



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 JUDITH KHAMALA WASWA

Faculty:	Applied Sciences and Technology
School:	HEALTH AND BIOMEDICAL SCIENCES
Department:	HUMAN NUTRITION AND DIETETICS
Current Designation:	Senior Lecturer, HUMAN NUTRITION AND DIETETICS (DHND)
Office Telephone:	+254(020) 2219929, 3341639, 3343672
Official Email:	judith.waswa@tukenya.ac.ke
Consultation Hours:	8AM-5PM MON - FRI



EDUCATION

LEVEL	QUALIFICATION NAME	INSTITUTION	YEAR
Doctor of Philosophy (PhD)	APPLIED HUMAN NUTRITION	UNIVERSITY OF NAIROBI(Kenya)	2014
Master of Public Health	PUBLIC HEALTH	Moi University(Kenya)	2010
Postgraduate Diploma	EDUCATION	MASENO UNIVERSITY(Kenya)	2004
Bachelor of Science (BSc)	AGRICULTURE AND HOME ECONOMICS	EGRETON UNIVERSITY(Kenya)	1996
O level/Equivalent	KENYA CERTIFICATE OF SECONDARY EDUCATION	GOI GIRLS HIGH SCHOOL(Kenya)	1990
KCPE/Equivalent	KENYA CERTIFICATE OF PRIMARY EDUCATION	LUTASO PRIMARY SCHOOL(Kenya)	1986

WORK EXPERIENCE

PERIOD	INSTITUTION	POSITION
Oct 2022 - Oct 2025	Kenya Methodist University	External Thesis Examiner
2020 - Oct 2022	Technical University of Kenya	Academic Team Leader
Jan 2015 - June 2015	Kenya Nutritionists and dieticians Institute	Technical Manager
2017 - Dec 2018	Technical University of Kenya	Lecturer and Chair of Department
2015 - Dec 2016	Karatina University	Lecturer
Jan 2023 - Date	Kenyatta University	External Thesis Examiner
2020 - 2025	Ministry of Agriculture Livestock and Fisheries	Technical working group Member-Nutrition Linkages
2020 - 2025	Kenya Bureau of Standards	Technical committee member-food Labeling
2019 - 2023	Ministry of Health	Technical working group Member-Healthy Diets
2015 - 2018	Epikutihope Kenya Limited	Consultant-Food systems
2014 - 2015	Maseno University	External Thesis Examiner
2013 - 2015	Shamberere Technical Training Institute	Lecturer
2012 - 2014	Mabusi Health Center, CCC	Volunteer
1997 - 2013	St Anns Nzoia Girls	Teacher and Head of Department

GENERAL STATEMENT ON RESEARCH AREAS

Research areas: nutrition sensitive food systems, maternal and child nutrition ; dietary assessments; ; nutritious food value chain analysis and development; public health behavior change promotion, nutrition policy and governance; participatory institution capacity assessments for improved nutrition, nutrition lobbying and advocacy, capacity building in nutrition, food systems, food safety, gender equity and mainstreaming and dietetics

CURRENT RESEARCH PROJECTS

Improving Nutritional Status of Infants 6-24 month through a Nutritious Food mix of Millet, Amaranth and Termites Coupled with Improved Complementary Feeding practices in Western Kenya.	Infant and young child nutrition
Development and validation of a food frequency questionnaire to monitor food intake in Kenya	Development of reseach tools
Development of Agri-Nutritio manual for Kenya	Food systems
Development of teachers guide for nutrition	General nutrition

