

TERESIA NJOKI MBOGORI
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Education background

Ph.D. Nutritional Sciences (August 2013- August 2016)
Texas Tech University

M. Sc. Nutritional Sciences (October 2009- August 2011)
The Hebrew University of Jerusalem, Israel

B. Sc. Food Nutrition and Dietetics (August 2001- July 2006)
Egerton University Njoro, Kenya.

Teaching Experience

Assistant Professor

Department of Nutrition and Health, Ball State University **September 2016- present**

- Classes taught: Lifecycle Nutrition, Nutrition for Educators, Micronutrients and Phytochemicals, Principles of Human Nutrition, Vitamins and Minerals, Maternal and Infant Nutrition, Introduction to Research Methods and Global Nutrition.

Teaching Assistant

September 2013-May

2015

Nutrition Department, Texas Tech University

- Updated lecture materials for the Science of Nutrition laboratory class.
- Gave lectures on the Science of Nutrition laboratories and guided the students in conducting the experiments
- Evaluated the student performance by giving and grading tests based on the laboratory materials

Adjunct Lecturer

September 2011-August 2012

Human Nutrition Department, Egerton University Kenya

- Developed and delivered lectures in the following areas: Principles of Human Nutrition, Micro and Macronutrients, Community Nutrition, Meal Planning and Management, and Research Methods.
- Guided and supervised student as they developed community nutrition projects in different parts of Kenya.

- Supervised students during clinical dietetics practical sessions at the Nakuru Provincial General Hospital in Kenya.

Laboratory assistant

January 2007-april 2007

Human Nutrition Department Egerton University

- Guided and supervised students as they conducted experiments in Food Selection and Preparation, Meal Planning and Management, Nutrition throughout the Lifecycle and Diet Therapy.
- Taught and graded students on budgeting and time management in meal preparation practical sessions

Research Experience

Research Assistant

Nutrition Department, Texas Tech University

August 2015-July 2016

- Participated in a food security research project in West Texas low income neighborhoods. I was involved in data collection using questionnaires as well as conducting focus group discussions with the participants.
- Assisted in grant writing for funding from major funding organizations in the USA and abroad.
- Assisted students on their proposal development.

Young professional

Kenya Institute for public policy research and analysis (KIPPRA)

July 2012-June 2013

- Developed and wrote a discussion paper and a Policy brief on Dietary Diversity and Child Malnutrition in Kenya.
- Assisted in organizing national and international conferences and round table discussions related to food and nutrition security in Kenya.
- Worked as a team leader for data collection in Muranga County Kenya on Determinants of Export Prices of French beans and Avocados in Kenya.

Researcher assistant

September 2010-August 2011

The Hebrew University of Jerusalem, Israel

- Developed a proposal on the effect of insulin of fatty acids composition in milk
- Collected and analyzed data on goat milk fatty acids composition

Research assistant

Nov 2006-April 2009

Urban Harvest of the International Potato Center, Nakuru

- Participated in data collection entry and analysis on Livelihoods and Nutritional status of Children Living with HIV/AIDS in the Slums of Nakuru Municipality.

