness training for the United Nations Department of Safety and Security
- 2016:** Regional Training on **E-Learning** at Kenyatta University organized by E-Learning Network in Food and Nutrition Security with Partner Universities in Eastern Africa and Europe (**eLEFANS**) on **2nd December 2016**.
- 2015:** Regional Training on **E-Learning** at Makerere University organized by E-Learning Network in Food and Nutrition Security with Partner Universities in Eastern Africa and Europe (**eLEFANS**) from **8th -12th September 2015**
- 2015:** National Institute of Health web-based training on *Protecting Human Research Participants*– September 2015.
- 2014:** Training on the **Preparation of Detailed Implementation Plans for Large Country Lot Assurance Sampling**, jointly organized by the Micronutrient Initiative and Liverpool School of Tropical Medicine from **14th to 17th October 2014** at Micronutrient Initiative Office, Kenya.
- 2014:** Regional Training on **E-Learning** at Kenyatta University organized by E-Learning Network in Food and Nutrition Security with Partner Universities in Eastern Africa and Europe (**eLEFANS**) from **8th -12th September 2014**
- 2014:** Training in **Pedagogy (Teaching methods)** organized by the Directorate of Quality Assurance, Kenyatta University, **12th to 16th May 2014**.

2013: Teaching Methodology held at Kenyatta University 28th May and 14th November **2013**.

2011: Level 1Anthropometry Course at Kenyatta University: January 31st to February 4th 2011

1.1.3 EMPLOYMENT HISTORY/WORK EXPERIENCE

- March 2020 to date: Associate Professor, Department of Food, Nutrition and Dietetics, Kenyatta, University
- 2013 to 2020: Senior Lecturer, Department of Food, Nutrition and Dietetics, Kenyatta, University
- 2013 to 2017: Chairperson, Department of Food, Nutrition and Dietetics, Kenyatta, University
- 2009 to 2011: Lecturer, Department of Food, Nutrition and Dietetics, Kenyatta University
- 1998 to 2008: Assistant Lecturer, Department of Food, Nutrition and Dietetics, Kenyatta University

1.1.4 Achievements

- Research Grants
- Collaborations with Stellenbosch University, Cape Town; Tufts University, Helsinki University, UNICEF, IFPRI , Concern Worldwide, Catholic Relief Services, Ottawa University, Stellenbosch University
- Appointed chairman of the Kenya Red Cross Health and Nutrition Programme
- Appointed to the Rongai Citam Church School Board of Management.
- Under my Chairmanship of the department of Food, Nutrition and Dietetics, the department got Accreditation from Kenya Nutrition and Dietetics Institute (KNDI)
- Certificate of Appreciation in recognition of the valuable contribution as a Trainer for Research Assistance and Staff in the following areas: Nutrition, Physical Activity, Sociology and ODK data collection platform. Held at Kenyatta University, Nairobi, Kenya. Tuesday, 12th – 15th February 2019.

1.2 PUBLICATIONS

1.2.1 Articles in referred Journals

1. Magondu, W., **Ochola, S.** & Rucha, K. Effects of Educational Intervention on Uptake of Cervical Cancer Preventive Services at Kenyatta University, Kenya; A Cluster Randomized Control Trial. *J Canc Educ* (2025). <https://doi.org/10.1007/s13187-025-02797-7>.
2. Naomi Shume, **Sophie Ochola**, Eunice Njogu. Household Food Security and Complementary Feeding Practices Among Children 6-23 Months Old in Lungalunga, Kwale County, Kenya. *International Journal of Nutrition and Food Sciences*. Vol. 14, No. 6, pp. 456-474. <https://doi.org/10.11648/j.ijnfs.20251406.19> **2025**
3. Mahat Mohamed and **Sophie Ochola**. Early Malnutrition Risk Detection for Quality Patient Care: An Analysis of Nutrition Risk Screening tools in Kenyan Referrals Hospitals. *Health Care*, 13, 3001. <https://doi.org/10.3390/healthcare1323300>. **2025**.

4. Mwaniki, B.N., **Ochola, S.** and Kiio, J. Investigating the Interplay between Physical- and Social-Environmental Factors, Eating Habits and Nutrition Status among Nutrition Students at a Kenyan Middle-Level Institution—A Cross-Sectional Study. *International Journal of Health Sciences and Research*, 15, 264-283. <https://doi.org/10.52403/ijhsr.20250930> **2025**
5. Beatrice Atieno Opiyo, **Sophie Ochola**, Jayne Kamau. Dietary Practice and Nutritional Status of Adults with Type II Diabetes Mellitus Attending Clinic at Nakuru County Referral and Teaching Hospital, Kenya. *African Journal of Nutrition and Dietetics* 4 (02), 272-281. <https://doi.org/10.58460/ajnd.v4i02.165>. **2025**
6. Stanley K. Kinuthia¹, Gareth Stratton, Lucy J. Wachira, Victor O. Okoth, George Evans Owino, **Sophie Ochola**, Festus Kiplamai, Vincent Onywera, Nils Swindell. Average acceleration and intensity gradient of 9–11-year-old rural and urban Kenyan school-going children and associations with cardiorespiratory fitness and BMI: The Kenya-LINX project. *PLOS One*. <https://doi.org/10.1371/journal.pone.0329173>. **2025**
7. Stanley Kagunda Kinuthia, Gareth Stratton, Lucy Joy Wachira, Victor Okoth, George Evans Owino, **Sophie Ochola**, Amie Bethan Richards, Festus Kiplamai, Vincent Onywera, Nils Swindell. Differences between Health-and Skill-Related Physical Fitness Profiles of Kenyan Children from Urban and Rural Areas: The Kenya-LINX Project. *International Journal of Environmental Research and Public Health* 22 (4), 542. **2025**
8. Lucy-Joy Wachira, Nils Swindell, Noora Kanerva, Muhoro Munuhe, Timo Vuorimaa, Tiina Laiho, **Sophie Ochola**, Maijaliisa Erkkola, George Owino, Gareth Stratton, Mikael Fogelholm, Vincent Onywera. Objectively measured 24-hour movement behaviours of child-guardian pairs in low-to-middle income households in Nairobi City County, Kenya. *Sports Medicine and Health Science*. Volume 7, Issue 4: 263-271, July **2025**
9. Justin Mafuko, **Sophie Ochola**, Peter Chege. Influence of couple nutritional counselling versus maternal nutritional counselling on maternal attitude about maternal dietary practices and weight gain monitoring during pregnancy in Goma town, DR Congo. *Journal of Food Science and Nutrition Research*. 7 (2024): 87-95. **2024**
10. Justin Mafuko, **Sophie Ochola**, Peter Chege. Comparison of the influence of couple nutritional counselling versus maternal nutritional counselling on maternal knowledge on dietary practices and weight gain monitoring during pregnancy in Goma town, DR Congo. *Journal of Food Science and Nutrition Research* .ISSN:2642-1100. Volume 7: Issue 1. **2024**
11. **Sophie Ochola**, Asa Lelei, Julius Korir, Caleb Ombati, Caroline Chebet, David Doledec, Fridah Mutea, Jennifer Nielsen, Solomon Omariba, Esther Njeri, Melissa M. Bake. Feasibility of delivering vitamin A supplementation (VAS) and deworming through routine community health services in Siaya County, Kenya: A cross-sectional study. *Maternal & Child Nutrition*, e13626. <https://doi.org/10.1111/mcn.1362>. **2024**
12. Kiio, J, Nduati, Kuria E, **Ochola S**, Okoth J. Bio-accessibility of iron and zinc in selected complementary foods fortified with micronutrient powders in Kenya. *International Food Research Journal* 30 (2): 514 - 523 (**April 2023**) Journal homepage: <http://www.ifrj.upm.edu.my> DOI <https://doi.org/10.47836/ifrj.30>
13. Angela M. Kimwele, **Sophie A. Ochola**, Mary N. Mugambi. Challenges facing school head teachers' roles in the implementation of homegrown school feeding programmes in Makeni

County, Kenya. Journal of Education and Practice. ISSN 2222 (Paper)I ISSN 2222-288X (Online) Vol. 14, No. 19, **2023**.

