

CURRICULUM VITAE



Personal Profile

Name : Prof. Dorcus Mbithe David-Kigaru
Sex : Female
Department : Department of Food, Nutrition & Dietetics
Kenyatta University PO BOX 43844-00100, Nairobi, Kenya
Designation : Associate Professor, Researcher and consultant
Email Address: kigaru.dorcus@ku.ac.ke

Area of specialization: Food policy, Food security, Food Systems and Healthy Diets, Nutrition Education, Counselling, Nutrition psychology, Social Behavior change (SBC), School Nutrition and Health, Maternal, Infant and Child Nutrition, Nutrition in Emergencies, Monitoring, Evaluation and Learning, Atomic precision/Nuclear applications (Stable Isotope Techniques) in Human Nutrition

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

Google Scholar name: DORCUS MBITHE DAVID-KIGARU

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

ORCID ID name: Dorcus Mbithe Kigaru Link: <https://orcid.org/0000-0001-6663-5285>

Academic and Professional Qualifications

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

Academic Qualifications

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

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

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

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

Employment History/Work Experience

July 2025 : Appointment/promotion to the position of Associate Professor, Human Nutrition

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

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

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

Jan 2005 : Research Assistant in several research projects

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

2004 – date : Continuous Consultancy and research projects

Research Publications

Refereed Journal Papers

1. Gilbert Mangusho, Eunice Njogu, Rhona Kezabu Baingana and Dorcus Mbithe David-Kigaru (2024) Vitamin A-related nutrition knowledge gaps and predictors among caregivers of preschool children in Eastern Uganda: a cross-sectional study. *BMC Nutrition*. (2024) 10:85. Doi: [oi.org/10.1186/s40795-024-00891-5](https://doi.org/10.1186/s40795-024-00891-5).
2. Mutuura Caroline Hilda Karambu, Dorcus Mbithe Kigaru, & Zipporah W. Ndung'u (2024) Parenting Approaches on Children Food Uptake and Nutrition Status in Kiambu County, Kenya. *East African Nature & Science Organization/International Journal of Advanced Research*, Volume 7, Issue 1, 2024. DOI: <https://doi.org/10.37284/ijar.7.1.1822>
3. Tetsuhiro Kidokoro, Xiaojie Tian, Noriyuki Fuku, Luka B. Waiganjo, Elijah G. Rintaugu, Mbithe D. Kigaru and Francis M. Mwangi (2021) Segmented physical activity and sedentary behavior patterns among children in Maasai village and Nairobi city. *American Journal of Human Biology*. *Am J Hum Biol*. 2021e23649. © 2021 Wiley Periodicals LLC. DOI: 10.1002/ajhb.23649.
4. Dorcus Mbithe D Kigaru, Zipporah W Ndung'u and Catherine W Macharia-Mutie (2020) Application of stable isotope dilution techniques to assess body fat and comparison with WHO BMI-for-age classification as a measure of obesity among schoolchildren in Nairobi, Kenya. *Public Health Nutrition*: 1- 5. doi:10.1017/S1368980020001950
5. Tetsuhiro Kidokoro, Noriyuki Fuku, Toshio Yanagiya, Tomonari Takeshita, Mizuki Takaragawa, Michael Annear, Tian Xiaojie , Luka B. Waiganjo , Lamec F. Bogonko, Juliet K. Isika, Mbithe D. Kigaru and Francis M. Mwangi (2020) Physical Activity and Sedentary Behaviour Patterns among Kenyan and Japanese Children: A Comprehensive Cross-Country Comparison. *Int. J. Environ. Res. Public Health* 2020, 17, 4254; doi:10.3390/ijerph17124254
6. Wesley Bor, Dorcus Mbithe, Irene Ogada and Wesley Too (2020) Nurse's Knowledge Aspects of Enhancing Haemoglobin Level and Safety through Delayed Cord Clamping Time in a Semi-urban Hospital in South-Rift Region, Kenya. *Kabarak Journal of Research & Innovation*. Vol.9.
7. Jacqueline Macharia, Dorcus Mbithe, Harun Kimani and Peter chege (2019) Feeding Practices and Nutrition Status among Children Aged 6-23 Months after Discharge from Supplementary Feeding Program in Isiolo County, Kenya. *Food Sci Nutr Res*. 2019; 2(2): 1-6.
8. A. El Hamdouchi, T. Adom, A. Aouidet, V.D. Agueh, A. Diouf, N.I. Joonus, G.H. Leyna, K. Dorcus Mbithe, T. Moleah, M.A. Monyeke, D. Nakimbugwe, H.L. Nashandi, A.F. Simpara, S.M.A. Somda, J.J. Reilly and C. Loech (2019) Protocol for validating simple measures of body fatness and physical activity of children in twelve African countries: The ROUND-IT Africa Study. *African Journal for Physical Activity and Health Sciences (AJPHES)* Volume 25(2), pp. 142-173.
9. Silas Tumpeine, Dorcus Mbithe Kigaru and Peter Chege (2019) Dietary Practices Among Adults Living with HIV and AIDS Attending Clinics at Narok County Referral Hospital, Kenya. *International Journal of Sciences: Basic and Applied Research (IJSBAR)* (2019) Volume 46, No 2
10. Adama Diouf, Theodosia Adom, Abdel Aouidet, Asmaa El Hamdouchi, Noorjehan I Joonas, Cornelia U Loechl, Germana H Leyna, Dorcus Mbithe, Thabisile Moleah, Andries Monyeke, Hilde Liisa Nashandi, Serge MA Somda & John J Reilly (2018) Body mass index vs deuterium dilution method for establishing childhood obesity prevalence, Ghana, Kenya, Mauritius, Morocco, Namibia, Senegal, Tunisia and United Republic of Tanzania. *World Health Organization (WHO) Bulletin*. *Bull World Health Organ* 2018.96:772–78. <http://dx.doi.org/10.2471/BLT.17.205948>.
11. Faith K Munoru, Elizabeth N Kuria and Dorcus Mbithe K. (2018). Dietary and care practices and nutritional status of the elderly in Meru County, Kenya. *International Journal of Medical and Health Research*. Volume 4; Issue 6; June 2018; Page No. 01-06
12. Kavithe K. Rachel, Dorcus Mbithe D. Kigaru and Maoga W. Nyamota. (2018). Dietary intake and factors affecting food service of male prisoners living with human immunodeficiency virus at

