

UGO, CHINEMEREM HENRY

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EDUCATION

Date	Institution Attended	Qualification Obtained
2025 -	University of Alabama, Birmingham, USA.	Ph.D. Nutritional Sciences (in view)
2024	Oklahoma State University, Stillwater, OK, USA.	M.Sc. Nutritional Sciences (Molecular)
2023	University of Nigeria, Nsukka, Enugu State, Nig.	M.Sc. Human Nutrition
2016	University of Nigeria, Nsukka, Enugu State, Nig.	B.Sc. (Hons) Nutrition and Dietetics

PROFESSIONAL AND UPDATE COURSES

Date	Agency/International body	Certificate Obtained
Summer 2024	Food and Agricultural Products Center (FAPC), Oklahoma State University, Stillwater, USA.	Basic HACCP and Food Safety Certificate
Summer 2024	Oklahoma State University, Stillwater, USA.	Certificate on Good Manufacturer Practices
Summer 2024	Oklahoma State University, Stillwater, USA.	Certificate on Food Defense
Summer 2024	Food and Agricultural Products Center (FAPC), Oklahoma State University, Stillwater, USA.	Certificate of completion, Meat Mastery Program
Summer 2024	Food and Agricultural Products Center (FAPC), Oklahoma State University, Stillwater, USA.	Food industry Sanitation certificate
June 2022	World Obesity Federation [Strategic Centre for Obesity Professional Education]	Certificate in <i>Medical Nutrition Therapy for Obesity</i>
June 2022	World Obesity Federation [Strategic Centre for Obesity Professional Education]	Certificate in <i>Emerging Therapies in Obesity Medicine</i>
July 2022	School of Diabetes, International Diabetes Federation.	Certificate in <i>Diabetes and Cardiovascular Disease</i>
July 2022	School of Diabetes, International Diabetes Federation.	Certificate in <i>Diabetic Retinopathy</i>

WORKING EXPERIENCE

Date	Organization	Portfolio
Spring 2025	Noble Research Center, Oklahoma State University, Stillwater, USA	Molecular Research Scientist (STEM OPT)

Summer 2024	Food and Agricultural Products Center (FAPC), Oklahoma State University, Stillwater, USA.	Internship trainee
Spring/Fall 2024	Nutritional Science Department, Oklahoma State University, Stillwater, OK, USA.	Graduate Teaching Assistant (GTA)
Spring/Fall 2023	Nutritional Science Department, Oklahoma State University, Stillwater, OK, USA.	Graduate Research Assistant (GRA)
2022	National Obstetric Fistula Centre, Abakaliki, Ebonyi State, Nigeria.	Full-time Registered Dietitian-Nutritionist
2021-2022	Alex Ekwueme Federal University Teaching Hospital, Abakaliki, Ebonyi State, Nigeria.	Locum Registered Dietitian-Nutritionist
2018-2019	Nutrition and Dietetic intern at University of Nigeria Teaching Hospital [UNTH], Enugu State, Nigeria.	Intern dietitian
2017-2018	Served at Success foundation College, Ota, Ogun State under the Nigeria National Youth Service Corp scheme.	Teacher and School clerk
2015	Hospital posting at National Orthopaedic Hospital, Enugu, under the Student Industrial Work Experience Scheme (SIWES)	Student Trainee

LEADERSHIP EXPERIENCE

- 2024 **Treasurer**, Phi Upsilon Omicron Honor Society (Alpha-Nu chapter), Oklahoma State University.
Role: Keeping financial records of the organization.
- 2024 **Secretary**, Phi Upsilon Omicron Honor Society (Alpha-Nu chapter), Oklahoma State University.
Role: Writing the minutes of meetings and keeping Organization records.
- 2024 **Secretary**, Nutritional Science, Graduate Student Association, Oklahoma State University.
Role: Writing the minutes of meetings and keeping association records.
- 2024 **Conference Lead for France WHO Committee**, Midwest Model United Nations, Oklahoma State University chapter.
Role: Creating awareness of global health issues.
- 2014 **Chairman, Committee on Health, House of Reps.**, Student Union Govt., University of Nigeria.
Role: In charge of students' health and welfare facilities
- 2013 **Sergeant at Arm (SAA), House of Reps.**, Student Union Govt., University of Nigeria, Nsukka.
Role: Custodian of Mace and maintain peace and order during SUG meetings

PERSONAL COMPETENCE | ACQUIRED SKILL

- ✦ Proficiency in Biochemical Laboratory techniques
- ✦ Proficiency in Microsoft Office Suite
- ✦ Proficiency in GraphPad Prism Software
- ✦ Proficiency in Statistical analysis (SPSS)
- ✦ Proficiency in Bio-render Application
- ✦ Proficiency in reference manager software, e.g, Zotero and EndNote
- ✦ Self-motivations and self-initiative
- ✦ Effective Communication Skills

