THE TECHNICAL UNIVERSITY OF KENYA

Haile Selassie Avenue, P.O. Box 52428, Nairobi, 00200, Tel +254(020) 343672, 2249974, 2251300, 341639

Fax 2219689, Email: vc@tukenya.ac.ke, Website: www.tukenya.ac.ke

NAME: DR ELIZABETH WANJIRU MWANIKI



Faculty:	Applied Sciences and Technology
School:	HEALTH AND BIOMEDICAL SCIENCES
Department:	HEALTH SYSTEMS MANAGEMENT AND PUBLIC HEALTH
Current Designation:	Senior Lecturer, DEPARTMENT OF HEALTH AND BIOMEDICAL SCIENCE
Office Telephone:	+254(020) 2219929, 3341639, 3343672
Official Email:	lizmwaniki@tukenya.ac.ke
Consultation Hours:	8AM-5PM MON - FRI

EDUCATION

LEVEL	QUALIFICATION NAME	INSTITUTION	YEAR
Doctor of Philosophy (PhD)	COMMUNITY AND PUBLIC HEALTH	JOMO KENYATTA UNIVERSITY OF AGRICULTURE AND TECHNOLOGY(Kenya)	2013
Master of Public Health	PUBLIC HEALTH	KENYATTA UNIVERSITY(Kenya)	2007
Bachelor of Arts (BA)	EDUCATION	KENYATTA UNIVERSITY(Kenya)	1990
Certificate	KENYA ADVANCED CERTIFICATE OF EDUCATION	0(Kenya)	1986
Certificate	KENYA CERTIFICATE OF EDUCTION	.0(Kenya)	1984

WORK EXPERIENCE

PERIOD	INSTITUTION	POSITION
15/03/2022 - TO DATE	TECHNICAL UNIVERSITY OF KENYA	SENIOR LECTURER
2013 - 2014	ALLIANCE GIRL HIGH SCHOOL	DEPUTY PRINCIPAL
1990 - 2013	TEACHERS SERVICE COMMISSION	TEACHER
1/9/2014 - 15/3/2022	TECHNICAL UNIVERSITY OF KENYA	LECTURER
03/02/2025 - 03/02/2028	TECHNICAL UNIVERSITY OF KENYS	CHAIRMAN, DEPARTMENT OF HEALTH AND BIOMEDICAL SCIENCES

GENERAL STATEMENT ON RESEARCH AREAS

Randomized Control Trials, Public & Community Health, Epidemiology of Non Communicable Diseases

CURRENT RESEARCH PROJECTS

“A Changemaker: Promoting co-designed sustainable health interventions with young changemakers for reduced risk of non-communicable diseases (NCDs) in urban Burkina Faso, Kenya and Tanzania”.	Non Communicable diseases
British Academy’s International Writing Workshops 2024 programme	Mentorship
Erasmus+ ICM partnership with the University of Glasgow - 2022 project	Non communicable dieases
Understanding the aetiology and peoples lived experience of type 2 diabetes and diabetes risk in Kenya	Interdisciplinary

