



Zimmerman, Deirdre

Advance #13171Z

Country [Nepal](#) **Serving At:** Nutrition Promotion and Consultancy Services

Home Country: Ireland, Europe and Eurasia

Spouse: [Mark Zimmerman](#) Deirdre Zimmerman is a missionary with the General Board of Global Ministries of the United Methodist Church – in partnership with the Church Missionary Society of Ireland – serving with her husband, Dr. Mark Zimmerman, in Kathmandu, Nepal. A nutritionist and dietitian by training, Deirdre was first assigned to work for United Mission to Nepal's Nutrition Programme, which addresses the problem of malnutrition in women and children through training and education.

After a two-year break to care for their young sons, Zachary and Benjamin, Deirdre returned to part-time work as advisor to Nutrition Promotion and Consultancy Services, an organization which is an offshoot of the previous Nutrition Programme. Of her work Deirdre shares, "I see this as involvement in God's work to restore full life and to provide for all the needs of all people: nutrition and health (in all its facets) being essential for people to achieve their God-given potential." She continues to be busy with the care of their sons and also sees the support of Mark in his work as an important role.

In addition to her formal role, Deirdre understands her assignment as a 'ministry of presence.' I hope my presence in Nepal as a United Methodist missionary can encourage the local Nepali church that the universal church stands in solidarity with them (a minority faith in a Hindu country), and that I may be a channel for bringing some of the gifts of the Nepal church into American churches. I also hope there will be opportunity in personal relationships with Hindu colleagues, friends and neighbours to share something of our Christian faith.

A native of Ireland, Deirdre earned a Bachelor of Science degree in Human Nutrition and Dietetics in 1993 from Trinity College/Dublin Institute of Technology. She earned certification in tropical community medicine and health in 1996 from the Liverpool School of Tropical Medicine, and in 1999 was certified in the management of food and nutrition programs by the International Agricultural Centre in the Netherlands. From 1993-1995 Deirdre was a clinical dietitian at Birmingham England Heartlands Hospital where she later worked as a senior pediatric dietitian.