#### LOUISE WANJIKU NGUGI

### PhD, The University of Nairobi

MSC Applied Human Nutrition, The University of Nairobi

B.Ed Home Economics (Kenyatta University)

#### **RESUME**

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PERSONAL DATA

NATIONALITY : KENYAN
MARITAL STATUS: MARRIED

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#### PERSONAL PROFILE

Louise Ngugi Holds a PhD in Applied Human Nutrition. She headed the department of Food Science and Nutrition at Karatina University August 2014 to April 2021. She is ambitious, a team worker self driven and committed to achieving set goals. She appreciates cultural diversity and is able to work and maximize the strength of diversity. She is open to different viewpoints. She is a proficient communicator and administrator. As a team leader she motivates motivates and coordinates team to achieve results. She has been the lead consultant in baseline and end line surveys as highly qualified professional in Public Health nutrition, food security, water, and sanitation and hygiene, disaster mitigation and risk management programmes.

**Skills and expertise**: Human nutrition and dietetics, nutritional genomics and biochemistry, nutrition assessments, food and nutrition security, nutrition education and counselling, nutrition and disease management, nutritional epidemiology, public health nutrition, food and quality assurance, research methods

# **ACADEMIC QUALIFICATIONS**

2010-2014: PhD In applied human nutrition from the University of Nairobi in the area of Nutrition and disease: Specific area of research: the role of nutrition and hygiene education with empowerment in HIV and AIDS management.

2001-2004: Master of Science in Applied Human Nutrition from the University of Nairobi. Research area of knowledge of traditional vegetables among teenagers in Kenya.

1994-1997: Bachelor of Education Home economics Major, minor sociology, from Kenyatta University

1988-1991: Alliance Girls for KCSE

1980-1987: Thogoto Primary School for KCPE. Emerged best overall in the school

# SOME OF THE OTHER TRAININGS ATTENDED

Institution	Completion	Field of study		
Karatina University	April 2021	Reproducability of research results		
Karatina University	December 2019 September 2019	Ethics in research EA multipliers lounge		
North west University, South Africa	April 2019	African Nutrition Leadership course		
University of Nairobi	December 2018	Role of technology, policy advocacy and extension in addressing Food security-presented an overview of Agriculture and food policies in Kenya. Summer school		
Karatina University	October 2018	Sustainable development and biodiversity conservation- presented a paper on: Sustainable Conservation of traditional vegetables species in Central Kenya for food and nutrition security through involvement of the youths in and out of school.		
Kenyatta University	March 2018	Ecosystem services for poverty alleviation		
Hebrew University, Israel	June 2018	Nutrition in global changing environment-		
Cologne University	March 2016	Grant Proposal writing:		
Karatina University	January 2016	Pedagogical Induction training: Karatina University		
University of Nairobi- TCC	April 2009	Scientific communication and publishing		
By USAID through World Vision	October 2005	US Government cash grant management		
UON-Technoserve	August 2001	Baking and Confectioneries at Techno Serve Nairobi BSC		

# WORK EXPERIENCE

# Lecturer; Karatina University April 2013 to date

# Main responsibilities

- Design, develop coordinate and deliver subject and course material.
- Lecture students in Food Science and Nutrition Department in allocated courses.
- Initiate programmes and supervise to their establishment
- Evaluate the students work through examinations and continuous assessments and provide feedback
- Coordinate evaluation of academic and nonacademic staff in the department and participate in their recruitment
- Coordinate development of yearly budgets and see their implementation.
- Develop MOUs working closely with the legal office.

• Participate in senate and school boards for the management of the institution

Courses taught: Nutrition education and counselling, Nutrition assessments and surveillance, diet therapy, meal planning management and service, research methods, food and nutrition security, nutritional anthropology, nutrition planning and intervention and nutritional epidemiology, Food sanitation and hygiene, legal requirements in dietetics and Nutrition, culture and cuisine, dietetics.

