



Inspiring Innovation and Leadership

KARATINA UNIVERSITY

STAFF PROFILE TEMPLATE



1. **Name:** [Lydiah Asiko]

2. **Designation:** [Tutorial Fellow]

3. **Employment details**

School: [School of Agriculture and Biotechnology]

Department: [Food Science Nutrition and Technology]

4. **Contact Information**

Email Address (lasiko@karu.ac.ke; lydiahasiko@gmail.com):

Research Links:

4. **Describe your professional self**

Ms. Lydiah Asiko is a Tutorial Fellow in The School of Agriculture and Biotechnology at Karatina University since 2014. Ms. Asiko is a registered Nutritionist and Dietician and is completing her PhD studies in Public Health at the Jomo Kenyatta University of Agriculture and Technology (JKUAT). Ms. Asiko is very passionate in educating the community members/groups on sound nutrition practices.

5. **Area/ Field of specialization:** [Nutrition and Dietetics]

6. **Research interests:** [Maternal and Child Health Nutrition]

7. List some of your key published works.

1. Grace N. Kamotho, **Lydiah A. Asiko**, James K. Kibanyu, Phares R. Kinyua, Rebecca N. Karaya, Patrick M. Muthee and Zipporah M. Mwathi.(2023). "Assessment Of Production Constraints And Contribution Of Avocado To Food Security And Income In The Mount Kenya Region, Kenya". *International Journal of Agriculture, Environment and Bioresearch*. Volume 8, Issue 5, ISSN 2456-8643.
2. Waswa, J., Wairegi, S., **Asiko, L.** (2018). "NonCommunicable Diseases -The Elephant in the Room". *Journal of Food and Nutrition*, vol. 2, no. 3, pp. 55-64.