

Lydia's Brief Bios

Lydia is a Nutritionist and a Technical staff at Makerere University in the College of Agricultural and Environmental Sciences (CAES), Dept. of Agricultural Production. She holds a Master of Science in Applied Human Nutrition from Makerere University, College of Agricultural and Environmental Sciences (CAES), School Food Technology, Nutrition and Bio-engineering and a Bachelors degree of Biomedical Laboratory Technology from Makerere University, College of Veterinary Medicine and Animal Resources and Biosecurity (COVAB).

Previous Research Projects

2015-2018: Participated in the Urban Africa's Double Disease Burden and the Ameliorative Potential of Household Food Production project that focused on the food, health and living conditions of households in the urban areas of Uganda.

2012-2015: Carried out a research entitled *"Influence of Nutrition Education on Dietary Iron Intake of Adolescents in Central Division, Kampala City"* in four day secondary schools of Kampala City that targeted adolescents' food choices and feeding practices. Adolescents from the selected schools were intervened to in a separate nutrition education program that addressed their behavior change. This research advocates for inclusion of nutrition education in the school curriculums of Uganda as one of the strategies of improving nutritional and health status of adolescents.

2000-2004: Participated in the Ecological Sanitation Project (ECOSAN) entitled *"Assessment of the Die-off Period of Helminths in Ecological Sanitation Toilets and Soil Surroundings of Gondokolo and Kamwokya, Kampala District"*. The project emphasized reuse and recycling of human excreta that was hygienically safe for improved crop production.

1998-2000: Participated in a research project to improve cassava varieties through reduction of the cyanide concentration and carried out market surveys on cassava in the Central, Eastern and Northern regions of Uganda while still under International Institute of Tropical Agriculture (IITA). In addition, was involved in food processing methods and determination of aflatoxins of commercial food products such as, wheat flour and curry powder using chromatography method while at Kawanda Agricultural Research Institute (KARI) in the Post-Harvest and Food and nutrition laboratories.