- selected prisons in Kenya. *International Journal of Nutrition and Metabolism* Vol 10 [2] (2018): 6-15. DOI: 10.5897/IJNAM2017.0229.
13. Magali Leyvraz, Dorcus M. David-Kigaru, Catherine Macharia-Mutie, Grant J. Aaron, Marlene Roefs and Alison Tumilowicz (2017) Coverage and Consumption of Micronutrient Powders, Fortified Staples, and Iodized Salt Among Children Aged 6 to 23 Months in Selected Neighborhoods of Nairobi County, Kenya. *Food and Nutrition Bulletin*. 1-9. DOI: 10.1177/0379572117737678. journals.sagepub.com/home/fnb
 14. Khasoa Carolyne Wasike, Erick VO. Fwaya and Dorcus Mbithe D. Kigaru (2017) Factors influencing customer needs for healthy eating products in selected restaurants of Nairobi City, Kenya. *International Journal of Scientific Progress & Research*: 2349-4689 104, Vol.36, No.02
 15. Mary M Milelu, Dorcus Mbithe D Kigaru, Elizabeth N Kuria (2017) Demographic and socio-economic determinants of availability and access dimensions of household food security in Kitui County, Kenya. *International Journal of Food Science & Nutrition*. Vol. 2; Issue 5;93-101
 16. Ndungu, Z. W., Kuria, E. N., Gikonyo, N. K. and Mbithe, D. K. (2017) Efficacy of amaranth grain consumption on CD4 count and morbidity patterns among adults living with HIV in Nyeri, Kenya. *Journal of AIDS and HIV Research* 9 (4), 81-88. DOI: 10.5897/JAHR2017.0415
 17. Dorcus Mbithe D Kigaru, Mary M Milelu (2017) Dietary diversity, water and sanitation practices and nutritional status of children aged 6-59 months in Kitui County, Kenya. *International Journal of Food Science and Nutrition*. Volume 2; Issue 5; Sept 2017; 113-120
 18. Mary N. Makau, Sophie Ochola and Dorcus Mbithe (2017) Feeding Practices of Children Aged 0-59 Months Accompanying Incarcerated Mothers in Selected Womens Prisons in Kenya. *The Open Nutrition Journal*. 2017, 11, 3-12. DOI: 10.2174/1874288201711010001
 19. Khasoa Carolyne Wasike, Erick V. O. Fwaya, Dorcus Mbithe D. Kigaru (2017). The relationship between healthy eating products on offer in restaurants and customer needs. *International Journal of Scientific Progress and Research (IJSPR)*. Issue 100, Vol.35, 01, 2017
 20. Isaac Nthiga, Dorcus Mbithe, Beatrice Mugendi, Tabitha Wambui (2017). The nutritional status of pulmonary tuberculosis patients aged 25-44 years attending tuberculosis clinic at Lodwar County and Referral Hospital, Turkana County, Kenya. *International Journal of Food Science and Nutrition*. Volume 2; Issue 1; January 2017; Page No. 119-122
 21. Isaac Nthiga, Dorcus Mbithe, Beatrice Mugendi, Daudi Nyangaresi, Tabitha Wambui (2017). Dietary practices of pulmonary tuberculosis patients attending clinic at Lodwar county and referral hospital, Turkana County, Kenya. *International Journal of Food Science and Nutrition*. Volume 2; Issue 1; January 2017; Page No. 123-127
 22. Lucy Maina, Dorcus Mbithe D. Kigaru, Anne Korir-Rugutt and Okello Agina (2016). Determinants of Screening Patterns for Invasive Cervical Cancer among Patients Attending Kenyatta National Hospital, Kenya. *Research journal's Journal of Public Health* Vol. 2 | No. 11 November|2016
 23. W.Bor, W. Too, D. Mbithe, B. Mugendi, E. N. Mutemi, R. Musyoki and W. C. Bor (2016). Nutritional Status of Adult Male on ART at Kericho District Hospital, Kericho County, Kenya. *East African Medical Journal* Vol. 93 No. 8
 24. Dorcus Mbithe D. Kigaru, Cornelia Loechl, Thabisile Moleah, C. W. Macharia-Mutie, Zipporah W. Ndungu (2015). Nutrition knowledge, attitude and practices among urban primary school children in Nairobi City, Kenya: a KAP study. *BMC Nutrition*. Kigaru et al. *BMC Nutrition* (2015) 1:44. DOI 10.1186/s40795-015-0040-8
 25. W. Bor, Dorcus Mbithe and B. Mugendi (2015). Lipidemia status among HIV positive adult male on HAART attending the HIV clinic at Kericho District Hospital, Kericho. *East African Medical Journal* Vol. 92 No. 12

