

JUKKRIT WUNGRATH

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PROFESSIONAL APPOINTMENT

Head of Department of Public Health
Faculty of Public Health, Chiang Mai University, Thailand 2017 - 2025

Deputy Dean
Faculty of Public Health, Chiang Rai College, Chiang Rai, Thailand 2008 - 2010

Deputy Dean for Academic Affairs
Faculty of Medical Science, University of Phayao, Phayao, Thailand 2010 - 2015

Researcher
Institute for Health Research, Chiang Mai University Thailand 2016 - 2017

Lecturer
School of Health Science, Mae Fah Luang University, Thailand 2006 - 2008

ADMINISTRATIVE APPOINTMENT

Head of Department of Public Health
Faculty of Public Health, Chiang Mai University, Thailand 2017 - 2025

Program Director of Doctoral Degree in Public Health
Faculty of Public Health, Chiang Mai University, Thailand 2020 - 2024

Deputy Dean
Faculty of Public Health, Chiang Rai College, Chiang Rai, Thailand 2008 - 2010

Chair of the Ethics Committee
Faculty of Public Health, Chiang Mai University, Thailand 2017 - 2025

EDUCATION

Ph.D. in Food Science and Technology
Faculty of Agro-industry, Chiang Mai University Thailand 2009

M.Sc. in Food and Nutrition for Development (International Program)
Institute of Nutrition, Mahidol University, Thailand 2002

B.Sc. (Public Health)
Faculty of Public Health, Mahidol University, Thailand 1998

Executive Master of Business Administration
Unitar International University, Malaysia 2021

EXPERTISE / AREAS OF RESEARCH INTEREST

- Vulnerable populations health, Ethnic minority health
- Maternal and child health
- Community nutrition

WORKING & RESEARCH EXPERIENCE

Head of Department of Public Health
Faculty of Public Health, Chiang Mai University, Thailand 2017 - 2025

Deputy Dean
Faculty of Public Health, Chiang Rai College, Chiang Rai, Thailand 2008 - 2010

Deputy Dean for Academic Affairs
Faculty of Medical Science, University of Phayao, Phayao, Thailand 2010 - 2015

Researcher
Institute for Health Research, Chiang Mai University Thailand 2016 - 2017

Lecturer
School of Health Science, Mae Fah Luang University, Thailand 2006 - 2008

TRAINING

- Social Health Protection Program, The International Training Centre of the International Labour Organization (ITCILO) in Turin, Italy,
- Social Value Associate, Social Value International, Liverpool, United Kingdom
- Health Empowerment Network Facilitators, The National Health Commission Office (NHCO), Thailand
- Public Health Management, Taipei Medical University, Taiwan
- Healthcare Quality Management, Asia Learning Management Center, Singapore

PUBLICATIONS LIST

- Maytharit B, Wungrath J, Ong-artborirak P, Chautrakarn S. The Effectiveness of a Self-Management-Based Nutritional Promotion Program on Food Consumption Knowledge, Behaviors, and Quality of Life of Patients Undergoing Hemodialysis. J Multidiscip Healthc. 2026;19:591842, https://doi.org/10.2147/JMDH.S591842

- Kyi, P.P.N., Siewchaisakul, P., and Wungrath, J. 2026. Dietary diversity and social determinants among Myanmar university students, Chiang Mai province. Natural and Life Sciences Communications. 25(2): e2026042.

- Chaiyata, E., Siewchaisakul, P., Ong-artborirak, P., & Wungrath, J. (2025). Effectiveness of the health literacy promotion program on health behaviors and health outcomes among pre-aging individuals with overweight and obesity. The Open Public Health Journal, 18, e18749445408233. https://doi.org/10.2174/0118749445408233250840499O2

- Kapheak, K., Theerawasttanasiri, N., Khumphoo, P., Chayaseng, C., Bounmaseng, P., Pangsri, N., ... & Wungrath, J. (2025). Experiences regarding exclusive breastfeeding practice among ethnic minority mothers in rural areas of Bokeo province, Lao PDR. Science, Engineering and Health Studies, 25050005-25050005.

- Choosong, T., Wungrath, J., Anantapong, K., Masapha, N., Chintanavisit, N., Thitasomkun, P., ... & Chootong, R. (2025). Factors Related to Depression, Skipping Breakfast, and Breakfast Quality among Thai Medical Students: A Cross-sectional Study. Journal of Affective Disorders Reports, 100982.

