# CURRICULUM VITAE

**PERSONAL INFORMATION**

NAME: **ELIZABETH KAMAU**

ADDRESS: Egerton University,

Department of Human Nutrition

P.O. box 536, Egerton 20115

E-MAIL ADDRESS [ekambu@yahoo.com](mailto:ekambu@yahoo.com)

TELEPHONE 0722395634

**EDUCATION BACKGROUND**

2003- 2006: Doctor of Natural Sciences (Dr.rer.nat.) (Public Health Nutrition)

University of Vienna, Vienna, Austria.

1993-1995: Master of Public Health (M.P.H.)

Curtin University of Technology, Perth, Western Australia.

1988-1991: B.Sc. in Agriculture and Home Economics

Egerton University

**PROFESSIONAL EXPERIENCE AND INTERESTS**

I have a doctorate in the area of Public health nutrition, with a special interest in the area of maternal and child health and nutrition. My research interests include;

* Maternal, Infant and Young Child feeding: exclusive breastfeeding and complementary feeding including in the context of HIV
* Linking nutrition and agriculture
* Agricultural innovations for enhancing food security
* Food security: Assessment and monitoring at national, community and household levels
* Nutritional epidemiology: Study designs, dietary and anthropometry assessment tools, data analysis
* Nutrition education (using communication for development approach)
* Public health nutrition
* Monitoring and evaluation
* Management of healthcare systems

**WORK EXPERIENCE**

May 2017-present: Institution: Egerton University

Position: Deputy Director, Planning and Development

Duties: Planning and monitoring the University Performance contract and its implementation, preparing and monitoring University Strategic Plan and the implementation plans. Monitoring the University’s Citizen’s service delivery Charter

April 2013-present: Institution: Egerton University

Position: Senior Lecturer/Researcher

Duties: Planning, preparing and implementing semester programs, taking part in research activities, supervising masters and PhD students, academic advisory and reviewing the nutrition curricula when need arises. Representing the department in different committees within the University and outside the University

**RESEARCH PROJECTS/ CONSULTANCIES**

Jan-Dec 2019: Kenya PI for the project ‘Eco-sensitive Fish for Nutrition Security (SecureFish) in Kenya’. A collaboration between Washington University in St. Louis, USA, University of Rhode Island, USA, Pwani University, Kenya, and Egerton University, Kenya. SecureFish aims to build a foundation for the longer-term Fish Innovation Lab goal to improve nutrition among vulnerable populations in Kenya through increased access and consumption of sustainable fish foods. The project is funded by USAID.

2016-2020: Kenya PI forMonitoring and evaluation of the ENRICH project;” Enhancing Nutrition Services to Improve Maternal and Child Health in Africa and Asia”. A five country project in Bangladesh, Kenya, Myanmar, Pakistan and Tanzania. In collaboration with Toronto University, Canada and funded by World Vision Canada. Incharge of baseline survey, midterm review and endterm review.

2015-2018: Co-PI, Kenya lead team for ‘Crops for Healthy Diets: Linking Agriculture and Nutrition” project. A collaboration between Luanar University (Malawi), Universität Hohenheim (Germany), Giessen University, (Germany)

Egerton University (Kenya) and Makerere University (Uganda). Funded by the Federal Office for Agriculture and Food (BLE) of the German government.

2014 -2016:Co-investigator, Kenya lead team; The International Human Milk Microbiome Project (IHMMP): Standardization of Methods and Cross-Cultural Analysis of Human Milk Samples. International collaborative study with Washington State University among others. Funded by NIH. **Registered** **clinical trial**: clinicaltrials.gov as NCT02670278

# January 2013-Dec 2013: Co-investigator: Factors and health risks of geophagia in pregnant women in Nakuru County, Kenya. Funded by Egerton University

May 2010-May 2013: Principal Investigator: Randomized controlled trial on Effectiveness of a Baby-Friendly Hospital-based mothers’ support group, and a cell-phone based peer support program in supporting exclusive breastfeeding in an urban Kenyan community.

Funded under Alive & Thrive Initiative Small Grants Program by Bill and Melinda gates foundation.

