

KU Teaching Staff Summary profile form

Name: KIMIYWE, Judith Onganji

Position: Associate professor, Lecturer and Chair
Department : Department of Foods, Nutrition and Dietetics,
School of Applied Human Sciences Complex,
Conference Road, Rm HE7
P.O. Box 43844 00100 Nairobi
Email: jokimiywe@yahoo.com and [chairman-
foods@ku.ac.ke](mailto:chairman-foods@ku.ac.ke)
Tel.: 254-20-8710901/9 Ext 57139



Membership in Professional Societies

International Society for Horticultural Sciences (member)

International Union of Nutritional Sciences (member)

African Nutritional Society (member)

Forum for Agricultural Research in Africa (FARA) (Member)

4th Africa Nutritional Epidemiology Sciences (member)

Pan-African Family Strength International, (member)

Kenya Nutritionist and Dieticians Institute (member of accreditation committee)

Panel of Eminent Persons System Wide Initiative on HIV/AIDS and Agriculture (SWIHA) (member)

Steering Committee on Growing Leaders, PSR/Kenyatta University (member)

Research Committee on Sorghum Biofuel Research initiative, Kenyatta University (member)

Steering Committee on Pension Fund and retirement benefits, RBA/Kenyatta University (member)

Senate Adhoc Committee on programmes harmonization (member)

University Curriculum for Education and technology Committee (Member)

National Advisory Committee for Clinical Nutrition (member)

National technical Committee on HIV/AIDS and Nutrition

National Council for Micronutrients Deficiency Control (member)

IPGRI Dietary Diversity group, Kenya (Nutrition Specialist)

Kenyatta University Nutrition Club (Patron)

Education

August 1999	Florida State University, Tallahassee, Florida, USA. Ph.D. Major: Nutrition, Food and Movement Sciences.
June 1982	University of Queensland, Brisbane, Australia Master of Science Major: Community Health and Nutrition
June 1977	Nairobi University, Nairobi, Kenya Bachelor of Education Major: Home Economic
December 2000	The Certification Board for Nutrition Specialists Certified Nutrition Specialist

Research focus

My main area of research has been on dietary practices and patterns of the vulnerable groups (infants, children under five years, school children, pregnant and lactating women and the elderly and people living with HIV) the aim being to explore the potential of indigenous and locally produced foods through the food value chain in mitigating hunger, malnutrition and poverty nationally, regionally and internationally.

Recent Projects and consultancies

Source	Grant Title	USD	Year
Rockfeller Foundation/CIAT TSBF	Soya Blend Supplementation for HIV infected children	450,000	2006-2008
Bioversity International/IDRC	Managing agricultural bioversity for better nutrition and health, improved livelihoods and sustainable production systems in sub-Saharan Africa, Eastern Africa, South Africa, Senegal and Benin	600,000	2004-2007 and 2007-2010
InterUniversity Council of East Africa (VICRES)/ CIDA	Linking Functional Agrobiodiversity to land use & Nutraceutical based cropping as a poverty and hidden hunger reduction strategy: A pilot study on women smallholders in the Lake-Basin	150,000	2005-2009
InterUniversity Council for East Africa/SIDA	EALP/IUCEA HIV Sero-behavioral Study in institutions of higher learning in Eastern Africa	500,000	2008-2009
UNICEF	Consultant for Early Childhood and Educational Investment Programme: ECD Teacher Training and Primary School Curriculum Audit a GOK/UNICEF Partnership Programme	20,000	2008
Unilever/ Apex	Promotion of consumption of green leafy	500,000	2010-

Communication	vegetables among the urban populations in Kenya.		2012
GEF/UNEP/Bioversity International	Mainstreaming biodiversity conservation and sustainable use for improved human nutrition and well-being	300,000	2010-2013
FAO	Consultant for the Development of the National Nutrition Policy, Strategic Plan and Action Plan for the Government of Lesotho in Collaboration with the Office of the Prime Minister, Food and Nutrition Coordinating Office, sponsored by FAO	20,000	2011
USAID-MCHIP	Upscaling evidence-based High Impact Nutrition Interventions to meet MDGs 4 &5 by 2015	500,000	2011-2014
FAO/ Bioversity International	Joint FA/Bioversity International Expert Consultation On Nutrition Indicators for Biodiversity – 2 Food Consumption Washington DC	100,000	2009