- Wungrath, J., Kapheak, K., Theerawasttanasiri, N., Khumphoo, P., Sriwongphan, R., Ritthimon, W., Chayaseng, C., Bounmaseng, P., & Pangsri, N. (2025). Evaluating the impact of training on maternal and child health knowledge and practices among public health personnel in rural Bokeo province, Lao PDR. Natural and Life Sciences Communications, 24(4), e2025072. https://doi.org/10.12982/NLSC.2025.072

- Paknapa, S., Yanawong, K., & Wungrath, J. (2025). Effectiveness of the E75 exercise program for strong and active elderly in improving physical fitness among older adults in Chiang Mai province, Thailand: A quasi-experimental study. Natural and Life Sciences Communications, 24(3), e2025054. https://doi.org/10.12982/NLSC.2025.054

- Ongprasert, K., Chawachat, J., Wungrath, J. et al. Prevalence and determinants of inappropriate complementary feeding practices among children aged 6–23 months in Chiang Mai, Northern Thailand: a cross-sectional study. BMC Public Health 25, 2043 (2025). https://doi.org/10.1186/s12889-025-23293-z

- Wungrath, J., Preeprame, P., Pengjan, S., Kaleekatapo, K., Thasuwanain, T., Iftikhal, A., & Chaisongmuang, P. (2025). Knowledge, attitudes, and practices towards COVID-19 among university students in Thailand after the peak outbreak period and relaxation of control measures. Natural and Life Sciences Communications, 24(3), e2025040. https://doi.org/10.12982/NLSC.2025.040

- Singweratham, N., Fuengkhajorn, A., Wungrath, J., & Siewchaisakul, P. (2025, April). Dental service provision and oral health conditions of children aged 0–12 years, Northern Thailand: Transferring of sub-district health promotion hospitals policy era. Healthcare, 13(8), 874. https://doi.org/10.3390/healthcare13080874

- Wungrath, J., Phrommasen, P., & Ritthimon, W. (2024). Addressing the Teen Mom Situation in Thailand: A Systematic Review on Challenges, Initiatives and Recommendations for Improvement. Jurnal Keperawatan Indonesia, 27(3), 129–145. https://doi.org/10.7454/jki.v27i3.1242

- Sirimongkon, P., Boonchieng, W., & Wungrath, J. (2025). A Qualitative Exploration of Diet-Related Noncommunicable Diseases from the Perspectives of Thai Buddhist Monks in Chiang Mai Province, Thailand. Journal of Population and Social Studies [JPSS], 33(.), 844–858. Retrieved from https://so03.tci-thaijo.org/index.php/jpss/article/view/276689

- Kapheak, K., Theerawasttanasiri, N., Khumphoo, P., Sriwongphan, R., Ritthimon, W., Chayaseng, C., Bounmaseng, P., Pangsri, N., Ngampradit, Y., & Wungrath, J. (2025). A qualitative study of women's perspectives of antenatal care in rural areas of the Lao PDR. Journal of Population and Social Studies, 33(1), 803–821. https://so03.tci-thaijo.org/index.php/jpss/article/view/275571

- Wungrath, J., Khumai, N., Saengyo, S., & Phrommasen, P. (2024). The exploration of perceptions, attitudes, and preventive behaviors regarding COVID-19 among people in Northern Thailand after the peak outbreak period: A qualitative study. Journal of Population and Social Studies, 33, 705–719. https://so03.tci-thaijo.org/index.php/jpss/article/view/274965

- Wungrath, J., Sriwongphan, R., Kapheak, K., & Wanchalerm, R. (2024). Home births among ethnic minority communities in Bokeo Province, Lao People's Democratic Republic. Kesmas, 19(4), 264–271. https://doi.org/10.21109/kesmas.v19i4.1173

- Siewchaisakul, P., Sirikarn, P., Phimha, S., Narom, N., Singweratham, N., Yimcharoen, M., Boonchieng, W., Longkul, J., & Wungrath, J. (2024). Stress, depression, public stigma, and their associated factors among university students in Thailand after the COVID-19 pandemic. Journal of Population and Social Studies, 33(2025), 380–399. https://doi.org/10.25133/JPSSv332025.020

- Siviroj, P., Wungrath, J., & Ongprasert, K. (2024). Associated factors of dietary patterns among adolescents in the rural northern region of Thailand: A community-based cross-sectional study. Healthcare, 12(1215). https://doi.org/10.3390/healthcare12121215

