

# Elizabeth A. Buluku

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## Skills

- Effective communicator
- Team player
- Researcher
- Anthropometric
- Knowledgeable
- Innovative
- Entrepreneurial
- Organizational
- Computing
- Nutritional counseling

## Languages

- English
- Swahili
- Spanish

## Profile

I am a committed nutritionist cum educator with over 16 years of experience. My career objective is to contribute to national, regional and international development through the attainment of sustainable development goals, training and research on health and nutrition. A campaigner for good nutrition through healthy eating and physical activity in the lifespan.

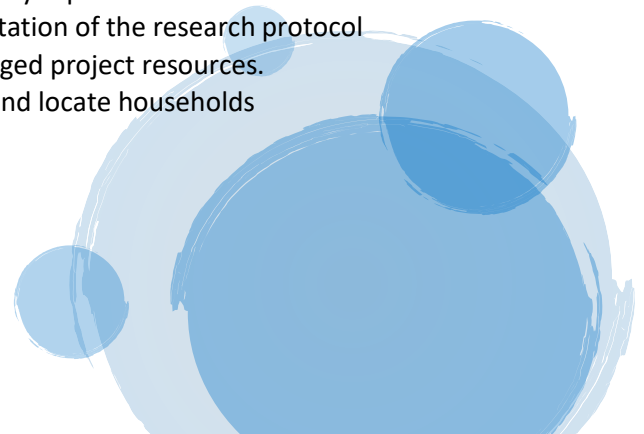
## Employment History

**Lecturer - Moi University**  
August 2009 –To date

- Developing and reviewing course materials.
- Reviewing curriculum and initiating new courses.
- Educating undergraduate and graduate students in the College of Health Sciences.
- Undertaking research on topical issues on nutrition.
- Developing students' research, writing and critical thinking skills.
- Community outreach and initiation of public health interventions.
- Write, administer and carry out student assessments.
- Invigilate and assess student.

**Research Project Coordinator - Global Livestock Collaborative Research Support Program – HIV Nutrition Project (GL-CRSP HNP)**  
Oct, 2006 – April, 2009

- Developed baseline and intervention study tools.
- Facilitated field and research activities.
- Coordinated and monitored data collection and entry.
- Liaised with Institutional Review Boards on the research protocol.
- Trained and supervised project field staff.
- Carried out nutritional assessments on drug naïve women and children.
- Provided nutrition education to the community.
- Analyzed data and compiled study reports.
- Ensured successfully implementation of the research protocol
- Effectively and efficiently managed project resources.
- Used GPS information to map and locate households



**Nutrition Officer I - Mbagathi District Hospital**  
April, 2005 – September, 2006

- Carried out diet counseling and management in various hospital departments.
- Correctly prescribed therapeutic diets and micronutrient supplementation to patients.
- Conducted hospital nutrition surveys and designed nutrition intervention programs.
- Actively participated in community nutrition and outreach programs.
- Carried out research on clinical nutrition and health.

**Home Science Teacher / Head of Applied Skills Department - St. Lucie Kiriri Girls Secondary School.**  
Sept, 2000 – Aug, 2008

- Oversaw teaching and learning activities in the applied skills department as the head of the department.
- Taught Home Science to secondary students (form 1 – form 4)
- Prepared students for examinations resulted in good grades. The school was the best overall in Home Science in Thika constituency in the final exam year.
- Educated secondary students on Web Design.
- Made recommendations on textbooks and other teaching materials.

**Educational Background**

**Alexandria University – Egypt , February, 2017 – to date**

**PhD Public Health and Nutrition**

“Effect of Nutrition Education and Physical Activity Programs on Dietary Intakes and Body Composition of Overweight and Obese Moi University Undergraduate Students, Nairobi, Kenya,”

**Institute of Personnel Management - Kenya**

January, 2003 – November, 2003

**Higher Diploma in Human Resource Management**

Research report on Performance Appraisal

**Kenyatta University – Kenya , October 2002**

**Master of Science (Foods Nutrition and Dietetics)**

“An Assessment of the Adequacy of School Meals In Meeting the Nutritional Requirements of Girls In Boarding Secondary Schools In Nairobi, Kenya.

**Kenyatta University – Kenya , October 1997**

**Bachelor of Education (Home Economics)**



Professional Development - Webinars

- 8<sup>th</sup> July, 2021 Balanced metabolism: Optimizing Nutrition for recovery of patients with COVID 19.
- 2<sup>nd</sup> July, 2021 Principles of Dietary Supplementation working with clients
- 1<sup>st</sup> July, 2021 Obesity: An Ongoing Pandemic
- 9<sup>th</sup> June, 2021 Medical Nutrition Therapy for Acute Pancreatitis

Seminars

- 27<sup>th</sup>-28<sup>th</sup> May, 2021 Management of Malnutrition in Chronic Disease
- 28<sup>th</sup>-29<sup>th</sup> April, 2021 Nutrition in Renal Replacement Therapy
- 5<sup>th</sup>-15<sup>th</sup> March 2019 African Nutrition Leadership Program  
South Africa

Publications

T. Kamau, R. Rianga, L. Mwanzia, **E. Buluku**, C. Sawe, B. Wambugu, K. Patel, J. Mutai, P. Jomo, S. Kemboi, P. Talam and C. Sang Male Partner Involvement in the Continuum of Pregnancy and Childbirth in Uasin Gishu County, Kenya. African Journal of Midwifery and Women's Health 2021

Masibo Peninah, **Buluku Elizabeth**, Menya Diana, Malit Vivian. Prevalence and **Determinants of under-and over-nutrition among adult kenyanWomen; evidence from the Kenya Demographic and Health Survey 2008-09** East African Journal of Public Health 10(4) December 2013.

Membership

- Kenya Nutrition and Dieticians Institute (G/0454/09)
- International Federation of Home Economics (66000)
- Speak Nutrition Society Group

