

Assistant Professor Dr.Jukkrit Wungrath

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EDUCATION

- 1998 B.S. (Public Health) in Food and Nutrition
Faculty of Public Health, Mahidol University, Thailand
- 2002 M.Sc. in Food and Nutrition for Development (International Program)
Institute of Nutrition, Mahidol University, Thailand
- 2009 Ph.D. in Food Science and Technology
Faculty of Agro-industry, Chiang Mai University Thailand
- 2021 Executive Master of Business Administration
Unitar International University, Malaysia

Certificate and Special Education

- 2005 Certificate in Management.
Lloyd International College, Sydney, Australia
- 2010 Mini Master of Management in Health
ASEAN Institute for Health Development, Mahidol University, Thailand
- 2021 Certificate in Healthcare Operational Management
Asia Learning Management Center, Singapore
- 2021 Certificate in Healthcare Quality Management
Asia Learning Management Center, Singapore

EXPERIENCED CAREER:

- 2006 – 2008 Lecturer, School of Health Science, Mae Fah Luang University, Thailand
- 2008 – 2010 Vice Dean, Faculty of Public Health, Chiang Rai College,
Chiang Rai, Thailand

2010 - 2015	Vice Dean for Academic Affairs, Faculty of Medical Science, University of Phayao, Phayao, Thailand
2016 – 2017	Researcher, Institute for Health Research, Chiang Mai University Thailand
2017 – present	Health of Department of Public Health, Faculty of Public Health, Chiang Mai University, Thailand

CLASSES:

- 901702 Principle of Epidemiology
- 901703 Evidence-based Public Health
- 901706 Research Methodology in Public Health

AWARDS & GRANTS:

- Outstanding Teacher Award, Faculty of Medical Science, University of Phayao, Phayao, Thailand, 2015
- Outstanding Teacher Award, Faculty of Medicine, University of Phayao, Phayao, Thailand, 2014

RESEARCH INTEREST:

- Health Promotion
- Health behavioral Modification
- Nutritional behavioral Modification
- Nutritional status Promotion in individual and community
- Dietary supplement development for Healthy purpose

PUBLICATION

1. **Wangrath J**, Autorn N. (2021). Effectiveness of line application and telephone-based counseling to improve medication adherence: A randomized control trial study among

- uncontrolled type 2 diabetes patients. *Health Promotion Perspectives*, 11(4), 438-443. doi: 10.34172/hpp.2021.55
2. **Wungrath J.** (2021). Knowledge Management for Local Wisdom of Tai Lue Food. *Turkish Online Journal of Qualitative Inquiry*,12(5), 1205 – 1211.
 3. Saiphon Supasri, **Jukkrit Wungrath**, Waraporn Boonchieng. (2021). Effects of a Health Promotion Program on Perceived Self-Efficacy and Outcome Expectations on Self-Care among Elderly with Hypertension, Chiang Rai Province, Thailand. *Thai Journal of Public Health*, 51(1): 33-42.
 4. Chanwikrai Y, **Wungrath J**, Techangam S, Pachotikarn C, Yamamoto S. (2021). Energy Rich Snacks May be Preferable to Lunch with High Lipid to Increase Energy Intakes in Older Adults at Risk of Malnutrition, Northern Thailand. *Asian Journal of Dietetics*, 3(2), 49-54.
 5. **Wungrath J**, Autorn N. (2021). Factors Influencing Health Promotion Behaviors and Prevention of COVID-19 Among Elderly During the Second Wave of Pandemic in Chiang Mai, Thailand. *Annals of the Romanian Society for Cell Biology*, 25(6), 1702-1715
 6. **Wungrath J**, Khumai N, Sutan P. (2021). The Effect of Nutritional Education Using Line Application in Conjunction with Tele-Counseling on Nutritional Knowledge and Behavior Among the Elderly with Chronic Diseases. *International Journal of Pharmaceutical Research*, 13(1), 5805-5812.
 7. **Wungrath J**, Boonchieng W, Intawong K. (2021). CMU Healthy Break, The Web-Based Program for the Nutritional Value Calculating of Thai Snack to Support Healthy Consumption, *Elementary Education Online*, 2021. 20(5), 2155-2165
 8. **Wungrath J**, Rerkkasem K, Ummee K. (2021). Nutritional and Physicochemical Properties of Thai Traditional Fermented Soybeans (Thua Nao) Produced by Ethnic's Conventional Method in Northern Thailand. *European Journal of Molecular & Clinical Medicine*, 8(1), 1726-1732.
 9. **Wungrath J.** (2021). Health Information-Seeking Behavior Among Elderly in Northern Thailand. *International Journal of Innovative Science and Research Technology*, 6(1), 7-13.
 10. **Wungrath J.** (2020). Antidiabetic Activity of Chiang Da (*Gymnema inodorum*) Local Plant of Northern Thailand. *European Journal of Molecular & Clinical Medicine*,27(7), 4704-4709.