SELECTED PUBLICATIONS

TITLE	LINK TO PUBLICATION	YEAR
Non Communicable Diseases -The Elephant in the Room	View online	
A Paradigm Shift in Social Vulnerability to Nutritional Diseases	View online	
Development, sensory evaluation and nutritional qualities of a millet based food replacer for geophagy	View online	
Efficacy of a millet based product in management of geophagy: A Randomized Control Trial	View online	
Prevalence and predictors of geophagy among adolescent girls in Likuyani District of Kakamega County	View online	
Influence of perceived body image on nutrient intake and nutritional health of female students of Moi university	View online	
Determinants of Body Image Perceptions among College Students in Kenya	View online	
Micronutrient Deficiencies: Adopting Bio fortification of Staple Crops. Is it Sustainable?.	View online	
Geophagy amidst compulsory iron supplementation among pregnant women attending ant -natal clinics in Likuyani Sub County - Kenya.	View online	
Promotion and Utilization of Niche Foods for Food and Nutrition Security	View online	
Addressing Geriatric Malnutrition: Can Social Protection Work?	View online	
Effects of Second Hand Smoking on the Health of School Children in Awendo, Kenya	View online	
Qualitative Study Exploring Mother's Perceptions Of Child Malnutrition In Informal Settlements In Kenya	View online	
Qualitative Study Exploring Mother's Perceptions of Child Malnutrition in Informal Settlements in Kenya. Researchjournal's Journal of Public Health Vol. 5 No. 12 December 2019	View online	
Exploring Infant Feeding Beliefs and practices among Mothers in Major Urban Informal Settlements in Kenya	View online	

NAME	PROJECT TITLE	PERIOD
Loyce Joyce Anyango PhD SHNX/06549P/2016	Development of a Model for Predicting Correlates of Infant Feeding Practices among Mothers in Major Urban Informal settlements in Kenya: Application of Theory of Planned Behaviour	2016-2020
Peris Jeptoo Cheruiyot SHNX/3971P/2018 PhD	Effects of Magnesium and CoQ10 Supplementation in Alleviating the Pathophysiology of Sickle Cell Disease in Western Kenya	2018
AWINO PAUL ODHIAMBO SHNU/0163989P/2018	EFFECT OF TIME RESTRICTED FEEDING ON WEIGHT LOSS AMONG THE OBESE PATIENTS AGED BETWEEN 18 TO 50 YEARS IN SELECTED COMMUNITIES OF NAIROBI COUNTY	2019
Mildred Rachael Awuor Odhiambo SHNY/05442/2021	POSITIVE DEVIANCE APPROACH IN FOOD HYGIENE PRACTICES FOR IMPROVED NUTRITION FOR CHILDREN UNDER FIVE YEARS AMONG HOUSEHOLDS IN KAJIADO COUNTY, KENYA.	2021
Wambui Susan Wairegi	VALIDATION OF ROUTINE NUTRITION STATUS ASSESSMENT METHODS USING STABLE ISOTOPE DILUTION TECHNIQUE AMONG WOMEN OF REPRODUCTIVE AGE IN NYERI COUNTY, KENYA.	2021
AWINO PAUL ODHIAMBO SHNU/03989P/2018	EFFICACY OF CIRCADIAN RHYTHM IN THE USE OF TIME RESTRICTED FEEDING ON WEIGHT LOSS AMONG THE OBESE PATIENTS AGED BETWEEN 24-49 YEARS IN NAIROBI COUNTY	2020
CATHERINE MUTHONI NGUU (SHNX/02700P/2018)	EFFECT OF AFRICAN LEAFY VEGETABLE PROMOTION ON CONSUMPTION AND DIETARY MICRONUTRIENT INTAKE AMONG SMALLHOLDER TEA FARMING HOUSEHOLDS WITH PRESCHOOL CHILDREN IN KIRINYAGA	2019
EILEEN ABIGAEL AITSYA	ASSOCIATION BETWEEN DIETARY PATTERNS AND WORK SCHEDULES OF HEALTH PROFESSIONALS AT NAKURU LEVEL 6 HOSPITAL	2020

COURSES TAUGHT

NAME	DESCRIPTION	PERIOD
Human Nutrition	Chemistry of Nutrients and their metabolites	2017 - Date
Nutrition assesment	Anthropometric,Biochemical,clinical and dietary assessment of human nutrition status	2017 - Date
Research methods	principles and methodologies of reseach	2017 - Date
Animl and plant production systems	Nutrition sensitive food systems	2017 - Date
Nutrition and Immunity	Nutrients and their functions in the immune system	2017 - 2017
Nutrition in the life course	Nutrition requirements for pregnancy, infancy, childhood,adolescence, adulthood, and the aging population	2017 - Date

PROFESSIONAL AFFILIATIONS AND SOCIETIES

TITLE	INSTITUTION
Member	Society for Advancement of Science in Africa
NUTRITIONIST/DIETICIAN	Kenya Nutritionists and Dieticians Institute