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

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

University Level Scholarly Books

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

Book Chapters

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

Refereed Learning Modules currently in use as online resources

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

Reviewed Conference Papers

- Dorcus Mbithe D. Kigaru and Zipporah Ndung'u (2016) Comparison of nutritional status by different nutrition assessment methods and implications on nutrition counseling decisions presented at the Paper presented at the SUN National Food and Nutrition conference/Symposium at Kenya School of Government, Nairobi. November 23rd - 24th, 2016
- Dorcus Mbithe David-Kigaru (2021) Food Systems and Sustainable Diets in Informal Settlements of African Cities: A Case of Nairobi City. A peer reviewed paper presented at the ESDA Sustainable Urban Development workshop 24th June 2021. Nairobi, Kenya

Short communication in a refereed/scholarly Journal

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

Consultancy and Project reports

- Promotion of the Pumpkin Value Chain by Small-Scale Farmers for Food Security and Poverty Alleviation in Kajiado County Kenya. 2024- May 2025 funded by Innovations for Poverty Action (IPA) by Alice Odingi and Dorcus Mbithe among other researchers/consultants
- Evaluation of the Johanniter International Assistance project EAF0101 in South Sudan, Kenya and Uganda on Health, Nutrition WASH and Social Protection. 2024. Dorcus Mbithe David-Kigaru - Associate Consultant with Pan African Research Services.
- The Kenya School Meals Assessment. Assessment conducted in 11 counties in Kenya. Ministry of Health/UNICEF. 2024-2025. Contribution to the development of the National School Meals Menu Guide by Ministry of Health and Ministry of Education.
- Gender Analysis in Mandera and Turkana Counties – UKAM Project, a contract awarded to Gender-Uzazi by Save the Children, Kenya. 2023. Dorcus Mbithe David-Kigaru - Associate Consultant with Gender-Uzazi.
- Development of Social Behaviour Change Strategies. Strategy for Food fortification and Strategy for Healthy Diets. Member of Ministry of Health Technical working Groups.
- United Nations (UN) World Food Program (WFP) Kenya Country Strategic Plan (CSP) 2018-2022 which informed the current Kenya Country Strategic Plan (CSP) 2013-2027. Period 2022-2023. Dorcus Mbithe D. Kigaru, Senior Evaluator, Nutrition. Associate Consultant with Pan African Research Services.
- International Atomic Energy Agency (IAEA) – Kenya National Nutrition Project KEN6025: Project Title: Enhancing the Use of Isotope Technique Applications to Assess the Effects of Nutrition Related Interventions, Tackling the Burden of Malnutrition and Obesity. 2020-2023. Project implemented in Njeri County. Dorcus Mbithe D. Kigaru, Lead Scientist & Counterpart.
- Improved Approach to Community-based Nutrition in Turkana (IMPACT) in Katilu and Turkwel Wards, Turkana County: Baseline survey Report. Panaficare/Africare IMPACT Project. 2019. Dorcus Mbithe D. Kigaru, Consultant and researcher
- Baseline Survey Report on Agriculture-Nutrition Knowledge, Attitudes & Practices (KAP) in 12 Selected Counties in Kenya. RTI International Kenya Feed the Future Crops and Dairy Market Systems Activity Nairobi-Kenya. RTI/USAID. 2018. Dorcus Mbithe D. Kigaru, Consultant and researcher.
- Resilience and Economic Growth in Arid Lands-Improving Resilience (REGAL-IR) Nutrition Result Area: Improved Nutritional Outcomes - Mid-Term Knowledge, Practices and Coverage (KPC) Survey in Isiolo and Turkana Counties. 2016. Dorcus Mbithe David-Kigaru, Consultant
- Baseline Survey of the Scaling Up Home Fortification MNP Project in Kenya. Global Alliance for Improved Nutrition (GAIN), Kenya. 2015. Dorcus Mbithe David-Kigaru, Consultant.
- Report of the ENACT (Education for Effective Nutrition in Action) Tutor Briefing Workshop for Southern and East Africa - Nairobi, Kenya 2015 by Food and Agriculture Organization of the United Nations, with support from the German Federal Ministry of Food and Agriculture (BMEL). Dorcus Mbithe D. Kigaru (Consultant), FAO & others

