



Kissa KULWA

Home Country
Tanzania

Degree
PhD in Applied
Biological Sciences

Expertise
Consumer Sciences
and Human Nutrition

Research Focus
Child Growth and
Micronutrient Intake

Host University
Ghent University,
Belgium

Fellowship Awarded
2008

Kissa Kulwa has two sisters and one brother. Married and the mother of one child, she enjoys travelling, meeting people and learning their culture as well as reading and cooking.

After obtaining her Bachelor of Science degree in 1995, Kissa completed her Master of Science degree in applied human nutrition in 2001 at the Department of Food Technology and Nutrition, University of Nairobi, Kenya. She joined the Sokoine University of Agriculture in December 2001 as an assistant lecturer in the Department of Food Science and Technology, and was promoted to lecturer in 2005. Her responsibilities include teaching, conducting research and extension in the fields of consumer sciences and human nutrition.

Her achievements include a Best Final Year Student award in home economics and human nutrition in 1995, and a Best Overall Staff award in her department in 2005 and 2007. Her PhD research focus is on child growth and micronutrient intake in rural Tanzania. She is particularly interested in developing a dietary package to investigate the effect of breastfeeding continuation and improved quality of complementary meals on child growth. Her work involves assessment of feeding patterns and practices; determination of nutrient intake of key foods and meals; formulation of recipes and messages for increased nutrient intake; and testing feasibility and acceptability of these practices at the community level. Since under-nutrition is an underlying cause of 60 percent of child deaths in Tanzania, and the most damaging effects of under-nutrition occur within the first two years of life, understanding behaviors and motivations influencing early feeding will help develop effective and sustainable nutrition interventions. Well-nourished infants will grow into healthy and productive adults. With good health, households will spend more time on productive activities, and thus be able to improve their economic productivity and incomes.

Upon completion of her doctoral program, Kissa intends to continue teaching at Sokoine University of Agriculture in Tanzania.