14. **Sophie Ochola**, Noora Kanerva, Lucy Joy Wachira, George E. Owino, Esther L. Anono, Hanna M Walsh, Victor Okoth, Maijaliisa Erkkola, Nils Swindell, Gareth Stratton, Vincent Onywera, Mikael Fogelholm. Wealth and obesity in pre-adolescents and their guardians: a first step in explaining non-communicable disease-related behaviour in two areas of Nairobi City County. PLOS Glob Public Health 3(2): e0000331. <https://doi.org/10.1371/journal.pgph.0000331>. **2023**
15. Noora Kanerva, Lucy Joy Wachira, Noora Uusi-Ranta, Esther L. Anono, Hanna M. Walsh¹; Maijaliisa Erkkola, **Sophie Ochola**, Nils Swindell, Jatta Salmela, Henna Vepsäläinen, Gareth Stratton, Vincent Onywera, Mikael Fogelholm. Wealth and Sedentary Time Are Associated With Dietary Patterns Among Preadolescents in Nairobi City, Kenya. Journal of Nutrition Education and Behaviour, Volume 000, Number 000, **2023**.
16. Nils Swindell, Lucy-Joy Wachira, Victor Okoth, Stanley Kagunda, George Owino, **Sophie Ochola**, Sinead Brophy, Huw Summers, Amie Richards, Stuart J. Fairclough, Vincent Onywera, Gareth Stratton. Prevalence and correlates of compliance with 24-h movement guidelines among children from urban and rural Kenya—The Kenya-LINX. PLOS ONE <https://doi.org/10.1371/journal.pone.0279751> December 30, **2022**.
17. Janet Kajuju Malla, **Sophie Ochola**, Irene Ogada, Ann Munyaka. Effect of *Moringa Oleifera* fortified porridge consumption on protein and vitamin A status of children with cerebral palsy in Nairobi, Kenya: A randomized controlled trial. PLOS Glob Public Health 2(11): e0001206. <https://doi.org/10.1371/journal.pgph.0001206> (**2022**).
18. Juliana Kiio, **Sophie Ochola**, Elizabeth Kuria, Scholastica Mathenge, Judith Okoth. Bioequivalence of micronutrient powders to Corn-soy Blend on serum zinc concentration of children (6–36 months) with Moderate Acute Malnutrition in Thika urban slums, Kenya: A cluster-randomized controlled trial. PLoS One. Published: September 19, 2022. <https://doi.org/10.1371/journal.pone.0274870>
19. Dorcas Anunda Amunga, Lynette Daniels, **Sophie Ochola**. Determinants of Complementary Feeding Practices and Nutritional Status of Children 6–23-month-old in Pastoralist Communities of Isiolo, Kenya. Current Research in Nutrition and Food Science (2022). ISSN: 2347-467X, Vol. 10, No. (1) 2022, Pg. 267-275
20. **Sophie Ochola**, Irene A. Ogada, Colleta A. Odera. Predictors of the amount of intake of Ready-To-Use-Therapeutic foods among children in outpatient therapeutic programs in Nairobi, Kenya. Food Science and Nutrition (2022). DOI:10.1002/FSN3.1745.
21. Dorothy Apondi Othoo, **Sophie Ochola**, Elizabeth Kuria and Judith Kimiywe. Impact of Spirulina corn soy blend on Iron deficient children aged 6–23 months in Ndhiwa Sub-County Kenya: a randomized controlled trial. BMC Nutrition (2021) 7:70. <https://doi.org/10.1186/s40795-021-00472-w>.
22. Janet Kajuju Malla, **Sophie Ochola**, Irene Ogada & Ann Munyaka. Nutritional Value and Sensory Acceptability of *M. oleifera* Fortified Finger Millet Porridge for Children with Cerebral Palsy in Nairobi County, Kenya. Journal of Food Research; Vol. 10, No. 5; 2021

23. Kimwele A. M. **Ochola S. A.** and Mugambi M. N Influence of home-grown school feeding programme on dietary diversity among school children 6-13 years of age in Makueni County, Kenya. *European Journal of Health Sciences* ISSN 2520-4645 (online) Vol.6, Issue 1, pp 57-72, 2021.
24. Peterson Kato Kikomeko, **Sophie Ochola**, Archileo N. Kaaya, Irene Ogada, Tracy L. Birungi and Peace N. Stakeholders' perceptions of the nutrition and dietetics needs and the requisite professional competencies in Uganda: a cross-sectional mixed methods study. *BMC Health Services Research* (2021) 21:92 <https://doi.org/10.1186/s12913-021-06090-3>.
25. Lucy-Joy Wachira, Stella Muthuri, **Sophie Ochola**, Vincent LJ Wachira, S Muthuri, V Onywera, M Tremblay (2021). Association between dietary behaviours and weight status of school children: results from the International Study of Childhood Obesity, Lifestyle and the Environment (ISCOLE) - Kenya, *Child and Adolescent Obesity*, 4:1, 1-22, DOI: 10.1080/2574254X.2020.1842014
26. Joyce Nzilani Mutuku, **Sophie Ochola** and Justus Osero. Maternal knowledge and complementary feeding practices and their relationship with nutritional status among children 6-23 months old in pastoral community of Marsabit County, Kenya: A Cross-Sectional Study. *Current Research in Nutrition and Food Science*. ISSN: 2347-467X, Vol. 08, No. (3) 2020, Pg. 862-876.
27. Joseph Kobia M'Liria, Judith Kimiywe and **Sophie Ochola**. Impact of Mother-to-Mother Support Groups in Promoting Exclusive Breastfeeding in a Low-Resource Rural Community in Kenya: A Randomized Controlled Trial. *Current Research in Nutrition and Food Science*. ISSN: 2347-467X, Vol.08, No. (2) 2020. Page 609-621.
28. Mahat Jimale Mohamed, **Sophie Ochola** and Victor Owino. A Qualitative Exploration of the Determinants of Exclusive Breastfeeding (EBF) in Wajir County, Kenya. *International Breastfeeding Journal* (2020) 15:44 <https://doi.org/10.1186/s13006-020-00284-x>.
29. Wandia Florence, **Sophie Ochola**, Ogada Irene. Physical and Nutrition Education Intervention Improves Body Weight Status of Adolescents in Uasin Gishu County, Kenya: A Cluster-Randomized Controlled Trial. *Current Research in Nutrition and Food Science*. ISSN: 2347-467X, Vol. 08, No. (1) 2020, Pg. 318-332.
30. Wandia Florence, **Sophie Ochola** and Ogada Irene. Effect of Nutrition and Physical Education on Adolescents' Physical Activity Levels, Nutrition Knowledge, Attitudes and Dietary Practices. *J Food Sci Nutr Res* 2020;3 (2):061-082 DOI: 10.26502/jfsnr.2642-11000039.
31. Naureen Andare, **Sophie Ochola** and Peter Chege. Determinants of infant feeding practices among mothers living with HIV attending prevention of mother to child transmission Clinic at Kiambu Level 4 hospital, Kenya: a cross-sectional study. *BMC Nutrition Journal* (2019) 18:64 <https://doi.org/10.1186/s12937-019-0490-y>