- UN Food and Agricultural Organization (FAO). Development & piloting of Education for Effective Nutrition in Action (ENACT) module — Professional Training in Nutrition Education. 2013-2015.
- Ministry of Health, Division of Leprosy, Tuberculosis and Lung diseases and AMREF: Development of Monitoring & Evaluation (M&E) Framework and Revision of other Materials in the management of malnutrition in/and Tuberculosis and co-morbidities. Food commodity management. Dorcus Mbithe D. Kigaru, Technical Team Member.
- UN International Atomic Energy Agency (IAEA) Technical Cooperation Regional Project RAF6042: Applying Nuclear Techniques to Design and Evaluate Interventions to Reduce Obesity and Related Health (Project in 11 African Countries). I represent Kenya in the project: 2012-2017. Dorcus Mbithe D. Kigaru, Lead Scientist and Project Counterpart.
- Training of health workers from hospitals in South Rift in Kericho district hospital supported by Walter Reed/KEMRI foundation on Integrated Management of Acute Malnutrition (IMAM) and HIV/AIDS and nutrition food commodity management/Food-by-Prescription. 2012-2013. Dorcus Mbithe D. Kigaru, Consultant
- Enhancing food security of drought vulnerable households in Marsabit and Context Evaluation a Future ACK/DKH Nutrition Intervention Component by Diakonie Emergency Aid, Kenya to manage Acute Malnutrition. 2012. Dorcus Mbithe D. Kigaru, Consultant.
- Food Security Project/Emergency Aid: Training on Nutrition Assessment, Acute Malnutrition and Utilization of food commodities for management of severe and moderate acute malnutrition Food commodity management (Ready to use therapeutic foods and Fortified Blended Flours) in Marsabit by Diakonie Emergency Aid, Kenya. 2011. Dorcus Mbithe D. Kigaru, Consultant.
- Management of Malnutrition and HIV/AIDS 2006-2011 with USAID/NHP and Ministry of Health, Kenya. Training health workers on Nutrition care process, Nutrition Assessment, Nutrition intervention, Food-by-Prescription of food commodities Data management and reporting. Dorcus Mbithe D. Kigaru, Consultant and Technical Team Member and Trainer.
- Organization of the National Museums of Kenya Scientific Symposium during the Annual National Food Fair Week. 2009-2010. Dorcus Mbithe D. Kigaru, Consultant.
- Ministry of Health, Division of Leprosy, Tuberculosis and Lung diseases: Development of M & E Framework and Revision of other Materials. 2014. Dorcus Mbithe D. Kigaru, Technical Team Member and Trainer
- VVOB Healthy Learning Program in Machakos, Kajiado, Narok, Samburu and Laikipia Districts. 2008-2012. Funded by the Flemish Association for Development Cooperation and Technical Assistance (VVOB) and the World Agro forestry Centre (ICRAF). Dorcus Mbithe D. Kigaru, Consultant.
- Development of Training and Reference Manual for Nutrition & HIV in Kenya supported by USAID/NHP Program and NASCOP. 2006-2010. Dorcus Mbithe D. Kigaru. Consultant

Non-reviewed Conference Papers

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

Other Publication

- Food Safety Book: From Farm to Fork: Emerging and Re-emerging issues: Chapter Three: Dorcus Mbithe D. Kigaru, Christine Njuguna and Patrick Kamande (2020) Food Safety Related

Scholarly Presentations at conferences and workshops

1. Dorcus Mbithe D. Kigaru (conference date: 2 April, 2025) Sustainable Palm Oil Processing conference. Trends, Nutrition and Market Dynamics: Nutritional Aspects of Palm Oil: Benefits and Controversies. Villa Rosa Kempinski, Nairobi, Kenya. Funded by Malaysian Oil Council.
2. Dorcus Mbithe D. Kigaru (June 2024). Nutrition and Diabetes: What's new in Kenya? 13th International Conference on Diabetes and Nutrition "Diabetes Morocco 2024". Venue: Agadir, Morocco. Funded by Moroccan League for the Fight against Diabetes.
3. Dorcus Mbithe D. Kigaru (Feb, 2023) Nutrition Sensitive Farming for Health (Nutrition) and Wealth (Profits) Presented in Murang'a County under Project Prompting resiliency of the Agriculture Sector in developing economies in the context of the COVID-19 Pandemic joint project with University of Ngozi-Burundi, KARLO, Kenyatta and Chuka Universities "
4. Dorcus Mbithe D. Kigaru & Zipporah W. Ndung'u (2023). Effects of Nutrition Related Interventions in Tackling the Overweight and Obesity: Knowledge Sharing Forum on Studies Related to the Factors Influencing Food/Diet Choices. Nairobi Safari Club.
5. Dorcus Mbithe D. Kigaru, Francis Mundia & John Gachoya (21-23, Oct, 2019). Contamination of Meat with Heavy Metal in Butchery in Selected Outlets in Nairobi County, Kenya. Biennial Conference, Kenyatta University. Nairobi. Funded by Kenyatta University/Self.
6. Christine Njuguna, Dorcus Mbithe D. Kigaru & Patrick Kamande (Conference date: 20-24, May, 2019). Understanding The Challenges Faced By Food Vendors in Three Markets in Selected Informal Settlements in Nairobi County. A Crisis or opportunity? International food Safety Conference, Kenyatta University, Nairobi, Kenya. Funded by: Kenyatta University/Self
7. Dorcus Mbithe D. Kigaru, Christine Njuguna & Patrick Kamande (Conference date: 20-24, May, 2019). Food Safety Related Knowledge, Attitude and Practices among Food Marketers and Traders in Nairobi City's Informal Settlements, Kenya. International food Safety Conference, Kenyatta University, Nairobi, Kenya. Funded by: Kenyatta University/Self
8. Dorcus Mbithe D. Kigaru (Conference date: 20-24, May, 2019). Knowledge gaps in promoting behaviour change communication (BCC) in food safety among farming households in Kenya. International food Safety Conference, Kenyatta University, Nairobi, Kenya. Kenyatta University
9. Chelimo, F.L, Kuria E.N, Rombo G. and Dorcus Mbithe David-Kigaru (Conference date: 20-24, May, 2019). Complementary Feeding Practices, Food Safety, and Nutritional Status of 6 To 24 Months Old Children: A Case of Athi-River Division, Machakos County, Kenya. International food Safety Conference, Kenyatta University, Nairobi, Kenya. Funded by: Kenyatta University/Self
10. Wesley Bor, Dorcus Mbithe, Irene Ogada and Wesley Too (Conference date: 20-24, May, 2019). Nurse's Knowledge Aspects of Enhancing Infants' Haemoglobin Level and Safety through Delayed Cord Clamping Time in a Semi-urban Hospital in South Rift Region, Kenya International food Safety Conference, Kenyatta University, Nairobi, Kenya. Kabarak University/Kenyatta University/Self
11. Dorcus Mbithe D. Kigaru (Conference date: 23-24 November, 2016). Comparison of Nutritional Status by Different Nutrition Assessment Methods and Implications on Nutrition Counseling Decisions. SUN/ARN Conference, Kenya School of Government, Nairobi, Kenya. Kenyatta University