SELECTED PUBLICATIONS

TITLE	LINK TO PUBLICATION	YEAR
Mwaniki EW, Makokha AN: Nutrition Status and Associated Factors among Children in Public Primary Schools in Dagoretti , Nairobi Kenya, African Health Sciences-VOL 13 issue march 2013	View online	
Elizabeth W Mwaniki and Makokha AN: Nutrition Status of Children in Orphanages in Selected Primary Schools within Dagoretti Division Nairobi, Kenya- Journal of Nutrition and Food Science-J Nutr Food Sci 4: 248. doi: 10.4172/2155-9600.1000248 ISSUE 1.100248	View online	
E. W. MwanikiI, A.N. Makokha and J. N. Muttunga: Nutrition Status and Associated Morbidity Risk Factors Among Orphanage and Non-Orphanage Children in Selected Public Primary Schools within Dagoretti, Nairobi, Kenya East African Medical Journal Vol. 91 No. 9 September 2014	View online	
Elizabeth Mwaniki & Judith Waswa Effects of Second Hand Smoking on the Health of School Central African Journal of Public Health. Vol. 5, No. 6, 2019, pp. 266-271. doi: 10.11648/j.cajph.20190506.17 Children in Awendo, Kenya	View online	
Humphrey Mbuti,Elizabeth Mwaniki,Peter Warutere, Francis Oguya,Ronnie Midigo Demographic Factors Associated with Health-Related Quality of Life Among Urban and Rural Tuberculosis Patients in Kenya Journal of Human Physiology | Volume 01 | Issue 02 | December 2019	View online	
Humphrey Mbuti,Elizabeth Mwaniki,Peter Warutere, Francis Oguya,Ronnie Midigo Demographic Factors Associated with Health-Related Quality of Life Among Urban and Rural Tuberculosis Patients in Kenya Journal of Human Physiology | Volume 01 | Issue 02 | December 2019	View online	
Julius Nguku, Elizabeth Mwaniki and Fiona Mbai. Impact of an Integrated HIV/STI Prevention Project in Reducing Behavioral Risks for Out-of-school, 15-24year-old girls in Mukuru Slums, Nairobi: Interlink Continental Journal of Medicine and Medical Sciences. Vol. 2(3) pp. 010-016, October 2016. Available online	View online	
Julius N. Nguku, Fiona N. Mbai and Elizabeth W. Mwaniki Predictors of Factors Sustaining HIV/STI Protective Behaviours among Adolescent Girls and Young Women in Mukuru Slums, Nairobi: A Retrospective Cohort Study: Journal of Advances in Medicine and Medical Research 22(9): 1-12, 2017; Article no.JAMMR.34552	View online	
Elizabeth Mwaniki, Cindy M Gray Exposure to secondhand smoke from cigarettes: A cross-sectional study of primary school adolescents in Awendo Sub-County, Migori-Kenya. IOSR Journal of Dental and Medical Sciences (IOSR-JDMS) e-ISSN: 2279-0853, p-ISSN: 2279-0861.Volume 17, Issue 6 Ver. 10 (June. 2018), PP 63-69	View online	
Mr. Julius N. Nguku, Dr. Elizabeth W. Mwaniki, Ms. Tabitha Muia, Prof. Fiona N. Mbai Sustenance of HIV/STI Protective Behaviours by Slum- dwelling Adolescent Girls and Young Women is associated with their Income Status IOSR Journal of Nursing and Health Science (IOSR-JNHS) e-ISSN: 2320–1959.p- ISSN: 2320–1940 Volume 7, Issue 6 Ver. VI. (Nov.-Dec.2018), PP 32-39	View online	
Elizabeth Mwaniki, Judith Waswa: Effects of Second Hand Smoking on the Health of School Children in Awendo, Kenya. Central African Journal of Public Health. Vol. 5, No. 6, 2019, pp. 266-271. doi: 10.11648/j.cajph.20190506.17	View online	
Humphrey Mbuti, Elizabeth Mwaniki, Peter Warutere, Francis Oguya, Ronnie Midigo. Social Demographic Factors Associated with Adherence to Treatment Among Urban and Rural Tuberculosis Patients in Kenya: International Journal of Medical Science and Health Research Vol. 4, No. 03; 2020: ISSN: 2581-3366.	View online	
Melvine Praxides Ouyo, Daniel Muia, Elizabeth Mwaniki: Relationship between Early Sexual Initiation and Reproductive Health among Undergraduates in Universities within Nairobi County: Journal of Medicine, Nursing & Public Health, Volume 2. Issue1, p73 - 90. http://stratfordjournals.org/journals/index.php/Journal-of-Medicine-Nursing-P/article/view/326 (2019-09-05)	View online	
Humphrey Mbuti Kimani, Francis Oguya, Peterson Warutere, Elizabeth Mwaniki, Randomized Control Trial on the Effect of Health Education on Health Related Quality of Life Among Tuberculosis Patients in Kenya, Central African Journal of Public Health. Volume 8, Issue 2, April 2022 , pp. 33-46. doi: 10.11648/j.cajph.20220802.13	View online	
Anthony Muchai Manyara, Elizabeth Mwaniki, Cindy M Gray, Jason MR Gill Comparison of risk factors between people with type 2 diabetes and matched controls in Nairobi, Kenya: Tropical Medicine & International Health Vol. 26, Issue 9, Pages 1075-1087, September 2021. https://doi.org/10.1111/tmi.13629	View online	
Anthony Muchai Manyara, Elizabeth Mwaniki, Cindy M Gray, Jason MR Gill Comparison of risk factors between people with type 2 diabetes and matched controls in Nairobi, Kenya: Tropical Medicine & International Health Vol. 26, Issue 9, Pages 1075-1087, September 2021. https://doi.org/10.1111/tmi.13629	View online	
Anthony Muchai Manyara, Elizabeth Mwaniki, Cindy M Gray, Jason MR Gill Comparison of risk factors between people with type 2 diabetes and matched controls in Nairobi, Kenya: Tropical Medicine & International Health Vol. 26, Issue 9, Pages 1075-1087, September 2021. https://doi.org/10.1111/tmi.13629	View online	
Anthony Muchai Manyara, Elizabeth Mwaniki, Cindy M Gray, Jason MR Gill Comparison of risk factors between people with type 2 diabetes and matched controls in Nairobi, Kenya: Tropical Medicine & International Health Vol. 26, Issue 9, Pages 1075-1087, September 2021. https://doi.org/10.1111/tmi.13629	View online	
Anthony Manyara, Elizabeth Mwaniki, Cindy M Gray, Jason MR Gill " I am not comfortable with my weight..." Barriers and enablers associated with weight control in Nairobi, Kenya: A qualitative study: International Journal of Behavioral Medicine, Vol 28, Suppl 1, Pages S10-S11, Publisher Springer, June 2021; (Conference Abstract): https://link.springer.com/journal/12529/volumes-and-issues/28-1/supplement	View online	
Intake of sugar sweetened beverages among children and adolescents in 185 countries between 1990 and 2018: population-based study	View online	2024
Burdens of type 2 diabetes and cardiovascular disease attributable to sugar-sweetened beverages in 184 countries.	View online	2025
Determinants of prostate cancer screening uptake among men in Mukuru informal settlement, Nairobi, Kenya: a mixed-methods study.	View online	2026
Understanding context in the implementation of school health promotion: a scoping review and conceptual framework	View online	2026