32. Peterson Kato Kikomeko, **Sophie Ochola**, Irene A. Ogada, Archileo N. Kaaya, Peace Nakito. Strengthening Undergraduate Human Nutrition and Dietetics Training in Uganda: The Need to adopt a Competency-based Education. *Journal of Education and Practice*. ISSN 2222-1735 (Paper). ISSN 2222-288X (Online). DOI:10.7176/JEP.Vol.10, No.21, 2019.
33. Stellah Malaso Koini, **Sophie Ochola**, Irene A. Ogada, Socio-cultural factors and complementary feeding of children 6-23 months among Maasai in Narok South Africa Kenya. *Journal of Health, Medicine and Nursing*. ISSN 2422-8419. An Internal Peer-reviewed Journal. DOI:10.7176/JHMN. VOL. 62, 2019.
34. Lucy-Joy M. Wachira, Stella K. Muthuri, **Sophie A. Ochola**, Vincent O. Onywera, Mark S. Tremblay. Screen-based sedentary behaviour and adiposity among school children: Results from International Study of Childhood Obesity, Lifestyle and the Environment (ISCOLE) – Kenya. *PLoS ONE* 13(6): e0199790. <https://doi.org/10.1371/journal.pone.0199790>. 2018
35. Stellah Malaso Koini, **Sophie Ochola**, Irene Ogada. Association of Complementary Feeding Practices and Nutritional Status of Children 6-23 Months of Age among Maasai Community in Narok South Sub-County, Kenya. *International Journal of Innovative Research and Advanced Studies (IJIRAS) Volume 5 Issue 3, March 2018*. ISSN: 2394-4404.
36. T, Njoki, **S.Ochola**, M. Mutua, and E.W. Kimani. Association between household food security and infant feeding practices in urban informal settlements in Nairobi, Kenya". *Journal of Developmental Origin of Health and Disease* (2018), doi:10.1017/S2040174417001064.
37. Jacqueline K. Kung'u, Richard Pendame, Mame Bineta Ndiaye, Mulusew Gerbaba, **Sophie Ochola**, Adama Faye, Sulochana Basnet, Edward A. Frongillo, Sara Wuehler, Luz Maria De-Regil. Integrating nutrition into health systems at community level: Impact evaluation of the community-based maternal and neonatal health and nutrition projects in Ethiopia, Kenya, and Senegal. *Matern Child Nutr.* 2018;**14** (S1):e12577. <https://doi.org/10.1111/mcn.12577>.
38. Esther L. Anono, **Sophie Ochola**, Salome Wawire, Irene Ogada, Crispin Ndedda, Jacqueline K. Kung'u. "Community Perceptions towards the new role of Traditional Birth Attendants Child Nutrition s Birth Companions and Nutrition Advocates in Kakamega County, Kenya". *Matern Child Nutr.* 2018;**14** (S1): e12577. <https://doi.org/10.1111/mcn.12578>.
39. Purity Chepkorir, Irene Ogada, Audrey Steenbeek, Noni E. Macdonalds, **Sophie Ochola** Wesley Bor, Godfrey Odinga. *Infant feeding practices among HIV-exposed infants less than 6 months of age in Bomet County, Kenya: An in-depth qualitative study of feeding choices*. *Arch Dis Child* 2018;**0**:1–4. doi:10.1136/archdischild-2017-314521.
40. Mahat Jimale Mohamed, **Sophie Ochola** and Victor O. Owino. Comparison of knowledge, attitudes and practices on exclusive breastfeeding between primiparous and multiparous mothers attending Wajir District Hospital, Wajir County, Kenya: a cross-sectional analytical study. *International Breastfeeding Journal* (2018) 13:11. <https://doi.org/10.1186/s13006-018-0151-3>.
41. Okoth JK, **Ochola SA**, Gikonyo NK and Makokha AO. Efficacy of amaranth sorghum grains porridge in rehabilitating moderately acute malnourished children in a low-resource setting in Kenya: A randomized controlled trial. *Integr Food Nutr Metab*, 2017 Volume 4(4): 1-7. doi: 10.15761/IFNM.1000185

42. Mary N. Makau, **Sophie Ochola**, Dorcus Mbithe. Feeding Practices of Children Aged 0-59 Months Accompanying Incarcerated Mothers in Selected Women's Prisons in Kenya DOI: The Open Nutrition Journal 10.2174/1874288201711101???? 2017
43. Florence K. M'Kaibi, Nelia P. Steyn, **Sophie A. Ochola** & Lissane Du Plessis. The relationship between agricultural biodiversity, dietary diversity, household food security, and stunting of children in rural Kenya. Food Science and Nutrition. doi:10.1002/fsn.387 2016.
44. Judith Kanensi Okoth, **Sophie Atieno Ochola**, Nicholas K. Gikonyo, Anselimo Makokha. Development of a nutrient-dense complementary food using amaranth-sorghum grains. Food Science and Nutrition. Article first published online: 22 APR 2016 DOI: 10.1002/fsn3.367
45. Okoth MA, **Ochola S**, Onywera V, Steyn NP. Determinants of overweight and obesity in Kenyan adolescents in public and private schools. AJPHERD 2015; 21 (1:2):261-272.
46. M'Kaibi K. Florence, Steyn P. Nelia, **Sophie Ochola** and du Plessis Lissane. Effects of agricultural biodiversity and seasonal rain on dietary adequacy and household food security in rural areas of Kenya. BMC Public Health. 04/2015; 15(1):422. OI: 10.1186/s12889-015-1755-9.
47. **Sophie Ochola** and Penina Kinya Masibo. Dietary Intake of School Children and Adolescents in Developing Countries. Ann Nutr Metab **2014**; 64 (suppl 2): 24-40. DOI: 1159/000365235
48. Andrew Kiri Amegovu, **Sophie Ochola**, Patrick Ogwok, Peter Yiga, Juliet Hatocho Musalima & Juliana Mandha. Efficacy of sorghum peanut blend and corn soy blend in the treatment of moderate acute malnutrition in children aged 0-59 months in Karamoja, Uganda: a cluster randomized trial. Nutrition and Dietary Supplements 2014; 6 75-84
49. Andrew Kiri Amegovu, Patrick Ogwok, **Sophie Ochola**, Peter Yiga, Juliet Hatocho Musalima & Juliana Mandha. Sensory Acceptability of Sorghum Peanut Blend (SPB) and Corn SoyBlend Plus (CSB+) by young children with moderate acute malnutrition in Karamoja, Uganda. Journal of Food Science Vol 3, No 2. **2014**. 17-26.
50. Andrew K. Amegovu, Patrick Ogwok, **Sophie Ochola**, Peter Yiga, Juliet H. Musalima, Emma Mutenyo. Formulation of sorghum-peanut blend using linear programming for treatment of moderate acute malnutrition in Uganda. J. Food Chem. Nutr. 01 (02) **2013**. 67-77.
51. Okoth Judith Kanensi; **Sophie Ochola**; Nicholas. K. Gikonyo; Anselimo Makokha. Effect of Steeping and Germination on the Diastatic Activity and Sugar Content in Amaranth Grains and Viscosity of Porridge. *J. Agric. Food. Tech.*, 3(1) 1-7, 2013.
52. **Ochola SA**, Labadarios D, Nduati RW (2013). Impact of counselling on exclusive breast-feeding practices in a poor urban setting in Kenya: a randomized controlled trial. *Public Health Nutr.* 2013 Oct 8:1-9. doi:10.1017/S1368980012004405