11. Nattapong A, **Wungrath J**, Waraporn W. (2020). The Effect of Basic Drug Use Handbook for Patients with Uncontrollable Hypertension. *Lanna Public Health Journal*, 16(2), 81-91. (in Thai).
12. **Wungrath J**, Mongkol P and Chanwikrai Y. (2020). Elderly Nutrition Education of Caregivers for the Elderly using a Nutrition Handbook and Tele- Counseling Improved Nutritional Knowledge and Behavior Among Caregivers in Northern Thailand. *Asian Journal of Dietetics*, 3(1), 165-170.
13. Chamnankit T, Ong-artborirak P and **Wungrath J**. (2020). Association Between Awareness of Informal Caregivers and Falls in Elderly Patients with Uncontrolled Diabetes Mellitus. *The Open Public Health Journal*, 13, 658-666.
14. Chanwikrai Y, Phanthurat N, Singhan C, Thatsanasuwan N, Sajjapong W, Sinchaiyakit P and **Wungrath J**. (2020). Undernutrition in Older Adults Northern Thailand May Be Improved by Increasing Lipid Consumption. *Asian Journal of Dietetics*, 2(3), 135-138.
15. **Wungrath J** and Mongkol P. (2020). Effectiveness of a health literacy enhancement program for caregivers of dependent older persons in a community of the Northern Part, Thailand. *Journal of Public Health and Development*, 18(2), 24-36.
16. **Wungrath J**, Mongkol P, Thongprachum A, Boonchieng W, Pienrakkarn K, Naksen W and Chanwikrai Y. (2020). Effect of Using Basic Elderly Care Handbook on Knowledge and Behavior Regarding Elderly Care Among Caregivers of the Elderly in Choeng Doi Subdistrict, Doi Saket District, Chiang Mai Province. *Journal of Community Development Life Quality*, 8(1), 16-30. (in Thai).
17. **Wungrath J**, Boonchieng W, Thongprachum A, Pienrakkarn K, Mongkol P and Chanwikrai Y. (2019). Community Readiness for Aging Society in Choeng Doi Sub-district, Doi Saket District, Chiang Mai Province. *Journal of Health Scienc*; 28(Suppl 1):120-131. (in Thai).
18. Chairatanapiwong S, **Wungrath J** and Na Lampang K. (2019). Healthy Eating Promotion via Food Stalls in Chiang Mai University. *Journal of Nutrition Association of Thailand*. 54(1). 68-79.
19. **Wungrath J.**, Rerkkasem K., Saengyo S., Pongtam S., Pinmars N., and Chanwikrai Y. Nutrient Intake Characteristics of End Stage Renal Disease with Hemodialysis Patients at Maharaj