12. Dorcus Mbithe D. Kigaru & Judith Kimiywe (Conference date: 25-29 May 2015). Experiencing of piloting the FAO ENACT Nutrition Education Program in Kenya. FANUS Conference. Arusha, Tanzania. Funded by FAO/IAEA/Kenyatta University
13. Bor, Wesley, Mbithe, Dorcus, Too Wesley and Ogada, Irene (2020). Effect of Umbilical Cord Clamping Time on Nutrition Status of Infants, Randomized Control Trial in County Referral Hospital in South Rift Valley, Kenya. Kabarak University International Conference on Trends and Opportunities in Addressing Global Health Challenges 2020: Source of funding: Kabarak University/Self
14. Dorcus Mbithe D.Kigaru (2019) Food Safety, Nutrition and Post-Harvest Loss Workshop, 9 – 10 September 2019 in Nairobi, Kenya. Venue: Trademark Hotel in Nairobi, Kenya. Organizers and Source of funding: AATF, Africa.
15. Dorcus Mbithe D. Kigaru (Conference/workshop date: 6th March 2015). The Potential of Nutrition Education in Schools in Addressing Malnutrition: Experiences & Opportunities: Nutrition in school curriculum. Hilton Hotel, Curriculum Developers and Stakeholders Workshop, Nairobi. Funded by: World Food Programme (WFP) and Ministry of Health, Kenya
16. Dorcus Mbithe D. Kigaru (Conference date: 3 December, 2014). Applying Nuclear Techniques to Design and Evaluate Interventions to Reduce Obesity and Related Health Risks: IAEA RAF6042. WHO/MOH Workshop on Childhood Obesity. Silver Springs Hotel, Nairobi, Kenya.
17. Dorcus Mbithe D. Kigaru – member of Panel of experts (Conference date: 20– 25 July 2014). A4NH Symposium on Food and Nutrition Security: Nutrition Networks in Africa; challenges & opportunities for sustainability. ANEC VI conference: GIMPA Centre, Accra, Ghana. Funded by: International Food Policy Research Institute (IFPRI)
18. Dorcus Mbithe D. Kigaru & Judith Kimiywe (Conference/workshop date: 7-11 April 2014). Food and Agriculture Organization (FAO) - Education for Effective Nutrition in Action (ENACT) Post-Piloting Workshop. ILRI, Addis Ababa, Ethiopia. Funded by FAO.
19. Dorcus Mbithe D. Kigaru (Conference date: 10-14th March, 2014). School Health and Nutrition: The Healthy Learning Programme in Kenya. Nutrition Conference North Coast Beach Hotel, MSA, Kenya. Funded by: VVOB/Kenyatta University.
20. Mbithe Dorcus David, Judith Kimiywe and Judith Waudu (2012). Nutritional knowledge, attitude and practices and nutritional status of school-going children in Machakos District, Kenya. International nutrition conference (ICNFS/CBEES) Quality Hotel, Marlow, Singapore Nutrition and Food Sciences IACSIT Press. Singapore. 2012. Volume 39: 147-152
21. Nelia P Steyn, Whadi-ah Parker, Johanna H Nel, Ayah Rosemary, Dorcus Mbithe (2012). The nutrition transition and adequacy of the diet of pregnant women in Kenya. International nutrition conference (ICNFS/CBEES) Quality Hotel, Marlow, Singapore Nutrition and Food Sciences IACSIT Press. Singapore. 2012. Volume 39: 137-141.
22. Dorcus Mbithe D. Kigaru (Conference/workshop date: 4 Aug, 2012). Diabetes: The problem in Kenya and the World. Centre for Nutrition Education & Research (CENER). The Nairobi Club, Nairobi, Kenya. Funded by CENER.
23. Dorcus Mbithe D. Kigaru (Conference date: 12-15 Sept. 2011). Gender Roles and the Effects of Nutrition Education Interventions on Pupils' Nutrition Knowledge and Practice in Primary Schools, Machakos, Kenya. FANUS Conference Abuja, Nigeria. Funded by Nevin Scrimshaw International Nutrition Foundation (INF)/FANUS.
24. Dorcus Mbithe D. Kigaru (Conference date: 9 Dec 2011). The trials, tribulations and triumphs of Trans-disciplinary Research (TDR) in the context of nutrition research in Sub-Saharan Africa. Hemil-senteret, Fall Research Conference/Seminar University of Bergen, Norway.