53. Regina W Mbochi, Elizabeth Kuria, Judith Kimiywe, **Sophie Ochola** and Nelia P Steyn. BMC Public Health 2012, 12:823. Predictors of overweight and obesity in adult women in Nairobi Province, Kenya <http://www.biomedcentral.com/1471-2458/12/823>
54. Okoth Judith Kanensi; **Sophie Ochola**; Nicholas. K. Gikonyo; Anselimo Makokha (2011). Optimization of the Period of Steeping and Germination for Amaranth. *J. Agric. Food. Tech.*, 1(6) 101-105.

1.2.3 Patented Innovations

- Received Certificate of grant of utility model from Kenya Industrial Institute (KIPI) for “**Spirulina Corn Soya Blend for malnourished children**” 2016.
- Received Certificate of grant of a utility model from Kenya Industrial Institute (KIPI) for an invention titled, “**Complementary Food for Moderately Malnourished Children**” 2014

1.2.5 Books and Chapters

- Esther Anono, Hanna Walsh, Noora Kanerva, David Mubasu, Victor Okoth, Bill Clinton, Aliisa Hyvone, **Sophie Ochola**, Maaajialiisa Erkkola, Vinceni Onywera, Mikael Fogelholm. Photographic Food Atlas for Kenyan Adolescents (9-14 years old). 2018. : <https://kenfinedura.files.wordpress.com/2019/01/photographic-food-atlas-for-kenyan-adolescents.pdf>
- **Sophie Ochola** and Faith Nzioka; Operational Guidance for Rapid Assessment for Maternal and Infant Young Child Nutrition in Emergencies (MIYCN-E) for Kenya. Ministry of Health supported by UNICEF. 2018.
- Swallow, Brent M. & **Ochola, Sophie**, 2006. "[Agroforestry, nutrition, and health: understanding the links between agriculture and health](#)," [2020 vision briefs](#) 13(11), International Food Policy Research Institute (IFPRI).

1.2.6 Referred Learning Modules

2020: Wrote a module for Master of Science Students, **Advanced Nutritional Epidemiology** for the Department of Food, Nutrition and Dietetics, Kenyatta University.

2020: Wrote a module for Master of Science Students, **Advanced Nutrition Assessment** for the Department of Food, Nutrition and Dietetics, Kenyatta University.

2016: Wrote an – e module (first author) on *Research Methods* for BSc students in Food, Nutrition and Dietetics under the collaboration project on e-Learning Network on Food and Nutrition Security (ELEFANS) with partner universities (Kenyatta University being one of them) and Europe. This was an ACP cooperation programme for Higher education with financial assistance from the European Union.

2010: Appointed e-CONTENT DEVELOPER for ***Ethical Issues*** for an online University Common Course in Research Methodology for all Postgraduate Students. This was a project with

Kenyatta University under the Partnership for Higher Education in Africa's Educational Technology Initiative (PHEA-ETI).

2010: Appointed as e-CONTENT DEVELOPER for *Population in Research* for an online University Common Course in Research Methodology for all Postgraduate Students. This was a project with Kenyatta University under the Partnership for Higher Education in Africa's Educational Technology Initiative (PHEA-ETI).

2010: Appointed as e-CONTENT DEVELOPER for *Sampling* for an online University Common Course in Research Methodology for all Postgraduate Students. This was a project with Kenyatta University under the Partnership for Higher Education in Africa's Educational Technology Initiative (PHEA-ETI).

1.2.10 Consultancy and Project Reports

- **Sophie Ochola.** Research to improve the screening for wasting and the identification and treatment of wasted children (R-switch) in Kenya. Impact and cost of a package of detection and treatment service to improve wasting treatment coverage in Kenya, Baseline Report, July 2025.
- Young, H., **Ochola, S.**, Marshak, A., Stites, E., Gargule, A., Odundo, E., Ezaki, A., & Awonon, J. (2024). Back to Basics: Understanding the Problem of Persistent Global Acute Malnutrition. Feinstein International Center, Tufts University.
- Helen Young, Achiba Gargule, Elizabeth Stites, Anastasia Marshak, Judith Munga, Elijah Odundo, **Sophie Ochola.** 2023. Vulnerability, Risk, and Resilience: The implications for the drivers of malnutrition in Isiolo and Marsabit Counties, Kenya. Feinstein International Center. <https://fic.tufts.edu/publication-item/vulnerability-risk-and-resilience/>
- Anastasia Marshak, Ayane Ezaki, Elijah Odundo, Judith Munga, Achiba Gargule, Elizabeth Stites, **Sophie Ochola,** Helen Young. 2023. WHAT is the state of acute malnutrition in Marsabit and Isiolo Counties, and WHO is at risk? Feinstein International Center. <https://fic.tufts.edu/publication-item/what-is-the-state-of-acute-malnutrition/>
- Government of Kenya, Ministry of Health; Kenya Nutrition Capacity Development Framework 2023-2027, authored by **Sophie Ochola**
- Multi-Year Project Evaluation including knowledge, practice and Coverage Medair Health and Nutrition Programme, Somalia 2023 by Sophie Ochola
- Ministry of Health (MOH). (2024). *Review of Kenya Nutrition Capacity Development Framework: 2014–2019, Final report.* Ministry of Health Kenya by Sophie Ochola.
- USAID Advancing Nutrition. Review Report of Kenya Nutrition Capacity Development Framework 2014-2019. Technical report, November 2022. Authored by Sophie Ochola

