

Stella Chege is an Environmental Health professional and graduate of Kenyatta University with a strong interest in advancing public health through research, health promotion, and preventive interventions. Her academic interests focus on mental health promotion and the influence of environmental, social, occupational, and behavioural determinants on psychological well-being. She is particularly interested in understanding how healthy environments and evidence-based public health strategies can improve mental health outcomes and enhance quality of life across diverse populations.

Stella is passionate about interdisciplinary approaches that integrate environmental health, psychology, and health promotion to address complex public health challenges. She is committed to lifelong learning and values research that informs policy, strengthens health systems, and contributes to sustainable community development. Her long-term aspiration is to contribute to innovative research and interventions that reduce health inequalities and promote mental well-being at both individual and population levels.

In addition to her academic interests, Stella is dedicated to community engagement and believes that education, prevention, and collaboration are essential to improving health outcomes. She aspires to pursue advanced research in public health and mental health promotion while contributing to evidence-based practice, influencing public health policy, and supporting the development of healthier, more resilient communities.