Collaborative study between Egerton University, University of Toronto, Canada and Emory University, USA.

**Registered clinical trial**: Clincialtrials.gov registry no. NCT01385410

Dec 2010-2012: Member: African SNOWS (Scientists networking for Water and Sanitation)

January 2010-2013: Member: ACP-S&T Innovations project (Building the capacity of African University graduates to foster change through agricultural innovations) run by RUFORUM and funded by the European Union.

Collaborative project between Egerton University, Makerere University, Bunda college of Agriculture, Malawi and Royal Tropical Institute (KIT), Netherlands.

July 2009: Baseline survey for World Vision Kenya-Tinderet ADP

June 2009: End-term evaluation for Bakool CTC nutrition project for World

Vision Somalia

Dec 2008-2011: Co- investigator: Enhancing Sustainable Community Health and Nutrition Security and Safe Motherhood among Rural and Low Income Urban Households in Nakuru District. Funded by Egerton University.

August 2007: Food security feasibility survey in Kainuk division, Turkana district for World Vision, Kainuk ADP

October 2006-June 2007: Research Fellow/Principal Investigator: Effectiveness and utilisation of Comprehensive Care Clinic (CCC) at the Provincial General Hospital in Nakuru by people living with HIV/AIDS.

Funded by: Social Science Research Council (SSRC), New York

January 2004-august 2006 Project title: Impact of maternal HIV status and infant feeding patterns and growth

Funded by: DAAD/OAD

**PUBLICATIONS (Peer reviewed journals/ book chapters)**

Lane A, McGuire M, McGuire M, Williams J, Lackey K, Hagen E, Kaul A, Gindola D, Gebeyehu D, Flores K, Foster J, Sellen D, **Kamau-Mbuthia E**, Kamundia E, Mbugua S, Moore S, Prentice A, Kvist L, Otoo G, Rodríguez J, Ruiz L, Pareja R, Bode L, Price W, MeehanC. 2019 Household composition and the infant fecal microbiome: The INSPIRE study. American Journal of Physical Anthropology ;1–14.

Lackey K, Williams J, MeehanC, Zachek J, Elizabeth D. Benda E, Price W, Foster J, Daniel W. Sellen D, Elizabeth W. **Kamau-Mbuthia E**, Kamundia E, Mbugua S, Moore S, Prentice A, Gindola D, Kvist L, Otoo G, García-Carral C, Jiménez E, Ruiz L, Rodríguez J, Pareja R, Bode L, McGuire M and McGuire M. 2019. What’s Normal? Microbiomes in Human Milk and Infant Feces Are Related to Each Other but Vary Geographically: The INSPIRE Study. Frontiers of Nutrition. 6:45. doi: 10.3389/fnut.2019.00045

[Iron-Segev, S.,](https://www.sciencedirect.com/science/article/pii/S1499404617309715?_rdoc=1&_fmt=high&_origin=gateway&_docanchor=&md5=b8429449ccfc9c30159a5f9aeaa92ffb#!) [Lusweti J.,](https://www.sciencedirect.com/science/article/pii/S1499404617309715?_rdoc=1&_fmt=high&_origin=gateway&_docanchor=&md5=b8429449ccfc9c30159a5f9aeaa92ffb" \l "!) **[Kamau-Mbuthia, E.](https://www.sciencedirect.com/science/article/pii/S1499404617309715?_rdoc=1&_fmt=high&_origin=gateway&_docanchor=&md5=b8429449ccfc9c30159a5f9aeaa92ffb" \l "!)**[,](https://www.sciencedirect.com/science/article/pii/S1499404617309715?_rdoc=1&_fmt=high&_origin=gateway&_docanchor=&md5=b8429449ccfc9c30159a5f9aeaa92ffb" \l "!) [Stark, A.](https://www.sciencedirect.com/science/article/pii/S1499404617309715?_rdoc=1&_fmt=high&_origin=gateway&_docanchor=&md5=b8429449ccfc9c30159a5f9aeaa92ffb" \l "!) 2018. Impact of Community-Based Nutrition Education on Geophagic Behavior and Dietary Knowledge and Practices among Rural Women in Nakuru Town, Kenya: A Pilot Study. [Journal](https://doi.org/10.1016/j.jneb.2017.10.013) of Nutrition Education and Behaviour, 50(4); 408-414