Publications

Published Journal articles

1. Green, H.C., **Mbogori, T.**, Stroud, J.C., Friesen, C.A. (2019) Attitudes, perceived benefits and barriers, and prevalence of scheduling recess before lunch: A survey of Indiana elementary school principals. *The Journal of Child Nutrition and Management*. (In Press).
2. **Mbogori, T.**, Murimi, M. (2019). Effects of a Nutrition Education Intervention on Maternal Nutrition Knowledge, Dietary Intake and Nutritional Status among Food Insecure households in Kenya. *International Journal of Community Medicine and Public Health*, 6(5), 7.
3. **Mbogori, T.**, Arthur, T. (2019). Perception of Body Weight Status is Associated with the Health and Food Intake Behaviors of Adolescents in the United States. *American Journal of Lifestyle Medicine*. <http://dx.doi.org/10.1177/1559827619834507>
4. **Mbogori, T.**, Mucherah, W. M. (2019). Nutrition Transition in Africa: Consequences and Opportunities. *Global Journal of Transformative Education*, 1(1), 5-10. <http://dx.doi.org/10.14434/gjte.v1i1.26141>
5. Mucherah, W.M., **Mbogori, T.** (2019). Examining Child Development from an African Cultural Context. *Global Journal of Transformative Education*, 1(1), 11-17. <http://dx.doi.org/10.14434/gjte.v1i1.26140>
6. Murimi, M., Kanyi, M., **Mbogori, T.**, Amin, M., Rana, Z., Nguyen, B & Moyeda-Carabaza, F. (2018). Voices and perspectives of rural Hispanic households on food insecurity in west Texas: a qualitative study, *Journal of Hunger & Environmental Nutrition*, DOI: 10.1080/19320248.2018.1434105
7. Murimi, M. W., Kanyi, M., Mupfudze, T., Amin, M. R., **Mbogori, T.**, Aldubayan, K. (2017). Factors Influencing Efficacy of Nutrition Education Interventions: A Systematic Review. *Journal of Nutrition Education and Behaviour*, 49(2), 142-165.e1.
8. Murimi, M. W., Kanyi, M. G., Mupfudze, T., **Mbogori, T.**, Amin, M. R. (2016). Prevalence of Food Insecurity in Low-Income Neighbourhoods in West Texas. *Journal of Nutrition Education and Behaviour*, 48(9), 625-630.e1.
9. **Mbogori, T.** Dietary Diversity and Child Malnutrition in Kenya. Kenya Institute for Public Policy and Analysis, 2014. DP 151
10. Sameer J. Mabjeesh, Nurit Argov-Argman, Chris Sabastian, **Mbogori, T** and Avi Shamay Expression of Phosphoenolpyruvate Carboxykinase Isoforms in The Mammary Gland of Dairy Goats is Regulated by Insulin Status. *The Open Agriculture Journal*, 2013, 7, 65-72 Pp 65-72

11. Argov-Argaman, N., **Mbogori, T.**, Sabastian, C., Shamay, A., & Mabjeesh, S. J. (2012). Hyperinsulinemic clamp modulates milk fat globule lipid composition in goats. *Journal of Dairy Science*, 95(10), 5776–5787. doi:10.3168/jds.2012-5569

Published Abstracts

1. Kimmel, K. * & **Mbogori, T.** (2019). Nutrition-Related Recommendations and Dietary Habits Following Diabetes Diagnosis: Findings from the 2015 Kenya STEPS-Survey. *Journal of Nutrition Education and Behavior*, Volume 51, Issue 7, S87
2. Arthur, T., **Mbogori, T.**, Sanchez, M. (2018). *Motivators of and barriers to physical activity among parents of adolescent children* (Suppl 1 ed., vol. 52, pp. S802). *Annals of Behavioral Medicine*
3. **Mbogori, T.**, Arthur, T., *Mennel, K. (2018). *Perception of Weight Status is Associated with Consumption of Fruits and Vegetables by Adolescents* *Journal of Nutrition Education and Behavior* 2018, Volume 50 Issue 7.
4. **Mbogori, T.** Poor Diet Quality and Quantity with High Rates of Infectious Diseases Are Associated with Childhood Malnutrition in Turkana Kenya. *Journal of Nutrition Education and Behavior*, 2017, Volume 49 Issue 7.
5. **Mbogori, T.**, Murimi, M. Determinants of Maternal and Child Malnutrition Among Low Income Households in Turkana County, Kenya. *FASEB Journal*, 2017, volume 31, Issue 1.
6. **Mbogori, T** Murimi, M. The Effects of a Nutrition Education Intervention on Maternal Nutrition Knowledge, Child Care Practices and Nutrition Status. *Journal of Nutrition Education and Behaviour*, 2016, Volume 48, Issue 7
7. **Mbogori, T.**, Murimi M., Ruhul. A. Nutrition Education Intervention: Using Train the Trainer Approach to Reach Populations with Low Literacy in Turkana, Kenya. *Journal of Nutrition Education and Behavior*, 2015, Volume 47, Issue 4