25. V. Nyapera, Dorcus Mbithe D. Kigaru & Sophie Ochola (Conference/workshop date: Sept., 2011). Nutrition Knowledge, Attitudes and Practices of Children from Nkoile And Isinya Primary Schools, Kajiado, Kenya. The National Museums of Kenya 2011 National Food Fair, Nairobi, Kenya. The National Museum of Kenya (NMK).
26. Dorcus Mbithe D. Kigaru & Judith Kimiywe (date: 20-24 July, 2010). Support Schools Against Hunger: Family and Community Involvement In Nutrition Education. First Pan-African Family Strengths International Conference, Mombasa, Kenya. Funded by: Kenyatta University.
27. Dorcus Mbithe D. Kigaru (Conference date: 1 April 2009). The role of nutrition in the management of illnesses. Mbagathi District Hospital, Nairobi Kenya. Ministry of Health
28. Dorcus Mbithe D. Kigaru (date: 25-26 March, 2009). A Review of Solutions to Zinc Deficiencies in Developing Countries: Contextualizing Action. International Zinc Conference Windsor, Nairobi, Hotel, Nairobi, Kenya. Funded by: Tropical Soil Biology and Fertility (TSBF/ CIAT).
29. Dorcus Mbithe D. Kigaru & Omo Ohiokpehai (Conference date: 25-26 March, 2009). Food Accessibility Parameters as Predictors Of Food Consumption Patterns In Suba District. International Zinc Conference Windsor Hotel, Nairobi, Kenya. Tropical Soil Biology and Fertility (TSBF/ CIAT).
30. Dorcus Mbithe D. Kigaru (Date: 28 Oct, 2009). Nutrition Education - Opportunities and Gaps in Schools. The National Museums of Kenya/VVOB workshop.
31. Dorcus Mbithe D. Kigaru (Date: Oct, 2008). The Effect of Nutrition Education Interventions on Pupils' Nutrition Knowledge and Practice in Primary Schools, Machakos District, Kenya. The 3rd African Epidemiological Conference (ANEC III), Cairo, Egypt. Funded by Kenyatta University.
32. Judith Kimiywe, Dorcus Mbithe D. Kigaru, Judith. Waudo & Patrick Maundu (Conference date: March, 2008). Correlations of Consumption Patterns of Underutilized Plant Species with other variables among Major Ethnic Groups in Urban and Peri-Urban Nairobi. Conference on Underutilized Plant Species. Arusha, Tanzania. Bioversity International/Kenyatta University.
33. Dorcus Mbithe D. Kigaru, Judith Kimiywe, Judith Waudo (Conference date: June, 2007). ISBNPA Conference in Oslo, Norway. Funds by City Council of Oslo/ ISBNPA
34. Dorcus Mbithe D. Kigaru (Conference/workshop date: 6 Sept, 2007). Addressing Anaemia: Food Based Approaches. Centre for nutrition Education & Research, CENER Nairobi, Kenya. Funded by CENER/Self

Quality of Teaching at the University

- Continuous semester student-evaluations have been done. Continuous Training in Higher Education

Fellowships for Short Courses

- Video Education workshop in support of communicating Agri-Nutrition messages. Funded by the Africare IMPACT Nutrition Project. Lodwar, Turkana. 9-13 March 2020
- Food systems for healthy and sustainable diets, 1month short course. June 2019. Wageningen University, The Netherlands,
- VLIR-UOS ITP- Clinical Nutrition Training Course – the North-South experience at Katholieke Universiteit (KU Leuven), Belgium. 1month short course. September 2017.
- Handling medical emergencies at school and home 9th March 2019. AAR Clinic, Ngong.
- Advanced Security in the Field. United Nations Department of safety and security (UNDSS)
- FAO/INFOODS Training on Food composition Tables/Food Consumption especially relevant to universities. 2015 Arusha, Tanzania

- Open data management in Agriculture and Nutrition GODAN Action. Dec. 2017. DFID.
- Continuous refresher courses on content delivery methods and setting of examinations