Conference Presentations

Indigenous knowledge, technology and nutrition for africa, with a focus on women and children health a paper presented at the Conference on Planet Under Pressure 25-29th March 2012, London, United Kingdom

A Model for Linking Nutrition and Agriculture in Kenya a paper presented at 2ND FANUS (Federation of African Nutrition Societies) Conference 12th -15th September 2011, Abuja, Nigeria

Maximizing Opportunities: Integrating Maternal, Infant and Young Child Nutrition and Family Planning in Kenya a paper presented at the Meeting of the Partners Supporting Nutrition Activities in Kenya 23rd February 2011, Silver springs Hotel, Nairobi by Ministry of Public Health and Sanitation

Linking Nutrition to Agriculture for Improved Health of Women and Children in Nigeria a paper presented at The Nigerian Academy of Science, workshop Agriculture for improved nutrition of women and children in Nigeria, 30th Nov. to 1st December 2010

Challenges, Opportunities, for School Health Policies in Nutrition and Health Promotion a paper presented at the 4th Epidemiology Conference, Nutrition and Food Security: Successes and Emerging Challenges 4-8 October 2010, Nairobi, Kenya

Careers in Human Nutrition/Dietetics a paper presented at the II World Congress of Public Health Nutrition, I Latin American Congress of Community nutrition, Porto, Portugal 23-25 September, 2010.

Nutrition and Health Education in non- formal schools in Korogocho and Kariobangi slums Nairobi, a paper presented at a workshop on Towards Innovations and best Practices in Urban Nutrition, 25th August 2010, Nairobi. Kenya

Model for Linking Nutrition and Agriculture in Kenya a paper presented at the Workshop on Nutritionalization of

Agriculture in Uganda- Role of Agriculture in Improving the Nutritional Status of Women and Children 11-12th August, 2010, Common Wealth Resort, Munyonyo, Kampala, Uganda

Utilization of indigenous plants for dietary diversity to enhance food and nutrition security in the lake Victoria Basin a paper presented at the 5th Agricultural Science week and FARA general assembly, African Agricultural Innovation in a changing Global Environment 19-24th July 2010, Ouagadougou, Burkinafaso.

Support schools against hunger: Family and Community involvement in Nutrition Education a paper presented at Pan-African Family Strength International Conference, October 21-23rd. 2010, Mombasa Kenya

Utilization of Indigenous Plants for Dietary Diversity to Enhance Food and Nutrition Security a paper presented at ADAPPT Network- Kenya Chapter (Contract No.BO237x) Department of Crops, Horticulture and Soils, Egerton University, Kenya 16th July 2010

Dietary Diversification a paper presented at a seminar Mainstreaming Biodiversity Conservation and sustainable use of Improved Human Nutrition and well being, KARI Headquarters Nairobi, 14th May 2010

Dietary Guidelines for School Age children in Kenya a paper presented at the VICRES Workshop on Dietary Guidelines Development for Nyanza Province 18-19 November 2009, Kisumu, Kenya

Application of the variation picking test X-ray Fluorescent spectroscopic techniques to map nutraceutical density of underutilized vegetables agro-diversity on Women small hold farms in Vihiga District, Kenya a paper presented at the Fertilizers Use – The effect of Zinc on Nutrition and Food quality 26th – 27th March, 2009 at Windsor Hotel – Nairobi Kenya

Ethnobotany and Health Cluster (Food, Nutrition and Health) Position Paper April 2008. A paper presented at the VICRES 5th Annual forum of the East African Inter University Council, 28th – 30th may 2008, Arusha, Tanzania

Consumption of underutilized plant species; Correlates to other variables among major ethnic groups living in urban and peri urban Nairobi Kenya. International symposium on underutilized plant species for food, nutrition, income and sustainable development Arusha, Tanzania 2- 8th March 2008.