- Nakorn Chiang Mai Hospital. *Journal of Community Development Life Quality*. 2019; 7(1). 79-90.
20. **Wungrath J.**, Rerkkasem K., Saengyo S., Pongtam S., Pinmars N. Factors Predicting Food Consumption Behavior of Hemodialysis Patients with End Stage Renal Disease at Maharaj Nakorn Chiang Mai Hospital. *Journal of Health Systems Research*. 2018; 12(4); 625-635.
 21. **Wungrath J.** Obesity Among Preschool-aged Children in Thailand. *Journal of Public Health*. 2018. 48(3). 356- 370. (in Thai).
 22. Kachachan NG., **Wungrath J**, Boonchieng W. Shared Decision Making of Family Caregivers of Patients with Psychosis. *College of Asian Scholar Journal*. 2018; 8: 216-229. Special Issue. (in Thai).
 23. Chanwikrai Y. and **Wungrath J**. The effect of a nutrition education program on nutritional status and dietary intake among the end-stage renal disease patients on hemodialysis at Phayao hospital, Thailand. *J Pub Health Dev*. 2018;16(3): 29-40.
 24. **Wungrath J**, Onduang N, Chanwikrai Y, Singhan C, and Baitragul S. Effectiveness of the nutritional promoting program on the growth of pre-school children in a child development center, Pongyangkok Sub-district Municipality, Hang Chat district, Lampang Province. *J Pub Health Dev*. 2018; 16(2):1-13.
 25. **Wungrath J.**, Sangyo S. and Ummee K. Barriers to Health Care Practice that Impact to Glycemic Control Among Elderly with Diabetes Mellitus. *Journal of Community Development Life Quality*. 2018; 6(2). 351-375.
 26. Kulprachakarn K., Ounjaijean S., **Wungrath J.**, Mani R., and Rerkasem K. Micronutrients and Natural Compounds Status and Their Effects on Wound Healing in the Diabetic Foot Ulcer. *The International Journal of Lower Extremity Wounds*. 2017; 16(4). 244-50.
 27. Duangjai A., Suphrom N., **Wungrath J.**, Ontawong A., Nuengchamnong N., & Yosboonruang A., Comparison of antioxidant, antimicrobial activities and chemical profiles of three coffee (*Coffea arabica* L.) pulp aqueous extracts. *Integrative Medicine Research*. 2016; 5(4), 324-31.
 28. Thepmalee C., Hanjing W., Khoothiam K., Makkhun S., Sroynak R., Suwannasom N., **Wungrath J.**, Suttajit M. Garlic residue fermentation with probiotic from pickled garlic. *Naresuan University Journal*, 2013; Special Issue (in Thai).

29. Pisit S., Ngamnith R., **Wungrath J**, Suratana S, Kruejak C., Manerat S. and Duangkid V. Prevalence of intestinal parasitic infections among village health volunteers in Paordonchai municipality, Mueang Chiang Rai district, Chiang Rai province. *J Public Health*. 2013; 43(2): 113-125. (in Thai).
30. **Wungrath J**. Public Health Decentralization: Background, Situation and Future Trends. *Journal of Health Systems Research*. 2011; 5(4). (in Thai).
31. **Wungrath J**. Food consumption behavior of pre-school children whose parents working in other places . *J Pub. Health Dev*. 2011; 9(3): 312-23. (in Thai).
32. **Wungrath J**. Situation Review in Health Care Coverage in Thailand. *Journal of Nakhonratchasima College*. 2011; 5(1): 54-62. (in Thai).
33. **Wungrath J**. Utilization of Alternative Medicine and Complementary Therapy among Hypertension Patients. *Journal of Thai Traditional & Alternative Medicine*. 2010; 8(2). (in Thai).
34. **Wungrath J**., Aphirak P., Tri Indra W. Production of goat – cow Milk Yoghurt Containing Probiotic Bacteria and Its Consumption Effect on Immunoglobulin A (IgA) Induction in Healthy Adolescents. *J Health Res*, 2009; 23(1): 5-9. (in Thai).