Postgraduate Supervision

Ongoing postgraduate student supervision

Ongoing PhD Supervision

1. Matilda Makungu Obimbo (H87/21523/2022) Efficacy of Diet and Physical Activity on Cardiovascular Disease Biomarkers among Women in Nyeri County, Kenya.
2. Gilbert Mangusho (H87EA/33821/15) Effect of Nutrition Education and Promotion of Orange-Fleshed Sweet-Potato Vitamin-A Status of Preschool-Age Children in Eastern Uganda.
3. Susan Wairegi (SHNY/04985P/2019). Validation of Nutrition Assessment Methods for Adiposity using Deuterium Dilution Technique among Women of Reproductive Age, Kenya. Technical University of Kenya.
4. Purity Chepkorir Lang'at (H87/37809/2016) Body Composition and Nutritional Status as Influenced by Hormonal Contraceptives Use among Women of Reproductive Age in Nyeri county, Kenya.
5. Isaac Nthiga (H87/38215/2016) Effectiveness of Peer-Facilitated Counselling Versus that by Professionals on Nutrition Outcomes among Tuberculosis Adults in Kiambu County, Kenya.
6. Florence Chelimo (H87/21316/2010) Efficacy of Home-Grown School Meals on Nutritional and Educational Outcomes of School Children Baringo County, Kenya.
7. Kathiari Caroline K (H87/28191/2020) Impact of nutrition counselling on women's nutrition status and body composition by stable isotope technique in Nyeri County, Kenya.

Completed PhD Supervision

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

Ongoing Masters Supervision

1. Lisa M. Were (H60/CTY/PT/20282/2020) Weight-related body image perceptions among women of reproductive age in Nyeri Central Sub-County, Kenya.
2. Caroline W. Wandu (H60/CTY/PT/21716/2021) Nutrition knowledge, dietary practices and nutrition status of pregnant adolescent users and non-users of antenatal clinic in Kajiado, Kenya.
3. Kutwah M. Amram (H60/CTY/PT/27379/2018) Social media use, nutrition knowledge, food choice, dietary practices & nutrition status of teenagers in Mlolongo, Machakos County, Kenya.

4. Maria Omari (H60/CTY/PT/21764/12) Nutrition Knowledge, Attitude and Practices of Caregivers of Children with Cerebral Palsy in Kibera Informal Settlement, Nairobi, Kenya
5. Genevieve Otunga (H60/CTY/PT/24645/13) Childcare Practices and Nutrition Status of Children in, Bungoma County, Kenya.

Completed Masters Supervision

1. Mutuura Caroline H.K. (H60/CTY/PT/25034/18) Parental use of reward and punishment on children's food choices, dietary diversity and nutritional status in Kiambu County.
2. Christine Kakuu Mbuve (H60/27363/2014) Perceived Body Image, Dietary Practices and Nutritional Status of Adolescents attending Selected Secondary Schools, Nairobi City County.
3. Mulei Dorcas Nduku (H/60/33330/15) Prevalence of Anaemia and Nutritional Status among Day-Secondary School Adolescent Girls Machakos County, Kenya.
4. Julius Kienji Kigo (H60/CTY/PT/24644/2013) Complementary Feeding Practices and Nutrition Status among Children 6-23 Months in Machakos County, Kenya
5. Florence Wangui (H60/CTY/PT/24925/11) Dietary Practices and Nutrition Status of Pregnant Students in Tertiary Institutions in Machakos Town, Kenya.
6. Steve Kegoli (H60/22670/11) Overweight Prevalence, Dietary diversity, Body Size Preference and Physical Activity among Sero-positive Adults attending Kayole Hospital, Nairobi, Kenya.
7. Mburireh Ephantus Nyaga (T129/OL/MSA/24831/2014) Activity-Based Costing on Restaurants' Menu Items to Explore Changes in the Contribution Margins within Mombasa County, Kenya
8. Cephas Zulu (H60F/33983/2015) Dietary Diversity, Nutrient Adequacy and Nutritional Status among Children Ages 6-59 Months from Female Headed Households in Luapula, Valley, Zambia.
9. Mary Gicheha: Contribution of Underutilized Cereals and Tubers towards Urban Food Security and Dietary Diversity in Ruiru, Kiambu County, Kenya
10. Silas Tumpeine (H60/22678/11) Dietary Practices, Morbidity and Nutritional Status among Adults Living with HIV and AIDS attending Narok County Referral Hospital, Kenya
11. Bibiana Jumwa Muasya (17579694) The University of Stellenbosch, South Africa: Determinants of Infant and Young Child Feeding Practices of Children 0-23 Months among Agro Pastoralist Communities in East Pokot in Baringo County, Kenya
12. Macharia Jacqueline Wairimu: Q57/24161/2013: Feeding Practices and Nutritional status among Children Aged 6-23 Months Following Discharge from Supplementary Feeding Program in Isiolo County, Kenya
13. Rachael Kavitha: H60/CE/23067/2010. Dietary Intake, Nutritional Status, Morbidity and Factors affecting Food Service of Male Prisoners Living with Human Immunodeficiency Virus at Selected Prisons in Kenya
14. Faith Munoru: H60/20311/2010: Dietary and Care Practices, Morbidity and Nutritional Status of the Elderly in Igembe South, Meru County, Kenya
15. Brenda Wekesa: H60/CTY/PT/22590/2012. Fruit Consumption and Nutritional Status of Children Aged 6 - 59 Months across Agro-ecological Strip Connecting Kakamega and Siaya Counties, Kenya
16. Mary Milelu: H60/13450/2009: Determinants of Household Food Security and Nutritional Status of Children aged 6-59 Months in Mwingi Central Sub-County, Kenya
17. Isaac Nthiga: Dietary Practices and Nutritional Status of Pulmonary Tuberculosis Patients Attending Clinic at Lodwar County and Referral Hospital, Turkana County, Kenya
18. Kieti Immaculate Nzila: Risk Factors associated with Osteoporosis among Women Aged 40 Years and above attending Orthopedic Clinic at Mbagathi Hospital, Nairobi County, Kenya