Digo C. A., **Kamau-Mbuthia E**., Matofari J. W., and Ng’etich W. K. 2017. Potential probiotics from traditional fermented milk, *Mursik* of Kenya. International Journal of Nutrition and Metabolism Vol. 10(9):75-81

Geresomo N, **Mbuthia E**, Matofari J, Mwangwela, A. 2017. Risk factors associated with stunting among infants and young children aged 6 - 23 months in Dedza district of Central Malawi. African Journal of Food Agriculture, Nutrition and Development; 17(4): 12854-12870

Geresomo N, **Kamau-Mbuthia E**, Joseph W. Matofari J, Mwangwela A. 2017 Child Feeding Practices and Factors (Risks) Associated with Provision of Complementary Foods Among Mothers of Children Age 6–23 Months in Dedza District of Central Malawi. Journal of Nutritional Ecology and Food Research; Vol. 4, 1–8

McGuire,M., Meehan,C., McGuire,M., Williams,J., Foster,J., Sellen,D., **Kamau-Mbuthia,E**., Kamundia,E., Mbugua,S., Moore,S., Prentice,A., Kvist, L., Otoo,G., Brooker,S.,Price,W., Shaﬁi,B., Placek,C.,Lackey,K., Robertson,B.,Manzano,S. Ruız,L., Rodrıguez,J,. Pareja,R and Bode,L.What’s normal? Oligosaccharide concentrations and proﬁles in milk produced by healthy women vary geographically.2017.American Journal of Clinical nutrition doi: 10.3945/ajcn.116.139980

Ruız,L., Espinosa-Martos, I., Garcia-Carral, C., Manzano,S, McGuire,M., Meehan,C., McGuire,M., Williams,J., Foster,J., Sellen,D., **Kamau-Mbuthia,E**., Kamundia,E., Mbugua,S., Moore,S., Prentice,A., Kvist, L., Otoo,G., Lackey,K., Flores, K., Pareja,R., Bode,L., and Rodrıguez,J.What’s normal? Immune Profiling of Human milk from healthy women living in different geographical and socioeconomic settings. 2017. Frontiers in immunology doi: 10.3389/fimmu.2017.00696

**Kamau-Mbuthia E**., Kimiywe J., Hall A.2015. Food and care for school-age children, adolescents and adults, in Nutrition for Developing countries 3rd edition. Editors savage-king, F., Burgess A., Quinn V., Osei A. Oxford University press, United Kingdom

Hall A., **Kamau-Mbuthia E**. 2015. Malnutrition in other groups in Nutrition for developing countries, 3rd edition. Editors savage-king, F., Burgess A., Quinn V., Osei A. Oxford University press, United Kingdom

A. O. Odongo, W. N. Moturi**., E. K. Mbuthia.** 2015. Heavy metals and parasitic geohelminths toxicity among geophagous pregnant women: a case study of Nakuru Municipality, Kenya. Environmental Geochemistry and Health DOI 10.1007/s10653-015-9690-3

**Nov 2014 – Present: Author** for eLEFANS (e-Learning Network on Food and Nutrition Security with partner universities in East Africa and Europe) project (Universities of Ulm, Egerton, Makerere, Kenyatta, JKUAT and Hawassa). Content author for a Community nutrition and Public Health

Mbugua S., Musikoyo E., Ndungi F., Sang R**., Kamau-Mbuthia E.** and Ngotho D. 2014. Determinants of diarrhea among young children under the age of five in Kenya, evidence from KDHS 2008-09. African Population Studies 28 (2) Supplement

Ongosi AN, Gericke G , **Mbuthia E** and Oelofse A. 2014. Food variety, dietary diversity and perceived hunger among lactating women (0-6 months postpartum) in a low socio-economic area in Nairobi, Kenya. African journal of Food, Agriculture, Nutrition and Development 14 ( 2 ): 8663-8675

Heemskerk W., **Kamau-mbuthia E.,** Karubanga G and Kazembe J. How have lecturers and universities changed? In Ochola W, Heemskerk W., Wongtschowski M. (Eds.). 2013.