Overview of Biodiversity nutrition and health situation in Kenya: Background to dietary Diversity Phase 1 and outcomes and justification for Phase 2. Managing agricultural biodiversity for better nutrition and health, improved livelihoods and more sustainable production systems in sub-Saharan Africa Planning meeting Pretoria, South Africa 18-21 March 2008 and Nairobi, Kenya, 31st arch 2008

Food consumption and dietary assessment tools: Focus on Nutrition assessment and screening for better health, nutrition and improved livelihoods. Managing agricultural biodiversity for better nutrition and health, improved livelihoods and more sustainable production systems in sub-Saharan Africa Planning meeting Pretoria, South Africa 18-21 March 2008 and Nairobi< Kenya, 31st arch 2008

Recent publications

Ekesa, B, Poulaert, M, Mark.W. Davey, MW, **Kimiywe, J**, Van den Bergh, I, Guy Blomme, G, Dhuique-Mayer, C. (2011) Bioaccessibility of provitamin A carotenoids in bananas (*Musa* spp.) and derived dishes in African countries. Submitted to the Journal of Food Chemistry 133, 1471-1477

Chege P, Kuria E, **Kimiywe J**. (2010) A comparative study on dietary practices, morbidity patterns and nutrition status of HIV/AIDS infected and non-infected pre-school children in Kibera slum, Kenya. J. Appl. Biosci. Vol. 32:2990-2014

Were GM, Ohiolepelai O, Olieyo Owuor Jb, Mbagaya GM, **Kimiywe J**, Mbithe D and MM Owello (March 2010) Soybean (glycine Max) Complementation and the Zinc status of HIV and AIDS affected children in Suba District, Kenya. AJFAND Vol. 10 (2) ISSN 1684/5374

Githiri M, Okemo P, **Kimiywe J** (2010) Hygienic practices and occurrence of coliforms and staphylococcus on food at public hospital in Kenya. JAB Vol. 27 (2010) pp 1727-1731

Mse E, **Kimiywe J**, Simiyu N.W.W (2009) The extent of Dietary Supplements use by Male Rugby Players in Kenya. JAB Vol. 22:1306-1311

Mse E, **Kimiywe J**, Simiyu JWW (2009) Demographic Characteristic and Dietary Supplements use by Male Rugby Players in the 2006 Season of Kenya Cup League. AJAHS Vol. 1(1) : 8-13

Supervision of postgraduate students

<p>1. TOM. K .OLIELO 84/ 0041/ 03</p>	<p>Consumption patterns and micro biological and preservation safety of packaged fruits products in Nairobi Kenya</p>	<p>PhD FND Graduated 2008</p>
<p>2.DORCUS MBITHE N85/15147/04</p>	<p>Nutrition Health intervention programmer policy for primary schools in machakos District , Kenya ; A long-term cost effective strategy for poverty reduction</p>	<p>PhD FND Graduated 2008</p>
<p>3.CHEGE PETER MAINA H 60 / 7324/ 02</p>	<p>Dietary practices and health related risks associated with the nutrition status on HIV/ AIDS infected</p>	<p>MSC FND Graduated 2007</p>
<p>4.SUSAN MWANYA BOSIRE H60/8400/98</p>	<p>The influence of child care practices on the nutritional status of children in katilu locating turkana district</p>	<p>MSC FND Graduated 2006</p>
<p>5.ELIJAH D .O ODUNDO H 60/ 9089/ 2000</p>	<p>Assessment of community participation in the school feeding programmers in Kariobagi and Mukumu slams off Nairobi</p>	<p>MSC FND Proposal not submitted</p>
<p>6.GRACE K KARISA H 60 / 7056/ 2001</p>	<p>Iron deficiency Anaemia and cognitive development of pre school children (3- 5yrs) Goshi location, Malindi District, Kenya</p>	<p>MSC FND Graduated 2007</p>
<p>7.MARGARET NGEKI GITHIRI H60/6545/2003</p>	<p>Food handling Practices; cause of salmonella, Escherichia Coli and Staphylococcal Food Poisoning a Study of Kenyatta National Hospital, Nairobi, Kenya</p>	<p>MSC HRM Graduated 2008</p>
<p>8.NJAU JOSEPH NGAGA H60/7274/2001</p>	<p>Infant Feeding and Initiatives in place in selected Hospitals</p>	<p>MSC FND Not completed research</p>