19. Zipporah Ndung'u: Contribution of Amaranth grain to improve nutrition and health status of adults infected with Human Immuno-Deficiency Virus in Mweiga, Nyeri District, Kenya
20. Velma Nyapera: Nutrition Knowledge, Attitudes and Practices of Children from Nkoile and Isinya Primary Schools in Kajiado District, Kenya
21. Grace Kihagi: Childcare Practices, Nutrition and Health Status of Children (6-59 Months Old) Among Internally Displaced Persons in Kieni Forest, Gatundu District
22. Naiman N. Mbise: The Quality of Service Standards and Related Factors in Tourist Hotels in Arusha, Tanzania
23. Salome Kasimba: Dietary diversity and nutritional status among children aged 6-23 months in Makindu division, Kenya
24. Mary Ndanu Makau: Feeding Practices and Nutritional Status of Children 0-59 Months of Incarcerated Mothers in Selected Women's Prisons in Kenya
25. Gitika Alice W. Food Consumption Patterns and Nutritional status of school children made vulnerable by HIV and AIDS in Kiambu District, Kenya
26. Bor Wesley K: Status of hyperlipidemia Among HIV positive adult patients attending Comprehensive care (HAART) Clinic in Kericho District Hospital

Professional Collaborations

- Networking and collaboration with other organizations: Kenyan government: Ministry of Health, Agriculture, Energy and other agencies, NACOSTI, Kenya Veterinary Board, KALRO, Bayer East Africa company, APHRC among others. I have also networked and collaborated/worked with different UN bodies: WHO, FAO, WFP, UNICEF, IAEA, civil society and other non-governmental organizations especially those dealing with Food Security. Food systems, Nutrition and Health. I collaborated with other Universities abroad.
- Membership to Editorial Boards: Am a member of the editorial board of EC Nutrition Journal
- Appointment to National, Regional and International boards as a consultant: I have consulted for the Global Alliance for Improved Nutrition (GAIN) in the REGAL-IR project and on food fortification, the Agriculture Nutrition and Health (ANH) Academy, UK, UN FAO, and as the Counterpart for the IAEA-Kenya National Nutrition KEN 6025 – a national project (Title: Enhancing the Use of Isotope Technique Applications to Assess the Effects of Nutrition Related Interventions) hosted at and led by Kenyatta University. I previously coordinated a regional nutrition project IAEA RAF 6042 in which 11 African Countries participated.
- Consultancies for academic/professional organizations and institutions: I have consulted widely – List of consultancies/reports provided earlier.

Membership to Academic/ professional bodies: I am a;

- Registered member of Kenya Association of Food Safety and Protection (KAFSAP)
- Member (and registered member) of the Kenya nutritionist and dietician Institute (KNDI).
- A member of the Scaling up Nutrition (SUN) Academia Research Network.
- Appointment as External Examiner
 - I have been serving as external examiner for both undergraduate and postgraduate coursework as well as postgraduate theses/dissertations Evidence is attached.
 - Coursework External Examiner, Kabarak University, Kenya: 2017 - 2020. Renewed in 2021.
 - External Examiner: Postgraduate thesis examination: North West University, South Africa, Makerere University, Uganda, University of Eldoret, University of Pretoria, South Africa, Makerere University, Uganda, Moi University and Maseno University.

Administration and Responsibilities at Kenyatta University

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

Other University responsibilities

- 2016 – 2017 : Chairperson, Departmental credit waiver committee
2013 – 2017 : Departmental Postgraduate Coordinator, Dept of Foods, Nutrition & Dietetics
2013 – 2017 : Member, School of Applied Human Sciences Board of Post Graduate Studies
2012 – date : Student and staff mentor, Kenyatta University
2012 – Date : Member, Departmental Quality Management Committee
2010 – 2013 : Departmental Timetable Coordinator
2008 – 2010 : Departmental Examination Coordinator
2007 – 2009 : School and Departmental Website Coordinator
2006 – 2008 : Departmental Coordinator for Institute of Open Learning

Community Engagement and other contributions

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

Professional Affiliations and Portfolios

- Chairperson of the Kenya Association of Food Safety and Protection KAFSAP
- I serve in technical working groups at the Kenyan Ministries of: Health, Agriculture & Energy
- I have served in international boards

Recognitions, awards and honors

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

- I got trained on implementing University policies as a Chairperson of Department

Other sub-categories

- I have served on severally as a Judge/adjudicator in the Kenya Arts and science exhibitions
- I have also served as an invited speaker on professional meetings, I speak to schools on careers

Organizing conferences and workshops

- I have organized and facilitated numerous conferences and workshops as Chairperson and/or member of the organizing committee or as facilitator.

Evidence of applying for research grants

- Several proposals written and Project reports available

REFEREES

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