Changing agricultural education from within: lessons and challenges from the GO4IT programme.

RUFORUM, KIT Publishers.

Muthoka S., **Kamau-Mbuthia E**., Moturi W., Ngotho D. 2013. Nutrition, sanitation and reproductive health. In Maternal- child health, interdisciplinary aspects in the perspective of global health. Eds Uwe Grob and Kerstin Wydra. Gottingen International Health Network

Ngotho D.K., Moturi W.N., **Mbuthia E.K**., Muthoka S.K. 2012. Factors impacting maternal health among rural and urban slum households: A case of pwani and Kaptembwo, Nakuru County. Journal of Obstetrics and Gynaecology of Eastern and Central Africa 24(1):8-24

Mutala, J., **Mbuthia, E**., Tuitoek, P. 2012. Infant anthropometry at birth in relation to selected maternal factors. Maternal anthropometry, socio-demographic factors and infant anthropometry at birth. LAP Lambert Academic publishing, Saarbrucken, Germany.

Gildemacher, P., Oruku L, and **Kamau-Mbuthia, E**. Impact and sustainability

in Nederlof, Suzanne, Mariana Wongtschowski and Femke van der Lee (eds). 2011*. Putting heads together.Agricultural innovation platforms in practice*. Bulletin 396, KIT Publishers

Webb Girard, Aimee, Cherobon, Anne, Mbugua, Samwel, **Kamau-Mbuthia, Elizabeth**, Amin, Allison, Sellen, Daniel. 2012. Food insecurity is associated with attitudes towards exclusive breastfeeding among women in urban Kenya. *Maternal and child nutrition* (8) pp. 199–214

**Kamau-Mbuthia E**. Invited Book review: Fatty acids in foods and their health implications. 3rd Ed. By

Ching Kuang Chow. Inform magazine October 2009

**Co-author**: Community Nutrition. A handbook for health and development workers. October

2009. Commissioned by AMREF, published by Macmillan publishers, Oxford

**Kamau-Mbuthia E**. Invited Book review: Good calories, Bad calories-challenging the conventional

wisdom on diet, weight control and disease by Gary Taubes. Inform magazine October 2008 vol 19(10)

**Kamau-Mbuthia, E**, Elmadfa I, Mwonya R. The impact of maternal HIV status on infant feeding patterns in Nakuru, Kenya. Journal of Human Lactation. 2008 Feb; 24(1):34-41

**Kamau-Mbuthia E**, Elmadfa I. Diet quality of pregnant women attending an antenatal clinic in Nakuru, Kenya. Annals of Nutrition and Metabolism. 2007; 51(4):324-30.

**Kamau-Mbuthia, E**, Elmadfa I. The Double Burden of Malnutrition: The role of Maternal and Child Health Clinics. Standing Committee on nutrition (SCN of the UN system) News. July 2006

**PUBLICATIONS (Theses)**

**Kamau-Mbuthia, E.**  The impact of maternal HIV status on infant feeding patterns and growth in Nakuru, Kenya. PhD thesis. University of Vienna, Austria. 2006.

**Kamau, E**. Food consumption patterns and health habits of school children in Kenya and Western Australia. M.P.H. thesis. Curtin University of Technology, Perth, Western Australia. 1995.

**COURSES/SEMINARS/ WORKSHOPS ATTENDED**

October 2018: Poster presentation in Tropentag conference, Belgium. Nutrition Education and Kitchen Garden Intervention Improves Dietary Diversity Among 6-59 Months-old Children in Kenya. Samwel Mbugua, **Elizabeth Kamau-Mbuthia**, Irmgard Jordan, Ann Mwangi Julius Khaemba, Lydiah Maruti Waswa, Thomas Hilger, Ernst-August Nuppenau

December 2017: Participated in the Public Health and Clinical Ethics certificate course and practicum organised by Center for Biomedical Ethics and Culture (CBEC) SIUT and Kenya Medical Research Institute (KEMRI)