9.FIDELIS GATHONI MBUGUA	Consumer knowledge of Health risks associated with marketed milk: A casa of Kibera, ,Nairobi, Kenya	MSC MPH Graduated 2006
10.NJERU N. W. KAGENDO I57/7026/02	An assessment of knowledge, Attitude and Practice of Diet therapy in the management of Diabetes	MSC MPH Defended Thesis
11.LEAH MARINGA H60/7481/2002	Gaining competitive advantage for Kenya Hotels through information Technology Application	MSC HRIM Graduated 2007
12.FLORENCE OYEKO ODIWUOR H60/11127/2004	Maternal Calorie Intake, Physical Activity and Gestational weight Gain: A Case Study of Pregnant Women at Rongo Sub District Hospital	MSC FND Graduated 2011
13.JANE NALIAKA SITUMA H60/11122/2004	Dietary Intake, Health and Nutrition Status of HIV infected women attending patients support centers in Suba District, Kenya	MSC FND Graduated 2007
15.TOM A. HONGO H60/11129/2004	Effect of Soybean Enriched Diet on Nutrition and Health Status of HIV+ Children in Suba District Kenya	MSC FND Completed waiting to submit
16.ANTHONY PEPELA	Motivation Perspectives Affecting Adult participation in leisure and Recreation Activities in Health Clubs Within Five-Star Hotels in Nairobi, Kenya.	MSC HRIM Graduated 2006
17.SUSAN GITONGA H60/6577/03	Maternal Pregnancy Weight and Birth Outcome; A case of Thika District Hospital, Kenya	MSC FND Graduated 2007
18.GLADYS GITAU H60/5422/03	The Iron Status of 15-49 years lactating and Non-lactating mothers in Makongeni Thika, Kenya.	MSC FND Graduated 2007
19.Lucy Waitthaka H60/5415/03	Nutritional Knowledge, Attitude and Practices in Management of Type 2 Diabetes Among Adults case of Nakuru provincial General Hospital.	MSC FND Graduate 2008
20. Esther Nduku H60/11124/04	Nutrition Status and Socio-behavioral factors leading to Disordered eating habits among Female Hair Beauty College Students in Nairobi, Kenya	MSC FND Graduated 2008

21.Emily Oyaro H60/11125/04	Prevalence and Factors that contribute to Obesity among Pre-adolescents: A Comparative Study of Public and Private Schools in Nairobi, Kenya	MSC FND defended at department
22. Beatrice Simuli Musee H60/11118/04	Dietary Practices and Nutritional Status of Pre-adolescent Pupils attending Schools in Thika District	MSC FND Graduated 2008
23. Mary Waiswa H60/54113/03	Household Food Security and Nutritional Status of the Underfives in Sugarcane growing areas, Kakamega District	MSC FND Graduated 2008
24. Caroline Arimi H60/7773/02	Dietary Intake and Nutritional status of School Aged Orphans Participating and those not participating in School feeding Programms in Kariobagi, Nairobi	MSC FND Completed waiting to defended at department
25. Elizabeth Mse I56/11200/04	Utilization Trends of Dietary Supplements by Rugby Players in the 2006 Kenya cup League	MSC. Sports Nutrition Graduated 2008
26. Mildred Odongi	Nutrition status and its effect on malaria severity in children under five years in Bondo District	MSC HIM Submitted thesis
27. Joyce Kamau I57/11602/04	Effects of Soyabean (Glycine Max) Supplementation on Nutrition and Health status among Orphaned School Children between 6-9 years in Suba District, Kenya	MPH Graduated 2008
28. Meeme Winnie Kamau H60/12942/2005	Assessment of factors influencing the Nutrition status and dietary Practices of Adult PLWA, in Butula Division , Busia District	MSC FND Collecting data
29. Martin B. Kumbe H60/13414/2005	Food and Nutrition Security among Households affected by HIVAIDS in Vihiga District	MSC FND Waiting to present findings
30. Karanja Ester Wairimu H60/12936/2005	Dietary Practices, Nutritional Knowledge and Self-care Behaviors among Diabetics in the Management of Diabetic Foot; Kenyatta Hospital, Nairobi, Kenya	MSC FND Collecting data
31.Richard Mutiso H60/12934/2005	Effects of Food Supplements on the Nutrition Status and Body Composition of Adult PLWHA's attending Maragua Comprehensive care Clinic	MSC FND Submitted thesis