1.2.15 Scholarly Presentations at Conference/Workshops/Seminars

- Webinar Presentation/Panelist on: Back to Basics: Understanding the Problem of Persistent Global Acute Malnutrition. Helen Young, **Sophie Ochola**, Anastasia Marshak, Elizabeth Stites, and Achiba Gargule. **2024**
- Dissemination of Nawiri USAID-Longitudinal Study Findings at National Level. **Sophie Ochola** and Achiba Gargule. **2024**
- County Dissemination of Nawiri Longitudinal Study findings (Isiolo and Marsabit). Sophie Ochola, Helen Young, and Achiba Gargule. **2024**
- Presentation on; What is the state of acute Malnutrition in Marsabit and Isiolo Counties and WHO is at risk at National Level. Helen Young, Elizabeth Stites, Achiba Gargule and Sophie Ochola. **2024**
- Presentation on: Managing Risks and Opportunities for Malnutrition Prevention in the Kenyan Drylands. Young, Elizabeth Stites, Achiba Gargule and Sophie Ochola. **2024**
- Community Dissemination of USAID Nawiri Longitudinal Study Year One Findings September 2012-September 2022 in Isiolo and Marsabit Counties. Sophie Ochola, Achiba Gargule and Elijah Ondudo. **2024**
- Presented a paper titled, *The use of an innovative digital method (ODK, Open Data Kit) for dietary intake data collection among pre-adolescents in Nairobi, Kenya*. Presented at the e-International Conference Data Analysis and Management at Wageningen University & Research, Netherlands. 8th to 12th February, 2021.

1.3 QUALITY TEACHING, LEARNING AND MENTORSHIP

1.3.1 Student Evaluations

Academic Year 2024/2025 second semester unit HFN 815–Nutrition in Emergencies.

Academic Year 2024/2025 second semester unit HFN 810–Community Nutrition Surveillance and Interventions.

1.3.3 Ongoing Supervisions

MASTERS ONGOING

1. **Sylvia Musinzi**, Analysis of Programme Adherence in Empowerment-Based Nutrition Interventions among Women of Reproductive Age in Low- and Middle-Income Countries: A Systemic Review. **Department of Food, Nutrition, and Dietetics, Kenyatta University. WRITING THESIS**
2. **Naomie Mlongo Shume**, Household Food Security and Complementary Feeding Practices among Children 6-23 Months Old in Lungalunga, Kwale County, **Kenya. Department of Food, Nutrition, and Dietetics, Kenyatta University. SUBMITTED THESIS FOR EXAMINATION.**
3. **Arusei Cherotich Valentine, H60/CTY/PT/22348/2011.** Determinants of compliance to iron and folic acid supplementation during pregnancy among lactating mothers in Elgeyo Marakwet County, Kenya. **Department of Food, Nutrition, and Dietetics, Kenyatta University. THESIS WRITING**

4. **June Akida Anyango**, “Determinants of nutrition status of pregnant adolescents attending health facilities in selected informal settlements in Nairobi, Kenya”. **Department of Food, Nutrition, and Dietetics, Kenyatta University. WRITING THESIS**
5. **Kagendo Kimotho**, Food security in persons with disabilities in low-income countries affected by conflict: A systematic review and in-depth interviews with humanitarian aid workers. **University of Edinburgh, The Royal (Dick) School of Veterinary Studies and The Roslin Institute Easter Bush Campus Midlothian. SUBMITTED THESIS FOR EXAMINATION.**
6. **Beryl Ondu**, Determinants of length, of stay in Outpatient Therapeutic Program for children aged 6-59 months in Township Ward Turkana County, Kenya. **Department of Food, Nutrition, and Dietetics, Kenyatta University. WRITING THESIS**
7. **Ibrahim Ali Abdirahman**, Utilization of Growth Monitoring and Promotion Services and Its Association with Feeding Practices among Children 0-23 Months in Mandera County, Kenya. **Department of Family Medicine, Community Health and Epidemiology, Kenyatta University. WRITING THESIS**

PhD ONGOING

1. **Mahat Mohammed**, “Effectiveness and utilization of Nutrition Risk Screening Tools among Hospitalized Adult Patients in the Kenyan Referral Hospitals”. **Department of Foods, Nutrition and Dietetics Kenyatta University. SUBMITTED THESIS FOR EXAMINATION.**
2. **Richard Wachira Magundu**, The Effect of Educational Intervention on Uptake of Cervical Cancer Preventive Services among Female students at Kenyatta University, Kenya. **Department of Health Management and Informatics, School of Health Sciences, Kenyatta University. SUBMITTED THESIS FOR EXAMINATION**
3. **Mafuko Barigira Justin**, H87F/26171/2019, Effectiveness of couple versus maternal nutritional counselling on dietary practices of pregnant women and pregnancy outcome in Goma Town, DR Congo. **SUBMITTED THESIS FOR EXAMINATION**
4. **Leah Mututho**, “Effect of provision of breast pumps and breastfeeding counselling on exclusive breastfeeding among mothers working in horticultural farms, Naivasha, Nakuru County, Kenya”. **Department of Food, Nutrition and Dietetics, Kenyatta University. Kenyatta University. DATA ANALYSIS AND THESIS WRITING.**
5. **Dean Ominde Koros**, Effect of Nutrition Education on Weight Management of Overweight/Obese Primary School Children in Nakuru County, Kenya. **Department of Food, Nutrition and Dietetics, Kenyatta University. Kenyatta University. DATA ANALYSIS AND THESIS WRITING.**
6. **Victoria Mwenda**, Validation of an interview administered food frequency questionnaire for assessment of dietary intake and adequacy amongst adolescents in Nairobi County. **WRITING PROPOSAL**

1.3.4 SUPERVISION OF POSTGRADUATE STUDENTS- SUCCESSFULLY COMPLETED

MASTERS

1. **Rahab Nyakweya Waihenya**, "Community Health Promoters' Nutritional Knowledge, Attitudes and Practices towards People Living with Human Immunodeficiency in Kawangware, Nairobi, Kenya. **Department of Food, Nutrition, and Dietetics, Kenyatta University. 2025**
2. **Beatrice Atieno Opiyo**, "Dietary and physical activity practices among Type II diabetic adults attending Rift Valley level 4 hospital, Nakuru County, Kenya". **Department of Food, Nutrition, and Dietetics, Kenyatta University. 2025**
3. **Bridgit Nduta Mwaniki**, "Environmental and individual factors associated with eating habits, overweight and obesity among Kenya Medical Training College nutrition students, Kenya." **2024**
4. **Bilha Naandi**, "Comparison of dietary diversity and nutritional status between children I in Households with and without kitchen gardens in Kakamega County, Kenya". **Department of Food, Nutrition and Dietetics, Kenyatta University, Nairobi. 2024**
5. **Grace Weru Wakio**, "Determinants of nutrition knowledge among primary school pupils in Laikipia County, Kenya." **Department of Food, Nutrition and Dietetics, Kenyatta University, Nairobi. 2024**
6. **Florence Mwendu Mwanthi**, Socio-Economic and Demographic Determinants of Dietary Practices among Young Adults (19-24 years) attending Commercial Colleges in Nairobi's Central Business District, Kenya. **Department of Food, Nutrition and Dietetics, Kenyatta University, Nairobi, 2023**
7. **Stella Malaso Koini**, **Complementary** feeding practices and nutritional status of children 6-23 months of age among Maasai communities in Narok County, Kenya. **Department of Food, Nutrition and Dietetics, Kenyatta University, Nairobi. 2022**
8. **Triza Njoki Macharia**, "The association between household food security and infant feeding practices in urban informal settlements in Nairobi County, Kenya" **Department of Food, Nutrition, and Dietetics, Kenyatta University, Nairobi. 2021**
9. **Mutuku Joyce Nzilani**, "Complementary feeding and nutritional status among children aged 6-23 months in Marsabit County, Kenya". **Department of Community Health, Kenyatta University, Nairobi. 2021**
10. **Mwaura Joel Kiarie**, "Complementary Feeding Practices and Nutrition Status among Infants 6-23 Months Old in Babadogo Informal Settlement, Nairobi County, Kenya". **Department of Food, Nutrition, and Dietetics, Kenyatta University, Nairobi. 2020**
11. **Colleta Aoko Odera**, "Complementary feeding knowledge, attitude and practices among caregivers of children aged 6-23months, admitted to Kamukunji sub-county's out-patient therapeutic programs, Nairobi County, Kenya". **Department of Food, Nutrition, and Dietetics, Kenyatta University, Nairobi. 2020**