### Other responsibilities;

- 1. Head of Department Food Science and Nutrition-2014-2021
- 2. Member; Karatina University Disciplinary committee-up to 2016
- 3. Member outreach and research committee at the School of Agriculture and Biotechnology
- 4. Member National Executive Committee, KDSA Secretary Kenya DAAD Scholar Alumni Association Karatina University Chapter, Member Mt Kenya region KDSA chapter.
  - -Key in organizing KDSA international conferences:
  - 10<sup>th</sup> to 12<sup>th</sup> February 2016 In Karatina University.
  - 26th to 27th May 2016 Mnarani by NEC
  - 4<sup>th</sup> to 6<sup>th</sup> October in Meru University of Science and Technology
- 5. Chief Examination Officer Department Food Science and Nutrition

#### **ACHIVEMENTS**

- 1. Led the department through the process of accreditation by KNDI to completion
- 2. Spear headed the development and review of post and under graduate curricula respectively
- 3. Coordinated successful applications of fourth years to attending short courses in South Korea three years consecutively
- 4. Initiated and participated in medical camps and nutrition assessments within and outside Karatina University

#### Part time Lecturer:

The University of Nairobi, Department Food Science, Nutrition and Technology October 2010- May 2012 Jomo Kenyatta University of Agriculture and Technology, Department Food Science and Technology January 2008-May 2012

#### **KEY RESPONSIBILITIES**

- Design, develop coordinate and deliver subject and course material.
- Asses the students work through examinations and continuous assessments and provide feedback
- Advice in research and proposal development.

**Lecturer: Muranga College of Technology, Department of Institution Management:** December 2003 – June 2005:

#### **KEY RESPONSIBILITIES: -**

- Lecturing in food and beverage courses in the department institution management.
- Asses the students through continuous assessment tests and examination and compiled reports.

# Secondary School Teacher: Four years

#### KEY RESPONSIBILITIES-

- Teaching Home science and Mathematics
- Organize formation of counseling peer clubs and counsel and advise students
- Asses' students and compile term results.

# OTHER WORKING EXPERIENCE

# **Independent consultant with Lampstand Consultants Limited (LCL):**

October 2008- to date

**Role purpose**: Development and management of organization relationships.

### **KEY RESPONSIBILITIES**

- Coordination and marketing LCL, solicit training opportunities: Negotiating consultancies in companies and institutions and negotiating terms of reference.
- Organize the assignments: Planning logistics of consultancy according to the client's requirements.
- Networking: Coordinate liaison with partners including government bodies and institutions.
- Represent Lampstand Consultants Limited (LCL) in meetings and participate in networking with stakeholders.
- Monitoring and Evaluation: Evaluate consultancy assignments to use it as a basis for moving upward and offering better services.
- Lead consultant: Oversee to completion assignments to include and not limited to baseline surveys and evaluation surveys

#### **Achievements**

- Conducted 5 baseline survey and 3 evaluation for food security projects Kenya Red Cross Society
- Made headway in getting key company contacts.
- Key trainer for Kenya HIV AIDS Business council
- Rapppotuored and wrote report KENERELLA
- Trainer for Navigators Kenya on Micro enterprises and HIV/AIDS
- Have trained for various organizations in monitoring and evaluation, nutrition and HIV /AIDS, SPSS and facilitation skills.
- Extensively involvement in training of workplace peer educators and management staff on Monitoring and Evaluation.

Some of the Consultancy work includes:

- 1. Multiple indicator Cluster survey; participated in editing and writing of multiple indicator cluster survey reports for various sites for UNICEF June 2010
- 2. Surveillance study on effects of Food Security, Health and Nutritional Status of Under-Fives in Kisii District, Kenya. -UON
- 3. Knowledge Attitude and Practices (KAP) Survey for research work at the University of Nairobi as main researcher.
- 4. Knowledge Attitude and Practices (KAP) Survey for Kenya HIV and AIDS Business Council as lead consultant.
- 5. Participatory evaluation methodologies, as project coordinator, facilitator and HIV and AIDS prevention specialist for World Vision Kenya Abstinence RisK avoidance (ARK) project.