32. Regina W. Mbochi H60/12932/2005	Overweight and Obesity Prevalance and Associated Dietary Patterns and Physical Activity among Women (25-54 years) in Nairobi, Kenya	MSC FND Graduated 2010
33. Awuor Rebecca H60/10649/2007	Knowledge, Attitude and fruit consumption among university students: A case of Kenyatta University main campus, Nairobi, Kenya.	MSC FND Proposal stage
34. Jane Jebet Bitok H60/6546/2003	Assessment of Domestic Tourism among resident of low, middle and High income estates in Nairobi, Kenya.	MSC HP Graduated 2010
35. Ekesa Beatrice Nakhauka H87/11175/08	Retention and Bioavailability of provitamin of carotenoids (PVAC) in Musa fruit and the consumption patterns among small holder households in banana growing regions of Eastern Africa.	Ph.D FND Submitted thesis for examination
36. Parnel Simitu N/50/10676/07	Consumption and conservation of Drylands indigenous fruit trees for rural livelihood improvement in Mwingi District, Kenya.	Msc ENV. Graduated 2010
37. Getrude Were	Soyabean (Glycine mat) complementation and the nutritionlka status of children in HIV- affected households in Suba District, Kenya.	Ph.D FND (Moi University) Graduated 2010
38. Eunice Mutemi	The role of indigenous foods in improving iron and vitamin A levels of children in rural and semi arid area, Kitui District – Kenya.	Ph.D FND Proposal Done
39. Susan Ndirangu H89/12196/09	Bioavailability of Iron from African Leafy Vegetables Consumed In Nairobi. Kenya	PhD FND Deceased
40. Chege Peter Maina H87/12936/07	Diversitication of Pastoralists Diet: Efficacy of Dried Amarath leaves on Vitamin A and Iron Status of Children Under Five in Kajiado District, Kenya	PhD FND Submitted thesis
41. Anastacia Kariuki H87/13269/09	The Effect of Hypocysteineamia on the Health and Birth outcome of HIV+ Pregnant Women in Pumwani Hospital, Nairobi	PhD FND Proposal stage
42. Ester Muriuki H60/13415/05	Prevalence and risk factors associated with Ricketts inchildren 0-5 years in Kiambu Hospital, Kenya	Msc FND Submitted thesis
43. Crippina B. Lubeka 157/12689/2005	Assessment of nutritional and health interventions on HIV positive children 0-59 months in Mathare.	MPH graduated
44. Dorothy A. Othoo	Consumption of Spirulina Powder in cooked sardine	PhD FND Data collection