December 2017: Attended the 2nd Bioethics Society of Kenya Conference held at the Nairobi Hospital Anderson Convention Center, Nairobi, Kenya (Dec 1st and 2nd 2017)

Sep 2017: Attended a project meeting and conference at the Osprey Estate in Hailey, Idaho, USA (9th-14th September 2017) by the project *“What is normal milk?-Exploring sociocultural, evolutionary, environmental, and microbial aspects of human milk composition”.*

Sep 2016: Attended the Tropentag 2016 conference in Vienna, Austria for HealthyLAND (linking agriculture and nutrition) project presentation by Giessen, Germany project lead

March 2016: International Society for Research in Human Milk and Lactation (ISRHML), invited distinguished speaker to the 18th ISRHML Conference in Stellenbosch, South Africa from Thursday, March 3 to Monday, March 7, 2016 for 2 topics. Topic 1 on “*Non-Western perspectives on research and implementation within one’s own population*” in the pre-conference workshop“Research and Implementation among Low Income and Traditional Populations. Topic 2 on “*Importance of context specific interventions to improve Exclusive breastfeeding rates”* in the session “Breastfeeding

Programs in Middle-Income and Developing Countries”

January 2015: Trainer Biostatistics and Epidemiology track of the Egerton University in collaboration with University of Nairobi, Management Sciences for Health and University of Washington HIV capacity building project. The project is aimed at improving capacity in local organisations dealing with HIV/AIDS management.

October 2014: Participated in the ToT course in Health Systems Management (HSM) organised by the Ministry of Health and the Kenya School of Government.

October 2013: Attended and participated in the 2nd planning workshop of for the African Nutritional Sciences Research Consortium(ANSRC) in Arusha, Tanzania funded by the African Development Bank and organised by Columbia Global Centers -Africa

September 2013: Attended and presented at the International Union of Nutrition Scientists (IUNS) Conference (ICN) in Granada Spain. 1 oral symposium presentation, 1 oral presentations and 3 poster presentations

January 2013: Participated in the first planning workshop for the African Nutritional Sciences Research Consortium(ANSRC) in Nairobi, Kenya funded by the African Development Bank and organised by Columbia Global Centers -Africa

November 2012: Poster presentation at the National symposium on Scaling Up Nutrition(SUN) organised by Ministry of Public Health and Sanitation in Safari Park Hotel, Nairobi. Title; Providing peer support through cell phones and group meetings to increase   
exclusive breastfeeding in Kenya**.** Mbugua S, **Kamau-Mbuthia, E**, Webb Girard A Lou, W, Dennis, C-L, Aidam, B and Sellen, DW

October 2012: Participated in a research management training programme organised by African Snows project funded by the welcome trust in Chester hotel, Nakuru

September 2012: Poster presentation in the International Society for research in Human milk and Lactation (ISRHML) in Trieste Italy. Title; Lessons learned in providing peer support through cell phones and group meetings to increase exclusive breastfeeding in Kenya

May/June 2012: Participated in an mHealth workshop in Washington DC, USA to present project results on IYCN to Alive and Thrive project donors and GAIN amongst leading nutritionists

March 2012: Trained on understanding and using the demographic and health surveys by MEASURE DHS project and ICF MACRO in Eldoret, Kenya

December 2011: Participated in the Ad-hoc expert group meeting on the fourth issue of the sustainable development report on Africa (SDRA) in Addis Ababa, Ethiopia

September 2011: Participated as in training Egerton University staff as Trainers of Trainers (ToT) for the Agricultural Innovations project funded by the European Union under RUFORUM

May 2011: Trained as a Trainer of trainers (TOT) on agricultural innovations and facilitation by Tropical Royal Institute (KIT) of Netherlands in Malawi as well as contributing to the development of the facilitators guide

February 2011: Trained on consultancy proposal writing at an Egerton University workshop in ARC hotel, Njoro

October 2009: Distinguished poster at the International Conference of Nutrition (ICN) in Bangkok, Thailand. (Title; Impact of food insecurity on knowledge, attitudes, and practices of urban Kenyan mothers towards exclusive breastfeeding. Webb, A., Cherobon A., Mbugua S., Sellen D., Kamau-Mbuthia E., SEHTUA partnership).