POSTGRADUATE STUDENTS SUPERVISION

NAME	PROJECT TITLE	PERIOD
Nguku Julius	Predictors of Sustaining HIV and AIDS Protective Behaviours by Adolescent Girls and Young Women Residing in Mukuru slums, Nairobi, Kenya-Technical University of Kenya	2015-2019
Melvine Ouyo	Effects of Premarital Sex on Reproductive Health among Undergraduate students in Nairobi Universities- MPH student-Kenyatta University	2018-2020
Anthony Muchai Manyara	Understanding the aetiology of diabetes and people's lived experiences of diabetes risk in Kenya- Glagow University, UK	2018-2022
Humphrey Mbuti	Influence of Health Education on Health Related Quality of Life Among Patients Attending TB Clinics in Nairobi County-Technical University of Kenya	2022
Kagwiria Akule	Factors influencing the uptake of prostate cancer Screening among men in low income settings: a case study of Mukuru slum, Nairobi-Kenya	2022-2024
Martin Onyoin	Climate-Resilient Health Systems and Public Health Policy & Practices in Malawi and Zambia.	2025-ongoing

COURSES TAUGHT

NAME	DESCRIPTION	PERIOD
SHCJ 2135 PRIMARY HEALH CARE	The course introduces primary health in the community	2018 - 2019
SHHE 2206: EPIDEMIOLOGY	The study of disease and health related events in the community	2020 - 2020
SHCU7212 HEALTH BEHAVIOR AND CONTROL OF DISEASES	Introduce the student to the application of Health Behavior and promotion in the protection and Improvement of public health.	2020 - 2020
SHCU7101 HISTORY AND PHILOSOPHY OF PUBLIC HEALTH	Provides the learner with a historical perspective of public health, its present status, and its current philosophical foundations, as well as the evolution of public health in Kenya.	2020 - 2020
SHCI 2134 COMMUNICABLE DISEASES PREVENTION AND CONTROL	Provides students with knowledge and skills on how to prevent and control of communicable diseases with the aim of achieving community health and wellness	2018 - 2019
SHCI 3134: PRINCIPLES OF EPIDEMIOLOGY	Is the study of patterns of disease distribution in the community and factors which influence this distribution	2019 - 2019
UCCC1201: HEALTH EDUCATION	Common unit taught to all Undergraduate and Diploma students	2014 - TO-DATE
SHCU 7107: MONITORING & EVALUATION OF HEALTH PROGRAMS	Monitoring & Evaluation of Health Programs	2020-Todate - TO-DATE
SHCI 1102: BASIC LIFE SUPPORT &EMERGENCY CARE	First Aid, Extrication & Disaster Response	2020 - TO-DATE

PROFESSIONAL AFFILIATIONS AND SOCIETIES

TITLE	INSTITUTION
Dr. (PhD in Public Health)	Jomo Kenyatta University of Agriculture and Technology, Nairobi, Kenya,
B Ed. (Home Economics)	Kenyatta University, Nairobi, Kenya
KACE	Loreto Girls High School, Limuru
KCE	Tumutumu Girls High School
Master of Public Health & Epid	Kenyatta University, Nairobi, Kenya

EXTRA INFORMATION

DESCRIPTION

Glasgow University Interdisciplinary Awards 2018.
Dr Cindy M Gray (Glasgow University-UK), Professor Jason MR Gill Glasgow (University-UK) and Dr. Elizabeth Mwaniki (TU-K)
Funding amount over £5,896
Research Title: Understanding the aetiology and people's lived experiences of type 2 diabetes and diabetes risk in Nairobi, Kenya

2019/2021: Won Erasmus+ ICM partnership with the University of Glasgow - 2020 project Ref: **Project 2020-1-UK01-KA107-078782**
2020: MOU between University of Glasgow-UK and Technical University of Kenya
2023: Renewed MOU between University of Glasgow and Technical University of Kenya
2020/2022: Won Erasmus+ ICM partnership with the University of Glasgow - 2021 project (Ref: **Project 2020-1-UK01-KA107-078782)**

Membership to Professional bodies
Global Alliance for Chronic Diseases (GACD)
Global Dietary Database Consortium
Reviewer in World Journal of Public Health (WJPH)
Teachers Service Commission