12. **Esther Amondi Achar:** The prevalence and Impact of malnutrition in hospitalized adult patients in Mbagathi District, hospital, Nairobi-Kenya. **Department of Global Health, Division of Human Nutrition, Faculty of Medicine and Health Sciences. University of Stellenbosch, Cape Town. Graduated, March 2019.**
13. **Naureen Andere Achieng'** H60/CTY/PT/25564/2011: Determinants of infant feeding practices among mothers living with HIV attending Kiambu Level 4 Hospital, Kiambu County, Kenya. **Department of Food, Nutrition & Dietetics, Kenyatta University. Graduated July 2017**
14. **Janet Otin** H60/12707/2009: Prevalence of overweight and obesity in relation to feeding practices and physical activity among pre-school children in Kibera Kenya. **Department of Food, Nutrition & Dietetics, Kenyatta University. Graduated December 2017.**
15. **Edward Kutondo,** "The prevalence of undernutrition and associated factors among children aged 6-59 months in Mumias informal urban settlement, Kakamega County, Kneya". **MPH, Moi University, Kenya. Completed October 2016.**
16. **Mahat Jimale Mohamed,** "Comparison of Knowledge, Attitudes and Practices on Exclusive Breastfeeding Between Primiparous and Multiparous Mothers attending Wajir District Hospital, Wajir County, Kenya". **Department of Foods, Nutrition, and Dietetics, Kenyatta University. 2016**
17. **Solomon Mosomi Ogachi,** "Dietary diversity of the school feeding program and factors influencing the school feeding program in the slums of Nairobi, Kenya: A perspective of school principals/teacher in charge. **Master of Nutrition at the University of Stellenbosch. Completed March 2016**
18. **Jane Ilusa Nyabuti,** "Factors associated with the continuation of growth monitoring among children 10 to 59 months old in Nyamira County, Kenya". **Department of Food, Nutrition, and Dietetics, Kenyatta University. Completed December 2015**
19. **Dorcas PA Amunga,** Complementary feeding practices and the anthropometric status of children aged six to 23 months among the pastoralist communities of Isiolo County, Kenya. **Stellenbosch University, Cape Town. Completed March 2015**
20. **Kimwele Angelica Mueni,** "Maternal Knowledge on Complementary Feeding Practices and Nutritional Status of Children 6-23 Months old, attending Kahawa West Public Health Centre, Nairobi County". **Department of Food, Nutrition, and Dietetics, Kenyatta University. Completed July 2014**
21. **Jacob Kipruto Korir** H60/20256/2010, "Complementary Feeding Practices and Nutritional Status of Children Aged 6-23 Months in Korogocho Slum, Nairobi County, Kenya", Department of Foods, Nutrition and Dietetics, Kenyatta University. **Department of Foods, Nutrition and Dietetics Kenyatta University. 2013**
22. **Maureen Awuor Okoth,** H60/12702/2009, "Overweight and Obesity in Relation to Dietary Patterns and Physical Activity among Adolescents attending Day Secondary

Schools in Kisumu District, Kenya”. **Department of Foods, Nutrition and Dietetics Kenyatta University. 2013**

23. **Makau Mary Ndanu, H60/10783/2008**, “Feeding Practices and Nutritional Status of Children Aged 0-59 Months accompanying incarcerated mothers in selected Women’s Prisons in Kenya”. **Department of Foods, Nutrition and Dietetics Kenyatta University. 2013**
24. **Grace Kihagi, H60/10643/2007**, Child care practices, Nutrition Status and morbidity prevalence among Internally Displaced Persons in Kieni Forest, Gatundu District, Kenya. **Graduated December 2012.**
25. **Leah Mututho, H60/10302/2008**, Factors influencing exclusive breastfeeding among infants less than 6 month of age in Kasarani Informal Settlement, Kenya. **Graduated December 2012.**
26. **Velma Nyapera H60/10301/2008**; “Nutrition Knowledge, Attitudes and Practices of children from Isinya and Nkoile primary schools in Kajiado district, Kenya. Department of Foods, Nutrition and Dietetics Kenyatta University. **Department of Foods, Nutrition and Dietetics, Kenyatta University Completed in June 2012 and graduated in July 2012.**
27. **Jane Ndung’u**, “Assessment of Nutrition and Health Status and Child Care Practices of children less than 5 years of age living in Children’s Homes in Nairobi”. **Master of Public Health, Kenyatta University. Graduated in 2004**

PhD SUPERVISION – SUCCESSFULLY COMPLETED

2024

1. **Angelica Mueni Kimwele**, “Nutritional appraisal and development of a strategic model to enhance the implementation of Home-Grown School Feeding Programme in Makueni County, Kenya. **Technical University of Kenya.**

2022

2. **Janet Malla**, “Utilization of *moringa oleifera* leaf powder fortified fermented millet porridge to enhance the nutritional status of children with special needs (cerebral palsy) aged 5 to 12 years in Nairobi, Kenya”. **Department of Food, Nutrition and Dietetics, Kenyatta University, Nairobi.**
3. **Peterson Kato Kikomeko H87EA/28411/2014**: Development and validation of a competency-based education model for strengthening undergraduate training in Human Nutrition and Dietetics in Uganda. **Department of Food, Nutrition and Dietetics, Kenyatta University, Nairobi.**
4. **Philimon Omondi Majwa**, Assessment of the management of moderate acute malnutrition among drought affected children aged 6-59 months in Turkana Central Sub-County, Kenya. **Department of Community Health, Kenyatta University.**

2021

5. **Florence W. Munyao** H87/31248/2015: Effect of physical activity and nutrition education intervention on overweight/ obesity among secondary school students in Uasin Gishu County, Kenya. **Department of Community Health, Kenyatta University. Kenyatta University.**

2016

6. **Juliana Kioo**, “Bioequivalence of micronutrient powders to conventional fortification on zinc levels of children aged 6-36 months in Thika informal settlements, Kenya. Department of Foods, Nutrition & Dietetics Kenyatta University. **Research grant from National Council of Science, Technology and Innovation (NACOSTI) and CODESRIA. Department of Food, Nutrition & Dietetics, Kenyatta University. Completed December 2016**
7. **Dorothy Othoo**, “Impact of Spirulina Powder on Protein Energy Malnourished and Iron Deficient Children aged 6-23 Months in Ndhiwa District Kenya. **Department of Food, Nutrition & Dietetics, Kenyatta University, Nairobi.**