October 2008: Oral presentation at the African Nutritional epidemiology conference (ANEC) in Cairo, Egypt (Title: Utilization of comprehensive care centre services (CCC) by people living with HIV/AIDS: *the case of nutrition counselling in Kenya)*

September 2008: Trained on Web 2.0 research tools for research support and networking in Africa by RUFORUM, CTA and COL of Canada in Kampala, Uganda

June 2008: Trained on Corporate Governance and Strategic Planning by Private Sector Development Consultants in Nakuru, Kenya

December 2007: Trained on programme and project management by the South African Management Development Institute, sponsored by the AUSAID alumni, in Nairobi, Kenya.

August 2007: Attended the First African Union (AU) conference of African Women in Science and Technology, in Johannesburg, South Africa. Part of the team drafting a policy document for African Union (AU) for women in science and technology

November 2006: Trained on ISO standards (Quality Management systems) in Egerton University in collaboration with Kenya Bureau of Standards. Certified ISO auditor

November 2006: Attended the 5th African Nutrition Leadership program in Potchefstrom, South Africa. Training on leadership skills as well as team building activities.

September 2006: Poster presentation at the European Public Health Nutrition Conference in Barcelona, Spain (Topic: How are Kenyan mothers feeding their infants?).

**Supervisor for Masters and Doctorate students in Nutrition research and related disciplines**

**COMMITTEES/EXAMINER**

**Member** of the Egerton University research oversight sub-committee from 2015 to present

**Member** of the African Nutritional Sciences Research Consortium on PhD graduate training under the Columbia Global centers-Africa of the Columbia University Medical center

**Committee Chair**, Kenya Bureau of standards (KEBS) technical committee on processed cereals and legumes (2012-2016) (2017-2020)

**Board member** of the Nakuru Town campus college academic board from October 2012

**Committee member**, Kenya Bureau of standards (KEBS) technical committee on processed cereals and legumes (2009-2012)

**Committee member** of the University Research Ethics committee from April 2012 to present

**Committee member** of the University Research week (2009-2012, 2013-2015)

**Reviewer** of the Egerton Journal, Science series

Egerton University Senate representative to Graduate school and Quality Assurance Directorate (2012-2015)

Externa examiner, Nairobi University (2018-2020)

Externa examiner, Moi University (2018-2020)

External Examiner, Kenyatta University(2012-2014)

External thesis examiner for Nairobi University

External thesis examiner for Kenyatta University

External thesis examiner for Maseno University

Internal thesis examiner for Egerton University

Invited guest reviewer, Annals of Nutrition and metabolism journal

**PROFESSIONAL ORGANISATIONS /EXTRA-CURRICULA ACTIVITIES**

Registered member of the Kenya Nutritionists and Dietician Institute (KNDI)

Member of Kenya Coalition Action in Nutrition (KCAN)

Member of the Kenya Professional Association of Women in Agriculture and the Environment (KEPAWAE)

Founding member (2008) of the World Public Health Nutrition Association (Based in Geneva)

Life member of Red Cross (Kenya), Njoro chapter

Friend of the Nakuru hospice

Friend of Samaritan friends (SDA HIV support group, Nakuru, County)

**REFEREES**

Prof. Dan Sellen

[dan.sellen@utoronto.c](mailto:dan.sellen@utoronto.ca)a

Professor, Departments of Anthropology (Faculty of Arts and Sciences) and Nutritional Sciences (Faculty of Medicine), and Division of Social and Behavioural Health Sciences (Dalla Lana School of Public Health)  
Senior Resident Scholar, The Hospital for Sick Children Centre for Global Child Health Faculty of the University of Toronto

HSB-644, 6th Floor Suite, Health Sciences Building

155 College Street, Toronto, ON M5T 3M7 Canada

Prof. Rose Mwonya

Vice Chancellor

Egerton University

P.O.Box 536

Egerton, 20115

Kenya

rmwonya@egerton.ac.ke