

Dr. Margaret Kabahenda is a Senior Lecturer in the Department of Food Technology and Nutrition (FTN). She has been a faculty member since 2006. Dr. Kabahenda teaches both undergraduate and graduate courses such as Nutrition through the life cycle, clinical nutrition, community nutrition, nutrition education and advocacy, and food security and human rights. She is also heavily involved in research; and her primary research interest areas are food and nutrition interventions to enhance diet adequacy at various levels; dietary guidance and nutrition education for different contexts; and influence of nutrition factors on risk of disease. Her other interests include indigenous knowledge transfers, processing of healthier food products, and mentorship of youth to engage in productive activities. In addition, Dr. Kabahenda has extensive consulting experience, and has worked with a number of entities and projects in various consulting roles. Dr. Kabahenda received her Ph.D. and an MS. in Foods and Nutrition from University of Georgia (USA) in 2002 and a BS. in Foods and Nutrition (Dietetics) from Southern Illinois University, USA in 1999. She also holds an associate's degree in Hospitality Management from Parkland College (USA).

### **List of Selected Publications**

1. Spencer PS, Mazumder R, Palmer VS, Lasarev MR, Stadnik RC, King P, Kabahenda M, Kitara DL, Stadler D, McArdle B, and Tumwine JK (2016) Environmental, dietary and case-control study of Nodding Syndrome in Uganda: A post-measles brain disorder triggered by malnutrition? *Journal of Neurological Sciences*; doi: 10.1016/j.jns.2016.08.023
2. Mazumder R, Palmer V, Spencer P, King P, Stadnik R, Lasarev M, Kabahenda M, Katara D, and Stadler D (2015) Nodding syndrome in Uganda : Risk factors at disease onset. *Neurology* 84 (14) Supplement
3. Kabahenda MK, , Andress EL, Nickols SY, Kabonesa C & Mullis RM (2013) Promoting dietary diversity to improve child growth in less-resourced rural settings in Uganda. *Journal of Human Nutrition and Dietetics*. doi:10.1111/jhn.12056

4. Nankumbi J, Muliira J K, & Kabahenda K M (2012). Feeding practices and nutrition outcomes in children : Examining the practices of caregivers living in a rural setting. *Infant Child & Adolescent Nutrition*; 4 (6). DOI:10.1177/1941406412454166
5. Kabahenda M, Mbabazi J, Kwetegeka J, & Amega R. Nutrient alterations in Nile perch (*Lates niloticus*) skins owing to various processing and cooking techniques. *International Journal of Environmental Studies*. Available online: 04 Jan 2012; <http://www.tandfonline.com/doi/abs/10.1080/00207233.20>
6. Kabahenda MK, Amega R, Okalany E, Husken SMC and Heck S (2011) Protein and micronutrient composition of low-value fish products commonly marketed in the Lake Victoria Region. *World Journal of Agricultural Sciences*, 7 (5); 521-26. [http://www.idosi.org/wjas/wjas7\(5\).htm](http://www.idosi.org/wjas/wjas7(5).htm)
7. Kabahenda MK, , Mullis RM, Erhardt JG, Northrop-Clewes C, and Nickols SY (2011). Nutrition education to improve dietary intake and micronutrient nutriture among children in less-resourced areas: a randomized controlled intervention in Kabarole district, western Uganda. *South African Journal of Clinical Nutrition*; 24:2; 83-88.

### **Selected Accomplishments**

1. October 2014-Present - Co-PI on an action-research project to improve linkages among agriculture and nutrition - Enhancing the capacity of Uganda's agricultural extension services to impact nutrition of rural farming households. Funded by RUFORUM.
2. August 2013 to present – PI – Lead a team of researchers from Uganda Ministry of Health and Makerere University to Investigate the possible associations between food and nutrition factors and the risk for Nodding Syndrome in Northern Uganda. Funded by Government of Uganda.
3. February 2013 to present – Collaborating with a team of researchers in the Institute of Languages and Linguistics at Makerere University to develop A web-based manual to guide the general public on the health benefits and the nutrient composition of foods commonly consumed in central and western Uganda. This

manual is already developed and is being translated into local languages (Luganda and Runyankore). Project funded by Carnegie Foundation.

4. June 2012 to October 2014 – PI – Collaborated with the School of Public Health at Makerere University (Uganda) and Oklahoma State University (USA) to design and implement an Intervention to assess the effectiveness of a supplemental low-cost fish ration on reducing the risk for anemia among pregnant women and their offspring. Funded by Bill & Melinda Gates Foundation Grand Challenges Program.
5. Nov 2010 to Aug. 2012 – Collaborated with colleagues in the Department and engaged in value-addition studies focusing on development of protocols for processing amaranth grain into various food products (main course and snack foods) as a strategy to promote local consumption of amaranth grain. Funded under the Government of Uganda technology development fund.
6. Jan/Feb 2010 – Conducted a needs assessment for a community-based nutrition intervention in Luwero promoting the use of underutilized nutrient-dense foods to improve the nutrient- density of young children's meals. Funded by Nestle Foundation