2015

8. **Judith Munga** “Chromium supplementation in management of Type 2 diabetes among patients attending Thika level 5 hospital, Kenya: a randomized placebo-controlled study”. **Department of Food, Nutrition & Dietetics, Kenyatta University, Nairobi.**
9. **M’liria Joseph Kobia** “Effectiveness of Mother-to-Mother-Support Groups in promoting Exclusive Breastfeeding in Meru County, Kenya: A Randomized Controlled Trial”. **Department of Food, Nutrition & Dietetics, Kenyatta University, Nairobi.**
10. **Andrew Kiri Amegovu**, “Efficacy of sorghum peanut blend and corn soy blend in the treatment of moderate acute malnutrition in children aged 6-59 months in Karamoja, Uganda”. **Department of Food, Nutrition & Dietetics, Kenyatta University, Nairobi.**

2014

11. **Irene Awuor Ogada**, “Effectiveness of couple counselling versus maternal counselling in promoting exclusive breast feeding: a randomized controlled trial in Nyando district, Kenya. **Department of Food, Nutrition & Dietetics, Kenyatta University**”.
12. **Judith Kanensi Okoth**, “Development and utilization of amaranth grain to enhance nutritional status of children underfive years of age, in Thika District, Kenya: A randomized trial”. **Department of Food, Nutrition & Dietetics Kenyatta University.**
13. **Lucy Joy Wachira**, “Assessment of physical activity, dietary intake, sedentary screen time and adiposity of 10-year-old school children in Nairobi County”. **Department of Physical and Health Education, Kenyatta University.**

14. **Florence M’Kaibi**, “The role of agricultural biodiversity, dietary diversity, and household food security in households with and without stunted children in rural Kenya”. **Division of Human Sciences, Stellenbosch University, Cape Town. Completed January 2014**

1.3 PROFESSIONAL/CONSULTANCY

1.3.3 Networks/Collaborations

- **2024 to date: Local Principal Investigator** in a collaboration research between Concern Worldwide, Tufts University and IRC as the Implementing Agency in a Longitudinal Study: Determining the Seasonal Drivers of Acute Malnutrition in the Mandera Triangle.
- **2024 to date: Local Principal Investigator** in a collaboration research between UNICEF and IFPRI and IRC to *Compare two WHO 2023 recommended guidelines for the treatment of acute malnutrition: A Randomized Clinical Trial*
- **2023 to date:** Multi-Country Collaboration between the members of the International NCP/NCP Implementation Study (INIS) Consortium to conduct research a research on NCP/NCPT.
- **2022 to 2023: Principal Investigator (PI)** for UNICEF Kenya Country Office **in collaboration with IFPRI** to conduct formative research to identify and test different approaches to detect and treat acute malnutrition (wasting) that can achieve higher treatment services coverage among children underfive years of age. This is a collaboration between UNICEF Kenya Country Office, and IFPRI.
- **2021 to 2024: Principal Investigator (PI)** in collaboration with the government, Kenyatta University, Tufts University, Catholic Relief Services and other organizations to conduct a two-year longitudinal study in Isiolo and Marsabit Counties for the USAID-funded Nawiri Project.
- **2019 to 2021: Principal Investigator (PI)** in collaboration with Tufts University, government, Catholic Relief Services, and other agencies to conduct Malnutrition hotspot mapping and analysis of the drivers of malnutrition as part of the USAID-funded NAWIRI project in the ASAL counties in Kenya
- **2017 to 2020:** Collaborating with Helsinki University, and University of Helsinki as well as Haaga-Helia University of Applied Sciences (Finland) have been working on research entitled, “*Building higher education and research capacity to address the physical activity and nutrition transition in Kenya: The Kenya-Finland education and research alliance (KENFIN-EDURA)*”. This is a three-year project which is supposed to end in 2020.

1.4.2 Editorial Boards/Referee for professional periodicals

- 2021: Appointed member of the BMC Journal Editorial Board.
- 2021: Appointed member of the PLOS Global Health Editorial Board

1.4.5 Consulting for organizations/institutions

- **2024 to date: Local Principal Investigator** in a collaboration research between Concern Worldwide, Tufts University and IRC as the Implementing Agency in a Longitudinal Study: Determining the Seasonal Drivers of Acute Malnutrition in the Mander Triangle.
- **2024 to date: Local Principal Investigator** in a collaboration research between UNICEF and IFPRI and IRC to *Compare two WHO 2023 recommended guidelines for the treatment of acute malnutrition: A Randomized Clinical Trial*
- **2024:** Nutrition Specialist in the Evaluation Team: sub-contracted by Integra Government Services LLC, USA to conduct a Performance Evaluation of the USAID Feed the Future program in Kenya.
- **2023: Local Principal Investigator** in a collaboration research between UNICEF and IFPRI and IRC to conduct research to: *Improve the screening for wasting and the identification and treatment of wasted children in Turkana County*. The study was to test the impact and cost of the package of detection and treatment.
- **2023:** Principal Investigator (PI) for Jpiego to, to lead the development of the Kenya Nutrition Capacity Development Framework (USAID-funded).
- **2022:** Principal Investigator (PI) for the Multi-year project Evaluation of the Medair Health and Nutrition program in Somalia.
- **2022 to 2023: Principal Investigator (PI)** for UNICEF Kenya Country Office **in collaboration with IFPRI** to conduct formative research to identify and test different approaches to detect and treat acute malnutrition (wasting) that can achieve higher treatment services coverage among children under five years of age. This is a collaboration between UNICEF Kenya Country Office, and IFPRI.
- **2021: Principal Investigator (PI)** for Catholic Relief Services (CRS) USA to conduct a Review of the Nutrition Governance: A Kenya Case Study
- **2021 to 2024: Principal Investigator (PI)** in collaboration with the government, Kenyatta University, Tufts University, Catholic Relief Services and other organizations to conduct a two-year longitudinal study in Isiolo and Marsabit Counties for the USAID-funded Nawiri Project.
- **2019 to 2021: Principal Investigator (PI)** in collaboration with Tufts University, government, Catholic Relief Services, and other agencies to conduct Malnutrition hotspot mapping and analysis of the drivers of malnutrition as part of the USAID-funded NAWIRI project in the ASAL counties in Kenya

1.4.6 Membership to academic/professional bodies

- **2015:** Member of The Nutrition Society (an International Professional Body) membership MEMBERSHIP NO: 120810614. membershipservices@cambridge.org
- **2009 to date:** Member of the Kenya Nutritionists and Dietician's Institute

1.4.7 Any other (Editorship/Peer review, external examiner, etc.

- 2021 to date: Appointed member of the PLOS Global Public Health Editorial Board
- 2021 to date: Appointed member of BMC Nutrition Editorial Board
- 2021 to date: BMC Public Health
- 2019 to date: PLOS ONE

External examiner

2019 to date: **External Examiner** for the Department of Nutrition and Health, School of Public Health and Community Development. **Maseno University, Kenya**

2015 to date: **External Examiner** for Department of Nutrition and Dietetics, School of Health Sciences, **Mount Kenya University, Kenya**

External Examination of theses

PhD:

2025: PhD: *Masculinity and fatherhood in Kenya: How father-inclusive health education can challenge gender norms and shape fathers' involvement in the care of their pre-term infants.* University of Cambridge, Wolsen College, Department of Sociology.

