

KEYNOTES ADDRESSES

Edible Insect Based Diet: A Sustainable Low-Cost Nutritious Diet



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THERE are emerging trends of sustainable food in the global food security and food systems value chain. Malnutrition has become a real issue alongside the lifecycle and this is more severe on hidden hunger. Insects of varied species have been known as a host of micronutrients such as vitamins, calcium, zinc and iron for human. These categories of organisms are easy to access or multiply as alternative source of protein and micronutrient supply. The use of insects such as termites' crickets and grasshoppers are common in some countries like Kenya, Uganda, Thailand, India and South Africa. This keynote explores insects as alternative diets with a focus on sustainable food security in the context of access within the global food systems value chain. It is therefore apparent that entomophagy could be the solution to an increasing urgent food-security problem confronting the world. This is evidenced by the fact that already many countries are using insects as alternative food protein and feed sources. However, the current use remains low

to replace traditional food sources worldwide. In the near future with good efforts edible insects have strong potential to become a primary source of nutrients.

PROFILE

Dr. Okeyo has over nine 15 years' experience in Public Health and Nutrition research as evidenced by over 56 numerous peer reviewed publications with record from the year 2007 to date. Along with this he has had over 14 years' experience in Nutrition and Health research and Programming support. He is currently supervising a number of postgraduate research projects across four public and private universities in Kenya. He has good skills and knowledge on quantitative techniques in conducting complex health related researches from a multidisciplinary. He has built a wealth of skills in population-based researches at community level through action research consultancy work for a number of international organizations. Okeyo is holder PhD in Community Nutrition and Development and a post-doctoral Master of Science in Public Health. He is an African Doctoral Dissertation Research Fellowship (ADDRF) scholar alumni sponsored for PhD by African Population Health Research Centre and IDRC. Currently, he serves as Chief Executive Officer for the Kenya Nutritionists and Dieticians Institute (KNDI) which regulates the training, practices and research among nutritionists and dieticians' professionals. His has previously worked as head of department for nutrition and health at Maseno University and leading programming, monitoring and evaluation consultancies. He has served in this capacity for 5 years and now in the final 5-year phase after renewal of contract based on observable performance records. He has had a previous experience with East, Central Southern Africa-Health Community programmes as a consultant for dissemination of model nutrition curricular for Tanzania, Kenya and Uganda where he had an opportunity to interact with NCDs, Food Security and Nutrition programmes. His dream is to facilitate a work environment characterized by good programming, research that informs wider audience through harmonized high-quality sharable publications on nutrition issues at community, national level and regional levels.