RESEARCH | TEACHING COMPETENCIES

- ✦ **Teaching and mentorship (2024):** Undergraduate teaching and grading responsibility and student mentorship skills
- ✦ **Basic bench lab techniques (2023):** pipetting, dilutions, proper laboratory measurements.
- ✦ **Cell culture techniques (2023):** seeding cells, selecting cell lines for experiments, maintaining cell lines, plasmid preparation, transfection, analyzing cell health/confluency, passaging cells, counting cells, freezing cells, extraction of protein (both total and fractionated) and RNA, single cell isolation ·
- ✦ **Basic science techniques (2023):** analysis of RNA samples (gel electrophoresis, concentration/purity analysis using NanoDrop), analysis of protein samples (BCA Assay), western blotting, cDNA synthesis, qRT-PCR, cell viability assays. Plan and conduct research, including problem-solving, data handling, and statistical analysis.
- ✦ **Statistical Analysis Software competence:** SPSS, Prism graph pad

SCHOLARLY PUBLICATIONS

Ugo, C. H., Cardona, C. J., Chowanadisai, W., Lucas, E. A., & Montgomery, M. R. (2024). Isolation of gDNA From Fecal Samples of Healthy Subjects for Assessing the Influence of Dietary Pulse Consumption on Tumor Suppressor Gene Expression and Methylation Status. *Current Developments in Nutrition*, 8, 102576. <https://doi.org/10.1016/j.cdnut.2024.102576>

Olawale, F., Alake, S., Chandrashekar, R., Islam, P., Chaffin, N., Sutton, B., Jin, J. B., **Ugo, C.,** Chowanadisai, W., Knotts, T. A., Smith, B., & Lucas, E. (2024). Pinto Bean Supplementation Increases Microbial Beta-Glucuronidase Activity and Improves Gut Health in Estrogen-Deficient Mice. *Current Developments in Nutrition*, 8, 103400. <https://doi.org/10.1016/j.cdnut.2024.103400>

Cardona, C. J., **Ugo, C. H.,** & Montgomery, M. R. (2024). Ferroptosis and Iron Metabolism During Neuroblastoma Differentiation. *Current Developments in Nutrition*, 8, 102184. <https://doi.org/10.1016/j.cdnut.2024.102184>

Ugo, C. H., Ngwu, E. K., Eze, P. N., Afiaenyi, I. C., Agbo, E. C., Arene, E. C., IHEME, G. O., Obajaja, H. A., & Omeili, A. E. (2024). Nutrient and Hypoglycemic Effect of Carica papaya Seed Flour on Alloxan-Induced Diabetic Adult Male Wistar Rat. *Current Developments in Nutrition*, 8, 102828. <https://doi.org/10.1016/j.cdnut.2024.102828>

Iheme, G. O., Ezenwa, C. J., Ihegbu, M. C., Nwakanma, J. C., **Ugo, C. H.**, & Omeili, A. (2024). Knowledge, Attitude and Consumption Pattern of Locally Made Beverages Among Undergraduate Students at the Federal University of Technology Owerri (FUTO), Owerri Nigeria. *Current Developments in Nutrition*, 8, 102704. <https://doi.org/10.1016/j.cdnut.2024.102704>

Eze, P. N., Okoronkwo, I. L., Iheanacho, P. N., Obuna, J. A., Eze, J. E., **Ugo, C. H.**, Obeda, E. W., & Arua, A. O. (2024). Lived experiences of women who had hysterectomy for uterine prolapse in Southeast Nigeria. *Tanzania Journal of Health Research*, 25(3), Article 3.

Uche-Okoye, D., Ajemba, M.N., Amy, B., Arene, E.C., **Ugo, C.H.**, Eze, N.P., ... & Chiwenite, C.M. (2023). Is telerehabilitation an effective maintenance strategy for patients with chronic obstructive pulmonary diseases: a systematic review. *Bulletin of the National Research Centre*, 47(1), 13.

Maduforo, A. N., Ngene, B. A., Chikwendu, J. N., Okorie, J. N., **Ugo, C. H.**, & Aloysius-Maduforo, M. C. (2023). Effect of processing methods on the nutritional quality of *Solanum aethiopicum* and *Colocasia esculenta* leafy vegetables commonly consumed in Ebonyi State, Nigeria. *Journal of Dietitians Association of Nigeria*, 13(2).

Ajemba, M.N., Eze, P.N., Arene, E.C., **Ugo, C.H.**, & Osuji, R.C. (2022). Factors that Influence the Implementation of Nursing Process among Nurses in Nnamdi Azikiwe Teaching Hospital Anambra State. *Asian Journal of Research in Nursing and Health*, 5(4), 1-12.