# World Vision Kenya: District HIV/AIDS Coordinator Ark (Abstinence and Risk Avoidance Project)

June 2005-September 2006

Role and purpose: To coordinate the activities of ARK project at District Level

### **KEY RESPONSIBILITIES**

Coordinated partner activities: Activities on life skills and HIV prevention amongst youths, in and out of school with partner projects and organizations.

**Team assessment:** Participated in the implementation, monitoring, evaluation and documentation and dissemination of best practices and lessons learnt within ARK project.

Organized HIV/AIDS trainings: Mobilized, planned and facilitated community trainings.

Participated in developing project plans and budget: developed district budget and plan quarterly, monthly.

Community Mobilization: Mobilized families, church leaders and communities to participate in the project activities.

Community capacity building: Recruited, trained and supervised volunteers for ARK project.

Established and strengthened community structures to be used in project implementation.

Networking: Participated in networking meetings with GOK and stakeholders

# **Monitoring and Evaluation**

- Participated in annual evaluation of project activities to ensure quality and sustainability in Nakuru district.
- Tracked and followed indicators in monitoring
- Documented monthly, quarterly and annual reports.
- Ensured compliance with donor restriction and requirements, and conformity with world Vision policies and procedures.
- Drew and implemented periodic work plans.

Supervision: Supervised community groups and volunteers for the project.

#### **ACCOMPLISHMENTS**

- Timely Monthly, quarterly, Annual reports
- Recruited and trained mentors and TOTS in, life skills and peer educators from 34 schools and from 12 religious organizations in Naivasha Division and Gilgil Division.
- Established community structures for implementation of the project (Parents, youths and opinion leaders' and teachers structures) in Nakuru District.
- Established and strengthened partnership with stakeholders.
- Planned and facilitated parent youth dialogues which was a unique feature in the area.
- Established/strengthened peer clubs in education institutions in Naivasha and Gilgil without much a do despite the varsity of the area.
- Administered a district exam that had main messages of abstinence to standard eight candidates in partnership with Ministry of Education. This ensured outreach to about 95% of in-school 14 year old youths with abstinence messages.

# **Consultancy:**

Organizations - Crystal Hill, Kenya HIV /AIDS Business Council in Nutrition and HIV /AIDS

### **KEY RESPONSIBILITIES: -**

- Facilitated training of professional peer educators for corporate companies e.g. International Commission for Red Cross, Delmonte Kenya, Cooperative Bank of Kenya and Sara lee
- Handled Nutrition in HIV/AIDS and prepare presentation
- Key areas;
- Program/Project monitoring and evaluation, Research and project development
- Nutrition and HIV /AIDS and the impact of HIV/AIDS on business
- Life skills for parents and youths for prevention in HIV/AIDS.

#### PUBLICATIONS AND CONFERENCE PAPERS

- 1. Brenda Musoga, **Louise Ngugi**, Kenneth Lawrence Wanjau (2021) Moderating role of service innovation on the relationship between corporate reputation and performance of hotels in Kenya. IJRBS VOL 10 NO 1 ISSN: 2147-4478 https://doi.org/10.20525/ijrbs.v10i1.1016
- 2. Nancy Kaseki Musembi, **Louise Ngugi**, Methusela Bichage, (2020) Service tangibility on repeat visits in two-five star rated hotels in Nairobi County; International Journal of Research in Business & Social –Science (2147-4478); Vol 9 No. 5 (2020) <a href="https://doi.org/10.20525/ijrbs.v9i5.881">https://doi.org/10.20525/ijrbs.v9i5.881</a>
- 3. Waswa Judith <sup>1</sup>, L. Asiko<sup>2</sup>, **Ngugi Louise**<sup>2</sup>, 2016. Geophagy amidst compulsory ion supplementation among pregnant women attending ant/natal clinics in Likuyani Sub

