

CURRICULUM VITAE

PERSONAL INFORMATION

Name: Dr. Sophia Ngala
Nationality: Kenyan
Date of Birth: 23rd January, 1961
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Employer: University of Nairobi. Department of Food Technology and Nutrition. Unit of Applied Nutrition Programme. P.O. Box 29053-00625, Nairobi. Kenya

Academic Qualifications:

2015: Ph.D in Nutrition and Health - Wageningen University
2006: Wageningen University – Postgraduate Diploma in Integrated Agriculture for research and Development - ICRA
2003: University of Nairobi – Masters in Applied Human Nutrition
2000: Uppsala University – Certificate in Food & Nutrition in low income
1994-1996: Michigan State University – Bachelor of Science in Food Science (High Honors).

Work Experience:

2016 August – to date - Lecturer in the Department of Food Science Nutrition and Technology. **Head of Applied Human Nutrition** in the Department of Food Science Nutrition and Technology
2004 – July 2016: - Assistant Lecturer in the Department of Food Science Nutrition and Technology
2018 – Grant proposal writing training April 4-6, 2018
2018- Course in Research administration and Grant writing course, 30 July -3 August 2018

2016 Jan - Curriculum Review Workshop – The East African Kidney Institute

2016 Feb 2-4 Training in pedagogy and Andragogy

Workshops/Conference/Science Forum Attended:

2016: National food and nutrition symposium, 23 -24, November 2016. Poster presentation.

2011: International PhD Tour. Wageningen University, Division of human Nutrition 16-30 October 2011 to MEXICO & SOUTH-WEST USA.

2010: International Graduate Course on the Production and use of Food Composition Data in Nutrition 2010. 15-26 November

2010, Pretoria, South Africa.

2009: Nutritional Science Forum, Wageningen UR 4th to 6th March 2009. Poster Presentation

Publications

- Effects of Rosemary Spice (*Rosmarinus Officinalis* L.) and nitrite Picking Salt combination of Keeping and Organoleptic quality of Beef sausages. Oiyee S.O, Konyoles S and Ngala S.N. Journal of Basic and Applied Scientific Research. 2(4) 4008-4015, 2012. ISSN 2090-4304.

- Leusine supplementation in the management of protein energy malnutrition: A review. East African Medical Journal. August Issue - 2016. J. Wamiti., Prof. W. Kogi-Makau, Prof. F.E. Onyango and Dr. S. Ngala.
- Wamiti J, Kogi-Makau W, Ngala S and Onyango FE. Effectiveness of Leucine Supplementation in the Management of Moderate Wasting in Children. SM J Food Nutri Disord. 2018; 4(1): 1023.
- Maternal nutrition knowledge, attitude and practices of mothers on nutritional status of their children under-five years at Kenyatta National Hospital, Kenya: A comparative study of socio-economic income. .Kevin Omondi Obonyo, Wambui Kogi-Makau, Sophia Ngala. IOSR Journal of Sports and Physical Education (IOSR-JSPE) e-ISSN: 2347-6737, p-ISSN: 2347-6745, Volume 5, Issue 3, (May - June 2018), PP 1-55 www.iosrjournals.org
- Factors affecting nutrition status of reproductive age women of Dedza District, Malawi. Margaret Elizabeth Bbulirani, Professor Wambui Kogi Makau, Sophie Ngala, Dasel Mulwa KainD. Journal of international academic research for multidisciplinary impact factor 4.483, issn: 2320-5083, volume 6, issue 7, august 2018, 66, www.jiarm.com.
- Association between Performance and Injury with Dietary Intake and Nutritional Status among Athletes: Case of Iten Training Camp in the Rift Valley of Kenya Caroline Tanui, Jasper K. Imungi, Sophie Ngala. IOSR Journal of Sports and Physical Education (IOSR-JSPE) e-ISSN: 2347-6737, p-ISSN: 2347-6745, Volume 4, Issue 3, (May - June 2017), PP 62-71 www.iosrjournals.org.DOI:10.9790/6737-04036271. www.iosrjournals.org 62 | Page
- Performance of Informative Foods-Based compared to food group-based dietary diversity scores to predict micronutrient adequacy among rural Kenya women. S. Ngala., K. Borgonjen., J. H.M. de Vries., A. M. Mwangi., F. J. Kok., I. D. Brouwer. Journal of International Academic Research for Multidisciplinary. Volume 4, Issue 11. Dec. 2016

Conference abstract and papers

- Poster presentation - Coping strategies of Drought prone Areas- Kitui and Mwingi Districts: INNC Congress, Kenya, 2005.
- Poster presentation – The effect of food groups on the association between dietary diversity and nutrient adequacy. Wageningen Nutritional Sciences Forum 2009. Too much – too little, 4th to 6th, 2009 ; Arnhem, the Netherlands . Abstract in European Journal of Clinical Nutrition pg. S23 Volume 63 Supplement 3 June 2009.
- Poster presentation - Performance of Informative Foods-Based compared to food group-based dietary diversity scores to predict micronutrient adequacy among rural Kenyan women. S. Ngala., K. Borgonjen., J. H.M. de Vries., A. M. Mwangi., F. J. Kok., I. D. Brouwer.:

Thesis Supervised

University of Nairobi

1. Factors associated with household Food Security and Nutritional status of children under five years: A case for Urban and Rural communities in Gassisa District, Kenya. Mustaf Abdi Hassan, BSc. August 2007.

2. Nutritional knowledge and practices of trained home based care volunteers, for people living with HIV/AIDs in Kakamega district. Mildred Shilwatso Irungu, 2007.
3. Diet and Nutritional status of Women living with HIV/AIDs in Nairobi, Kenya: The place of fermentation and germination technologies. Gloria Mbera, 2009.
4. Beta carotene and ascorbic acid contents of stored and cooked Kale . Kavyu Maggdalene Mueni - Reg. No. A24/0154/2004. University of Nairobi. Undergraduate, 2008.
5. Perception on donated breast milk among lactating mothers attending Pumwani Maternity Hospital Post Natal Clinic – Kenya. By Munge W. Joyce. Food and Nutrition Dietetics Research Project

Wageningen University and Research

1. The effect of using different food groupings, on the association of dietary diversity and nutrient adequacy among women in Kenya. Greerke Duijzer, May, 2008.
2. Dietary diversity in relation to Nutrient adequacy – Comparing methodologies
3. Cut-off points for Dietary Diversity to reflect nutrient adequacy among children 2-5 years in Rural Kenya. Iris Bollemeijer, 2008.
4. The association of dietary diversity with socio-economic status, household food insecurity and nutrient adequacy among 2-5 year od children in rural Kenya. Sam De Greve 2008.
5. The effect of Food Seasonality on the Association between Dietary Diversity Scores and Nutrient Adequacy in Rural Kenya women of Mbooni Division, Makueni District. Martin Tembo, March, 2010.
6. Differences in Dietary Diversity, and its association with Nutritional Status between Women of Childbearing Age and Non-Breast Feeding Children (2-5 years) in Rural Kenya. Elizabeth Asare, March, 2010.

REFEREES

Prof. Wambui Kogi-Makau

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