

## **Biography**

Gichu Muthoni

Ministry of Health, Kenya

MB.Ch.B, MSc. Gerontology, MSc. Sports and Exercise Science

Nairobi, Kenya

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Dr. Muthoni Gichu is the Head of the Health and Ageing Unit at the Ministry of Health, Kenya. She led the development of the National Physical activity action Plan 2018-2023, contributed to the development of ICOPE guidelines, Framework for Monitoring and evaluation of GAPPa and has contributed to the development of several other national policy documents and guidelines. She has a decade experience in policy development and implementation.

Muthoni is a Medical gerontologist with a master in sports and exercise science, gerontology and MB.Ch.B. My research interests are in physical activity and public health, exercise in health and disease, obesity prevention and healthy ageing.

In the course of her professional work she has successfully supervised national surveys like the Kenya STEPs survey 2015, undertaken various research projects on health and wellbeing of older persons in Kenya. Muthoni is the chair of the National Advisory Group for Strengthening Responses to Dementia in Developing Countries (STRiDE) project Kenya, funded by the Research Council's UK Global Challenges Research Unit. Also a member of the Alzheimer's Disease International Medical and Scientific Advisory Panel (MSAP) and has published a number of journal articles.