Conference presentations and posters

1. **Mbogori, T**, Murimi, M. Society for Nutrition Education and Behavior, "Poor diet quality and quantity with high rates infectious diseases are associated with childhood malnutrition in Turkana Kenya," Society for Nutrition Education and Behavior, Washington DC. July 20, 2017.
2. **Mbogori, T**, Murimi, M, Experimental Biology, "Food insecurity, inadequate dietary intake and low maternal nutrition knowledge are associated with maternal and child malnutrition in Turkana Kenya," American Society for Nutrition, Chicago, Illinois. April 24, 2017.
3. **Mbogori, T** Murimi, M. The Effects of a Nutrition Education Intervention on Maternal Nutrition Knowledge, Child Care Practices and Nutrition Status. Society for Nutrition

Education (SNEB) Annual Conference. Sheraton San Diego Hotel & Marina San Diego, CA July 29-August 30, 2016

4. **Mbogori, T.**, Murimi, M., "Effects of a Nutrition Education Intervention on Maternal Knowledge, Dietary Intake and Nutrition Status of Children in Turkana Kenya", Association of State Public Health Nutritionists (ASPHN) Annual Meeting, Association of State Public Health Nutritionists (ASPHN), Little Rock, Arkansas, International. (June 14, 2016)
5. **Mbogori, T.**, Murimi M., Ruhul. A. Nutrition Education Intervention: Using Train the Trainer Approach to Reach Populations with Low Literacy in Turkana, Kenya. Society for Nutrition Education (SNEB) Annual Conference. Wyndham Hotel, Pittsburgh, PA. July 25-28, 2015

Grants

Funded

Mbogori, Teresia (Other (e.g. Co-Investigator)), Mennel, Kylie (Principal), "Identification of Managerial Strategies Used by Food Pantry Administrators in Delaware County, Indiana in their Effort to Alleviate Food Insecurity," Sponsored by Aspire Grant Program: Graduate Student Research Support, \$500.00. (May 1, 2018 - April 30, 2019).

Mbogori, Teresia (Principal), "Assessment of Food Security in Delaware county" Sponsored by College of Health, Ball State University," Internal, \$1,500.00, Current Year: \$1,500.00. (April 30, 2017 - December 31, 2017).

Powers, Shannon M. (Principal), Jones, Christina (Co-Principal), Mbogori, Teresia (Co-Principal), "'Exercise and Nutrition Intervention.'" IUBMHF," Sponsored by IU Health Ball Memorial Foundation, External, \$18,000.00, Current Year: \$10,000.00. (December 15, 2016 - December 31, 2019).

Jones, Christina (Principal), Mbogori, Teresia (Co-Principal), Powers, Shannon M. (Co-Principal), "Zumba and Good Eats at the Whitley Community Food Pantry," Sponsored by Indiana Society for Health, Physical Education, Recreation, and Dance, External, \$2,000.00, Current Year: \$2,000.00. (August 2017 - August 2018).

Mbogori, Teresia (Other (e.g. Co-Investigator)), Pucciarelli, Deanna L. (Other (e.g. Co-Investigator)), Driver, Nicole (Principal), "Department on Nutrition and Health Research Grant," Internal, \$100.00. (November 16, 2016 - November 16, 2017).

Mbogori, Teresia (Principal), Mary, Murimi (Co-Principal), "Nutrition Education Intervention among Women and Children in Turkana Kenya," Sponsored by Schlumberger Foundation: Faculty for the Future, External, \$48,000.00. (June 1, 2015 - August 30, 2016).