- county Hospital (Kenya). Journal of food and nutritional disorders. 2016,5:3 http://dx.doi.org/104172(2324-9323 100197). Sci Technol
- 4. **Ngugi Louise W**, 2019: Safety in controlling HIV/AIDS comorbidities. Food and safety conference. Kenyatta University. Kenyatta University, book of abstracts article no.ST-3-002S
- 5. **Ngugi Louise W 2018.** Weight management, blame failure on th genes? Journal of Nutrition and dietetics.ISSN 2415-5195. Conference proceedings . KNDI
- 6. **Ngugi Louise W 2018.** Nutrition Education for behaviour change communication: impact assessment. Journal of Nutrition and dietetics. ISSN 2415-5195. Conference proceedings . KNDI
- 7. **Ngugi Louise W**, Waruinge Rose Njoki, 2018. Nutritional knowledge status and dietary patterns of people living with HIV and AIDS. International Conference University of Nairobi. Book of abstracts. Paper
- 8. **Ngugi Louise W**, Waruinge Rose Njoki, 2018. Status of nutrition and health education among people living with HIV and AIDs and health care workers in Thika and Nakuru Counties. International Conference University of Nairobi. In peer reviewed Book of abstracts. Poster
- **9. Ngugi Louise W** \*, Waswa Judy, December 2015, AMASA conference. Paper presented: Technological potential in management of non-communicable diseases in Sub Suharan Africa. In peer reviewed Book of abstacts pg 6
- 10. **Louise W Ngugi**, 2018. Sustainable Conservation of traditional vegetables species in Central Kenya for food and nutrition security through involvement of the youths in and out of school. Presented at DAAD sponsored Summer School at Karatina University. In peer reviewed proceedings.
- 11. **Louise W Ngugi**<sup>1\*</sup>, Judy Waswa<sup>2</sup>, Ingabire Betty<sup>3</sup>, 2017. Improving collaborations between universities and industry. Health training and health institutions; policy perspective. In peer reviewed proceedings. International conference, KDSA Mt Kenya region.
- <sup>12.</sup> Dr. Judith Waswa<sup>1</sup>, Susan Wairegi<sup>1</sup>, **Ngugi Louise<sup>2</sup>**, Ingabire Betty<sup>3</sup> 2017. Non communicable Diseases The Elephant in the room. SASA international conference, Rwanda
- <sup>13.</sup> Dr. Judith Waswa<sup>1</sup>, **Dr. Louise Ngugi<sup>2</sup>**, Angelica Mweni<sup>1</sup> 2017. Prevention and Management of Non-Communicable Diseases: A policy Perspective SASA international conference, Rwanda

14. Waswa J, **Ngugi L.W**. 2016. International Journal of Research and Reports. Vol 2. Issue 2. 2016. Exploring the role of traditional vegetable in prevention and control of nutritional non communicable diseases. A review.

15. **Louise W Ngugi**\*, Judy Waswa, 2016. Paper presented :The role of professional bodies in education in institutions of higher learning: a case of Kenya February 2016: KDAS international conference. In peer reviewed proceedings.

#### **SOME INNOVATIONS**

- 1. Recipe adaptation of therapeutic juices in medical conditions.
- 2. Recipe formulation of a calcium rich flour for addressing rickets. (Moringa Olifera)

### **RESEARCH:**

# Participated in proposal developments submitted for grants as follows:

FAMAE Food challenge: 2020

KCSAP: in collaboration with farm concern-submitted to KARLO. 2019

Submitted to RUFORUM: In collaboration with the University of Nairobi 2018

Submitted to NRF; in collaboration with Pwani Universty and National Museums of Kenya 2018

Submitted to NRF; in collaboration with Dedan Kimathi and Embu University 2017

### **JOURNAL REVIEW**

Appointed as a journal reviewer for the KNDI journal of nutrition and dietetics

### April 2009 wrote thesis: Principal researcher

The impact of nutrition education with empowerment in management of malnutrition in HIV/AIDS; For PhD degree in the University of Nairobi.