Arene, E.C., Ajemba, M.N., **Ugo, C.H.**, Ojukwu, C.K., & Anyadike, I.K. (2022). Anti-Inflammatory Potentials of Aqueous Soursop Pulp Extracts on Induced Benign Prostatic Hyperplasia in Adult Male Wistar Rats. *Saudi J Med Pharm Sci*, 8(8), 397-402.

Ugo, C.H., Ekara, E.C., Chukwudi, O.C., Chiwenite, M.C., Osuji, R.C., Nnanna, G., & Onuorah, U.M. (2022). Knowledge, Attitude, and Practices (KAP) of Preconceptional Folic Acid supplementation among pregnant women (18-45 years) attending antenatal clinic in Alex Ekwueme Federal University Teaching Hospital Abakaliki, Ebonyi State, Nigeria. *Saudi J Med*, 7(9), 485-500.

HOBBIES

Creative writing, reading and reviewing papers, watching football, enjoying nature with friends.

PROFESSIONAL AND HONOR SOCIETY MEMBERSHIP

Member, Phi Upsilon Omicron Honor Society, Oklahoma State University chapter, USA.

Member, American Society for Nutrition (ASN).

Member, American Meat Science Association (AMSA)

Member, Dietitians Association of Nigeria (DAN).

Other Associations and Organizations Membership

- Nutritional Science, Graduate Student Association, Oklahoma State University (Secretary: Jan-Dec, 2024).
- Midwest Model United Nations, Oklahoma State University chapter (Member and WHO Committee Lead).
- African Student Organization, Oklahoma State University (Member).
- Student Union Government (SUG), University of Nigeria, Nsukka, Nigeria (Member, House of Reps).

VOLUNTEERING | PANEL OF JUDGES | COMMUNITY SERVICES

2024 Reviewer for Research Journal of Food Science and Nutrition.

Role: Served as a **reviewer** of the manuscript titled “Evaluation of bioactive properties and sugar concentration of honey from Northern and Southern Guinea Savanah Zones of Niger State, Nigeria” (Manuscript number: RJFSN-22.06.24-179).

2024 Served as a **Feedback provider** in the OSU 2024 Undergraduate Research Symposium.

Role: Judged and provided feedback on OSU undergraduate research projects (April 2024).

2024 Served as a **Judge** in the 2024 California Science and Engineering Fair (CSEF).

Role: Judged Biochemistry/ Molecular Biology in the Senior Division research projects (April 2024).

2024 Served as a **Judge** in the 2024 Ohio Academy of Science Fair (OASF).

Role: Judged Junior and Senior student category research projects (April 2024).

2024 Volunteered with the Graduate Professional Student Government Association (GPSGA) in the Oklahoma State University Spring 2024 “**into-the-street community service**” on Saturday, 13th April 2024.

Role: I Joined the OSU student group to give back to the community by serving the Senior/retired staff of the University, **ensuring** their homes and surroundings are clean and in good shape.

2024 Served as a **Judge** in the 2024 Oklahoma State Science and Engineering Fair (OSSEF)

Role: Judged grade 6th – 12th students’ research projects (March 2024).

2024 Served as a **Judge** in the 2024 Central Sound Regional Science & Engineering Fair (CSRSEF).

Role: Judged Junior and Senior student category research projects (March 2024).

CONFERENCES ATTENDED | PROFESSIONAL TRAINING PARTICIPATED

✦ Conferences

July 2024 American Society for Nutrition (ASN) **Conference** (Nutrition 2024) at Chicago, Illinois, USA.

June 2024 77th Reciprocal Meat **Conference** (RMC 2024) by American Meat Science Association at Omni Hotel, OKC, Oklahoma, USA.

Feb 2024 Midwest Model United Nations 64 **Conference** (MMUN 64) at St. Louis, Missouri, USA.

✦ Training

March 2024 Lead 4 Success leadership **training** program by **Hargis Leadership Institute**, Oklahoma State University, Stillwater, Oklahoma, USA.

AWARDS | RECOGNITIONS

- 2024 OSU Lead-Orange Award** – A leadership award given to students after successful completion of the Hargis Leadership Institute Lead-Orange program in partnership with Oklahoma State University Stillwater, OK, USA.
- 2024 Honorable Mention Award** – For Midwest Model United Nations distinguished delegation in MMUN 64 conference at St. Louis, Missouri, USA.

SCHOLARSHIPS | GRANTS

- 2024** The **Janice Cory Bullock National Award** by the Phi Upsilon Omicron Educational Foundation.
- 2024** Jean Shipman Endowed Grad **Scholarship**, College of Education and Human Sciences, OSU.
- 2024** Ambrosio Family Endowed **Fellowship**, College of Education and Human Sciences, OSU.
- 2023** Graduate Student Professional Development **Scholarship** for 2023 Winter Writing Workshop.

REFEREES

Dr. McKale R. Montgomery.

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Dr. Lucas Edralin

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