2019: PhD: *Integrating optimal dietary intake and physical activity as a process of reducing relapse amongst alcoholics aged 15-65 years at Asumbi Rehabilitation Centre, Kenya* by **Lucy Amany Mutuli**. Masinde Muliro University of Science and Technology

2018 PhD: *Glycemic indices in association with Diabetes among rural women of Kenya: Case study of Amogoro in Busia County* by **Rebecca Aya Ebere**. University of Nairobi.

2017 PhD: *Household Food Security, Child Nutrition and Education: A Longitudinal Analysis in two Urban Informal Settlements in Kenya* by **Maurice Mutisya Joseph**. **University of Witwatersrand South Africa**

2015 **PhD:** *Effect of maternal HIV status on breast milk intake and growth of HIV-uninfected Kenyan infants at 6 weeks post-partum and 6 months of age* **Shadrack Okoth Oyie**. **University of Nairobi, Kenya.**

2014 **PhD:** *Effect of improved complementary foods on growth and iron status of Kenyan children.* **Silvanus Ochieng Konyole**. **University of Nairobi, Kenya.**

MSc and MPH:

2021: **Master of Medical Science in Dietetics**, Formative assessment of primary school educators in independent schools in Gauteng to advise

the need for an intervention for the prevention of non-communicable diseases. Linda Anne Drummond. **University of Cape Town.**

2021: **MSc:** Factors affecting nutritional status of infants within informal urban settlement of Obunga Kisumu City, Kenya. Atieno Rosemary Otiende, PG/MSc/029/2011. **Maseno University, Kenya**

2019: **MSc:** Effect of African indigenous vegetable growing and related interventions on school children's nutritional knowledge, attitude and practices in Kakamega County by **Linda Chepkorir Sigalai. Masinde Muliro University of Science and Technology**

2017: **MSc:** The prevalence of malnutrition in hospitalized adult patients at the Aga Khan University Hospital, Nairobi, Kenya. Munyi Faith Wanja. **Division of Human Nutrition, University of Stellenbosch, Cape Town.**

2017 **MPH:** Prevalence and factors affecting exclusive breastfeeding among mothers of infants under six months of age attending Wajir Referral Hospital in Wajir County. **Issack Yakub Jamaa. Moi University, Eldoret.**

2016 **MSc:** Severe and acute malnutrition: The effect of caregiver's knowledge in default rates at Dadaab refugee camps, Kenya. **Alexander M. Mbogo. Division of Human Nutrition, University of Stellenbosch, Cape Town.**

MPH: Promotion of breastfeeding by health workers in maternity units of selected hospitals in Nairobi County. **Lilian Kagure Mbau-Simba. Moi University, Eldoret.**

MPH: Employer sponsored lactation program and the practice of breastfeeding: A cross-sectional study among the mothers working in a Kenyan corporate company. **Kirima Karimi Flora. Moi University, Eldoret.**

MPH: Factors associated with undernutrition in HIV positive children aged 6-24 months at the *Lea Toto* program, Nairobi. **Anne Kainyu Gitari. Moi University, Eldoret.**

2013 **MPH:** 'Exclusive breastfeeding and Nutritional Status of infants aged 0-6 months in Riruta Health Centre, Nairobi'. **Pamela Mohamed. Moi University, Kenya**

1.5 ADMINISTRATION AND RESPONSIBILITIES

1.5.1 Recognized University and administrative positions

2015 to 2017:	Renewal of appointment Chairman, Department of Food, Nutrition and Dietetics
2013 to 2015:	Appointed Chairman, Department of Food, Nutrition and Dietetics

1.5.2 Other responsibilities in the university

2025:	Appointed member of the departmental ISO committee
2020 to date:	Appointed to Academic Advisor, PhD student in the Department of Food, Nutrition and Dietetics
2023:	Appointed to the School of Health Sciences Research, Grant Writing and Innovation Committee
2021:	Re-appointed to the School of Public Health and Applied Human Sciences Research and Grant Writing Committee
2020:	Appointed member to the departmental Research Committee
2018:	Appointed to the School of Public Health and Applied Human Sciences Digital/E-Learning Committee Appointed to the School of Public Health and Applied Human Sciences Research and Grant Writing Committee
2017:	Appointed to chair Bill and Belinda Gates proposal writing committee
2015:	Appointment to chair a Kenyatta University consultancy team to develop a proposal on the development, implementation, Management and analysis of Infant and Young Child Nutrition (IYCN) assessment in Somalia by the Director Consultancy Services
2015:	Appointed member of the committee to evaluate the quality of Peter Kithuka's PhD thesis and defense by the Vice-Chancellor Kenyatta University

1.6 COMMUNITY ENGAGEMENTS AND OTHER CONTRIBUTIONS

1.6.1 Research Funding

2021: Principal Investigator (PI) in a collaboration research between the government, Kenyatta University, Tufts University, Catholic Relief Services and other organization to conduct a two-year longitudinal study in Isiolo and Marsabit Counties for the USAID-funded

Nawiri Project. The main goal of the Nawiri project is to sustainably reduce malnutrition among the under-fives by identifying the drivers of malnutrition and their temporal distribution (i.e. seasonality and change over time) among pastoralists, agro-pastoralists, and households living in peri-urban areas transitioning out of pastoralism in the two counties. Research funding for the first year is US\$ 334,360

- **2019 to date:** Collaborating with Tufts University, government, Catholic Relief Services, and other agencies to conduct Malnutrition hotspot mapping and analysis of the drivers of malnutrition as part of the USAID-funded NAWIRI project in the ASAL counties in Kenya. Research funding US\$ 25,718.4.

1.6.2 Community Outreach

- 2024: Appointed member of the Hellen Keller International Board
- 2023 Appointed member of the of the Board of Management for CITAM Schools – Rongai
- 2021: Appointed an External Reviewer for the Mid-Term Evaluation of the UNICEF funded Maternal and Child Nutrition Programme II by the Ministry of Health through the Division of Nutrition and Dietetics January 2021 to September 2021.

1.6.3: Professional Affiliation and Portfolios

1.6.4 Recognition awards and honours

- 2024: Appointed member of the Hellen Keller International (an International NGO) Board
- 2024: Appointed member of the of the Board of Management for CITAM Schools – Rongai
- 2021: Appointed an External Reviewer for the Mid-Term Evaluation of the UNICEF funded Maternal and Child Nutrition Programme II by the Ministry of Health through the Division of Nutrition and Dietetics January 2021 to September 2021.
- 2021: Appointed member of the Editorial Board of PLOS Global Public Health.
- 2021: ppointed a member of the Editorial Board of BMC Nutrition Journal April 2021.
- 2021: Invitation to facilitate a session on *Data Management and Storage* at a Capacity Building Workshop for Research fellows of the Africa Early Childhood Network (AfECN) on 21st April, 2021.