PRESENTAION:

Oral presentation

1. **Wungrath J**, Boonchieng W, Thongprachum A, Naksen W and Mongkol P. Health Information Seeking Behavior among Elderly's Caregiver at Choeng Doi sub-district, Doisaket District, Chiang Mai Province, Thailand. *Knowledge & Digital Society Nation Conference 2018*; 24-25 December 2018; Chiang Mai University, Chiang Mai, Thailand; 55 – 70.
2. **Wungrath J**, Saengyo S, Chanwikrai Y, Sighan C, Sinchaiyakit P, Onduang N and Baitragul S. Nutritional Status of Pre-School Children Living Apart from Parents in Local Child Development Center, Pongyangkok Sub District, Hangchat District, Lampang Province. *6th Phayao Research Conference*; 28-29 Jan 2017; Phayao, Thailand
3. Chanwikrai Y. **Wungrath J**, Phanthurat N, Singhan C, Thatsanasuwan N, Sinchaiyakit P. Knowledge Management for Local Wisdom of Tai Lue Food with the Community Participation in Chiang kam District, Phayao Province. *6th Phayao Research Conference*; 28-29 Jan 2017; Phayao, Thailand

4. Chanwikrai Y, Singhan C, Dansukda S, Thatsanasuwan N, Sinchaiyakit P, Suttajit M, **Wungrath J.** and Phanthurat N. Nutritional value of indigenous foods and food consumption behavior among end stage renal disease. 6th Phayao Research Conference; 28-29 Jan 2017; Phayao, Thailand
5. Chanwikrai Y, Singhan C, Sinchaiyakit P, and **Wungrath J.** Nutrition status among end stage renal disease patients with hemodialysis in Phayao hospital. Poster session presented at the 5th Phayao Research Conference; 28-29 Jan 2016; Phayao, Thailand
6. Singhan S, **Wungrath J.**, Sinchaiyakit P and Chanwikrai Y. Development of Soybean Powder Product with Inulin. Submitted to the Annual Conference of Thai Dietetic Association, 2015. Bangkok, Thailand
7. **Wungrath J.**, Suttajit M, Chanwikrai Y, Sinchaiyakit P, Singhan P and Vuttisinaksara S. Health Behavior Modification in Diabetes Mellitus Patients with the Community Participation. Submitted to Phayao Research Conference, January 29 - 30, 2015. University of Phayao, Thailand.
8. Ratchakit NG, **Wungrath J.** and Duangkumnerd K. Health Behavior of the Longevity Elderly. The Research Administration Network National Conference, 16-18 June 2011. Chiang Mai, Thailand.

Poster presentation

1. Jukkrit W, Yupa C., Chomnad S., Nattiporn O., Siriwan B. and Suwinai S. Effectiveness of Nutritional Promoting Program among the Development of Pre-school Child. Poster session presented at the 12th Research Administrative Network Conference 2018. 27-29 May 2018. Nakhon Si Thammarat, Thailand.
2. Wungrath J, Pongtam O, Thongkham P, Na Chiangmai W, Pinmars N, Rerkasem K. Nutritional Status among End Stage Renal Disease Patients with Arteriovenous Access at Maharaj Nakorn Chiang Mai Hospital, Thailand. AVD. 2016: 105.
3. Jarun chuayen, Kittipan rerkasem, Jukkrit wungrath*, Ratchaneekorn khampan, Nipaporn pinmas, Suthathip wongsrithep, Kannika jungsathit. Development of NutriFact Program for the Nutritive Values of Thai and Local Northern Thai Recipes. Poster session presented at the 9th TCN Conference; 21-23 Oct 2015; Bangkok, Thailand

4. Kittipan rerkasem, Ratchaneekorn khampan, Jarun chuayen, Jukkrit wungrath. Nutritional Values of Local Northern Thai Style Chili paste with NutriFact Program. Poster session presented at the 9th TCN Conference; 21-23 Oct 2015; Bangkok, Thailand
5. Jukkrit Wungrath, Chutamas Thepmalee, Wichchuda Hanjing, Krissana Khoothiam, Sakunkhun Makkhun, Ronnakorn Sroynak, Nittiya Suwannasom, Maitree Suttajit. Garlic residue fermentation with probiotic. International Conference on Nutrition and Physical Activity (NAPA) in Aging, Obesity and Cancer. 11-15 August 2011, Thailand