# April 2004 – June 2005: Community Capacity Support Programme: Assistant Data Analyst

### **KEY RESPONSIBILITIES: -**

• Enter clean and analyze data in SPSS, EXCEL, and Anthrop packages for health and nutrition surveys. Report writing and conducting surveys

### 2002-2003: Principal researcher

The appropriate Information Education and Communication Materials for promotion of traditional vegetables. In partial fulfillment for a masters degree in Applied Human Nutrition in the University of Nairobi. Published Poster

# March - February 2003: Research assistant

Food Security, Health and Nutritional Status of Under-Fives in Kisii District, Kenya. A survey carried out by the Applied Nutrition Programme, University of Nairobi.

# November 1994-December 1994: Research assistant

Factors affecting child development by Children's Development Programme by Kenyatta University

### STUDENT SUPERVISION

S/NO	TITLE	LEVEL	STATUS
1.	Factors Influencing Diet Adherence Among Diabetes Mellitus Type 2 Patients	MSc	Ongoing
	Attending Clinic At Moi Teaching and Referral Hospital, KenyaMary Kamau		(finalizing
			thesis)
2.	The relationship between customer orientation, service innovation and	MSc	Ongoing
	performance of hotels in Kenya-Brenda Musoga		(writing
			thesis)
3.	Analysis of the relationship between service quality and customer satisfaction	MSc	Ongoing
	in one to three star hotels in Nairobi County		(writing
	Nancy Musembi Kaseki		thesis)
4.	Examining the relationship between kitchen ergonomics and employee	MSc	On going
	productivity in zero rated hotels in Machakos Central business District-Florence		
	Wavinya Mutunga		
5.	Influence of income related factors on nutritional status of children under five	PhD	On going
	years in rice farming households in Ahero irrigation scheme, Kisumu County,		
	Kenya. Rose Oogo		

### THESIS EXAMINATION

Master of science

1. MSc in Food Science and Technology

Physiochemical properties of mushroom (Agaricus bisporous & pleurotus ostreatus) and maize flours and development of enriched mushroom

2. MSc in Food Science and Technology

Development of a nutritious composite flour from pearl millet (*pennisetum glaucum*) and pumpkin (*cucurbita pepa*-variety *styriaca*)

3. MSc in Food Science and Technology

Effects of sun drying on the nutrient content of orange fleshed sweet potato tubers and cowpea leaves used in Maswa district, Tanzania"

4. PhD in Food Science and Nutrition

Effect of nutrition education on fathers' participation in infant feeding in Kisumu, Kenya.

5. MSc in Food Science and nutrition

Fortification of maize flour with grain amaranth for improved nutrition

**6.** MSc in Food Science and Technology

Shelf life stability and nutrient content of vegetable amaranth

# **OUTREACH**

Involved in the process of establishing collaborations between Karatina University and Farm concern, Nyeri hill farm and KIRDI among others.

Played key role in planning and implementation of outreach activity in Savannah cement to activate an existing collaboration.

Initiated outreach activities within Karatina University for Nutrition assessments, Medical camps within the university and outside University.

### **COMMUNITY SERVICE**

Volunteer Coordinator for implementation of CACC funds by Badili Mawazo group community group.

2009: Volunteer trainer for domestic workers project by Kenyatta University and Family Health International.

2009 to date: Trainer of pre teens ages 10-14 and curriculum developer. CITAM Parklands

#### MEMBERSHIP AND ASSOCIATION

Board Member: Board of governors Thogoto teacher's college. 2019 todate

African Nutrition Society

Kenya Nutritionist and Dieticians Institute

Member Kenya DAAD Scholars Alumni-

Member National Executive Committee - Kenya DAAD Scholars Alumni up to 2019

Member Outreach and Research Committee- School of Agriculture Karatina University

### **REFEREES**

# Dr Cathrine Kunyanga (Ph.D)

Department of Food Science, Nutrition and Technology, College of Agriculture and Veterinary Science, University of Nairobi,

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