Not funded

Mbogori, T., Abebe S. Personalized approach to improving the nutrition and health status of the community in Delaware county, Indiana (2019-2020). Sponsored by Allen Foundation. External \$191,000.00. Current year \$0.00

Ghezzi, Jessique Lee (Principal), Gruver, Joshua Brion), (Co-Principal Mbogori, Teresia (Co-Principal), Pucciarelli, Deanna L. (Co-Principal), "A Food Systems Approach for Improving Food Accessibility for Low Income Families in East Central Indiana," Sponsored by U.S. Department of Agriculture, External. External, \$400,000.00 (September 2018 - August 2022).

Powers, Shannon M. (Principal), Jones, Christina (Co-Principal), Mbogori, Teresia (Co-Principal), "Cardinal Zumba," Sponsored by United Way, External, \$\$42,623.00, Current Year: \$0.00.

Jones, Christina (Principal), Mbogori, Teresia (Co-Principal), Powers, Shannon M. (Co-Principal), "Cardinal-Whitely Zumba & Good Eats," Sponsored by Indiana Clinical Translational Sciences Institute, External, \$13,845.00, Current Year: \$0.00.

Bloom, Lindsey Christine (Principal), Judge, Lawrence W. (Co-Principal), Gerstein, Lawrence H. (Co-Principal), Wanless, Elizabeth A. (Co-Principal), Chan, Yuichung (Co-Principal), Dieringer, Shannon Marie (Other (e.g. Co-Investigator)), Mbogori, Teresia (Other (e.g. Co-Investigator), DelaGardelle, Hanna (Other (e.g. Co-Investigator)), "2017 International Sports Programming Initiative," External, \$847,065.00, Current Year: \$0.00.

Gruver, Joshua Brion (Principal), Mbogori, Teresia (Co-Principal), Browne, Donna (Other (e.g. Co-Investigator)), Vidal, Elaine (Other (e.g. Co-Investigator)), "Localizing the Food System in East Central Indiana (LFSECI): A Revitalization of the Middletown Food Economy," Sponsored by USDA, External, \$500,000.00, Current Year: \$0.00.

Awards and scholarships (amount and year received)

- Mina Lamb Fellowship, \$27000, 2013-2015
- Hellen Devitt Scholarship, \$3500, 2015-2016
- Pears Foundation Scholarship, 28800 NIS (approx. \$ 7441), 2010-2011
- Pears Foundation scholarship \$24000, 2009-2010

Professional Organisation Affiliations

- Academy of Nutrition and Dietetics
- American Society of Nutrition
- Society for Nutrition education and behaviour
- Kenya Nutrition and Dietetics Institute

Service

University

Committee Member, Advisory Council for the University's Office of Institutional Diversity. (August 2017 - Present).

College

Committee Member, BSU Healthy Lifestyle Centre Project. (September 2017 - Present).

Committee Member, Diversity Committee. (January 2017 - Present).

Department/program

Committee Member, Contract Faculty Salary Committee. (August 2018 - Present).

Committee Member, Nutrition Area Committee. (September 2016 - Present).

Professional

Reviewer/referee, Journal of Human Lactation. (April 2017 - present).

Reviewer/referee, Public health Nutrition. (April 2017 - present).

Reviewer/referee, Indian Journal of Child Health. (May 2017 - present).

Reviewer/referee, Family and Consumer Sciences. (March 2017 - present).

Reviewer/referee, International Breastfeeding Journal. (January 2017 - present).

Reviewer/referee, Journal of Human Lactation. (December 2016 - present).

Community volunteer activities

1. Gave a nutrition education session on "***Edible Gems: The Best Vegetables for Your Health***" to Lubbock community members at the Lubbock Memorial arboretum on June 14th 2014
2. Trained hikers participating in the 3rd annual Hike 4 Health on "***Amount and Health Consequences of Sugar in Beverages We Consume***" on September 26th 2015. This event was organized by the Graduate Nutrition Organization at Texas Tech University in partnership with Nature Rocks Caprock and the Lubbock Lake National Historic Landmark.
3. Volunteered at the Lubbock Lions Club Annual pancake festival on February 22, 2014 at the Lubbock Civic Centre in Lubbock County, Texas.