

Lydia Asiko

Lydia Asiko is a Public Health Nutritionist and Researcher of Karatina University, School of Agriculture and Biotechnology, and department of Food Science and Nutrition. She is also a member of the Tea Institute. She is passionate on evidence-based practice and especially nutrition-sensitive and nutrition-specific interventions.

Publications:

1. 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.
2. Waswa J., Ngugi L.W. and **Asiko L.A.**(2016). Promotion and Utilization of Niche Foods for Food and Nutrition Security (Under review by Universal Journal of Food and Nutrition Science)
3. Waswa J., and **Asiko L.**, Ngugi L.W (2016). Geophagy amidst compulsory iron supplementation among pregnant women attending ante -natal clinics in Likuyani Sub County – Kenya. Journal of Food and Nutritional Disorders 5:3.
4. Waswa J., **Asiko L.**, Ngugi L W, and Imungi JK. (2016). Development, sensory evaluation and nutritional qualities of a millet based food replacer for geophagy Journal of Food and Nutritional Disorders 5:2.
5. Waswa J and Ngugi LW, **Asiko A.** A Paradigm Shift in Social Vulnerability to Nutritional Diseases. A Perspective
6. **Lydia A. O.**, Grace A Ettyang and Arthur M Kwena. (2013). Nutritional Status and Dietary Iron Intake of Adolescent Expectant Mothers Attending Antenatal Clinics in Eldoret West District. The Kenya Journal of Technical and Vocational Education and Training. ISSN 2227-5088) Vol.2, pp 174-186

Research activities:

1. Research project titled - "Effect of Nutrition Education on Mothers' Complementary Feeding Practices and Nutrition Status on Children 6-23 months - Nyeri County - on-going
2. National Research Fund - research project titled "Improving Food Security by Reducing Post-Harvest Losses in Maize in the Lower Eastern Kenya" - on-going
3. National Research Fund - Covid-19 Tea Beverage Study - on-going
4. Rise and Shine/ Comic Relief - research project Early Childhood Development in Kenya - on-going