H 87/152008/08	to manage protein-energy- undernutrition and Iron deficiency Among children aged 6-24 months in Dhiwa District, Kenya	PhD FND Data collection
45. Gladys Gitau H87/10414/08	Nutrition Education Strategies to Combact Iron Deficiency Aneamia in class 6 School Children in the Coffee Zone of Thika District.	PhD FND Proposal submitted
46. Judith Munga	Efficacy of chromium supplementation in management of type 2 diabetes: randomized clinical trial in patients attending diabetes care clinic Nairobi, Kenya.	MSc HRIM Graduated 2010
47.. Esther W. Makunyi H60/12930/05	A survey of methods used by the Kenya tourist board in marketing adventure tourism in the mount Kenya region	Msc. FND Proposal stage
48.. Mercy Nthambi Maundu H60/11120/04	Knowledge, Attitudes and Practices on Breastfeeding among Health Workers in Tenwek Hospital in Bomet District, Kenya	Msc. MPH Proposal submitted
49. Matiri Everlyn Karwitha 157/10740/2007	Influence of Workplace Interventions the Support Breastfeeding Working Women on Nutrition Status and Morbidity of Children 0-6 months in Nairobi, Kenya	PhD. FND Proposal submitted
50.. M'Liria Joseph Kobia	Efficacy of Breastfeeding Promotion through mother to mother support groups: Comparative Study in Rural and Urban , Igembe, Meru County, Kenya	Msc FND Proposal Completed
51. Mutemi Catherine Munanie H60/12704/2009	Food Consumption Patterns and Nutritional Status of Pregnant Women Attending AMREF Antenatal Clinic, Kibera Slums ,Nairobi	Msc FND Proposal completed
52. Koske Matilda Cheronu H60/10311/08	Relationship Between Food Patterns and Glycemic Control in Adults Aged 45-65 Years with Type 2 Diabetes Mellitus Attending Kericho District Hospital	Msc Analytical Chemistry
53. Wakhuna John Akello I56/OL/12146/07	Determinants of levels of selected micronutrients and antinutrients in recipes formulated from underutilized local vegetables in Lake Victoria Basin	PhD FND Proposal writing
54. Jacqueline Cherotich Kipkorir H87/23053/2011	Effectiveness of a participatory nutrition education approach in enhancing dietary diversity and nutrient adequacy of complementary foods in Vihiga County	PhD FND Proposal Submitted
55. Regina wangui Kamuhu H87/23272/2010	Effect of diet supplementation with peanut on cardiovascular disease risk factors in adults living with	

<p>56. Zipporah Bukania-Apungu H87/11388/08</p>	<p>HIV related dyslipidemia: A randomized cross-over clinical trial</p> <p>A correlation study of urinary iodine, thyroid status and blood pressure among girls 8-12 years and women aged 15-49 years in Eastern kenya</p>	<p>PhD FND Proposal completed</p>
<p>57.. Julie Gogi H60/10303/08</p>	<p>Comparison of magnesium and isobrufen (Brufen) treatments of primary dysmenorrhea among selected adolescents girls in Machakos DIstrict Kenya</p>	<p>Msc FND Writing thesis</p>
<p>58.. Patricia Kariuki H60/12684/09</p>	<p>The effect of dietary cholesterol from eggs on serum cholesterol level among Kenyatta University students</p>	<p>Msc FND Writing proposal</p>
<p>59. Catherine Mutemi H60/12704/09</p>	<p>Assessment of the diet quality of pregnant women attending antenatal clinic at Mbagathi District Hospita</p>	<p>Msc FND Data collection</p>
<p>60.Agnes Mitheko H60/12713/09</p>	<p>Dietary, Socio-economic and demographic factors influencing serum zinc levels od pregnant women at naivasha level 4 Hospital nakuru County, kenyal</p>	<p>Msc FND Data analysis</p>
<p>61. Keena N. nyongesa H60/12701/09</p>	<p>Food security and maternal nutritional status in sugarcane producing households in Bungoma South District</p>	<p>Msc FND Proposal writing</p>
<p>62. Laura Agba Byaruhanga H60/12931/05</p>	<p>Assessment of the adequacy and cost effectiveness of garden linked feeding programme at a rural public primary school Kamuli District, Uganda</p>	<p>Msc FND Proposal submitted</p>
<p>63. Hellen Wanjiku Mureithi H60/20307/2010</p>	<p>Outcomes of enteral nutrition supplement of severe head injury adult patients admitted at enteral care unit Kenyatta national Hospital</p>	<p>Msc FND Data analysis</p>