- Kapheak, K., Theerawasttanasiri, N., Khumphoo, P., Chayaseng, C., Bounmaseng, P., Pangsri, N., & Wungrath, J. (2024). Exploring reasons and perspectives behind decisions to forego hospital births among remote rural populations in Bokeo Province, Lao PDR. Natural and Life Sciences Communications, 23(3), e2024040. https://doi.org/10.12982/NLSC.2024.040

- Shrivastav, G. K., Wungrath, J., & Singweratham, N. (2024). Healthcare providers' experience and attitude towards the national health insurance program of Nepal. International Journal of Public Health Asia Pacific, 3(5), 48–61. https://doi.org/10.2822/0587(Online).2024.050

- Krissana, K., Nonthaphat, T., Potchara, K., Rungrasami, S., Wanchalerm, R., Chansy, C., Phouangphet, B., Ninrat, P., & Jukkrit, W. (2024). Developing a social media-based communication system between rural healthcare providers and expert medical personnel in Bokeo Province, Laos PDR. Journal of Population and Social Studies, 32, 650–668. https://doi.org/10.25133/JPSSv322024.038

- Krissana, K., Nonthaphat, T., Potchara, K., Rungrasami, S., Wanchalerm, R., Chansy, C., Phouangphet, B., Ninrat, P., Yuparat, N., & Jukkrit, W. (2024). Perspectives of healthcare providers in maternal and child health services in Bokeo Province, Lao People's Democratic Republic: A qualitative study. Journal of Population and Social Studies, 32, 329–345. https://doi.org/10.25133/JPSSv322024.020

- Ummee, K., Rerkkasem, K., & Wungrath, J. (2023). Perspectives on fluid overload management among caregivers of end-stage renal disease patients undergoing hemodialysis. International Journal of Public Health Asia Pacific, 31(4), 31–48.

- Kapheak, K., Theerawasttanasiri, N., Khumphoo, P., Sriwongphan, R., Ritthimon, W., Chayaseng, C., Bounmaseng, P., Pangsri, N., Ngampradit, Y., & Wungrath, J. (2023). Perspectives of healthcare providers in maternal and child health services in Bokeo Province, Lao People's Democratic Republic: A qualitative study. Journal of Population and Social Studies, 32, 329–345.

- Ummee, K., Rerkkasem, K., & Wungrath, J. (2023). The effect of a fluid overload control program on knowledge and behavior among caregivers of end-stage renal disease patients on hemodialysis. Kesmas: Jurnal Kesehatan Masyarakat Nasional (National Public Health Journal), 18(4), 258–264. https://doi.org/10.21109/kesmas.v18i4.6893Wungrath, J. 2023. Thailand's Position on the International Code of Marketing of Breast-Milk Substitutes: An Overview. Journal of Child Science 2023; 13(01): e127-e133. DOI: 10.1055/s-0043-1776402

- Wungrath, J. (2023). Thailand's position on the international code of marketing of breast-milk substitutes: An overview. Journal of Child Science, 13(1), e127–e133. https://doi.org/10.1055/s-0043-1776402

- Boonchieng, W., Intawong, K., Wungrath, J., Thongprachum, A., Naksen, W., Settheekul, S., & Songsin, N. (2023). Development of a school-based intervention program for waste management in a rural school in Northern Thailand. The Open Public Health Journal, 16(1).

- Saengyo, S., Rerkkasem, K., & Wungrath, J. (2023). Effectiveness of a Line application together with a telephone-based consultation and education program on dietary knowledge and behavior among caregivers of end-stage renal disease patients on hemodialysis. Malaysian Journal of Public Health Medicine, 23(2), 282–290.

- Wungrath, J. (2023). Antenatal care services for migrant workers in Northern Thailand: Challenges, initiatives, and recommendations for improvement. Journal of Child Science, 13(1), 118–126.

- Ritthimon, W., Thongprachum, A., & Wungrath, J. (2023). A qualitative exploration of exclusive breastfeeding practices among Karen ethnicity mothers in Northern Thailand remote rural areas. Kesmas: Jurnal Kesehatan Masyarakat Nasional (National Public Health Journal), 18(3), 152–159.

- Chautrakarn, S., Ong-Artborirak, P., Naksen, W., Thongprachum, A., Wungrath, J., Chariyalertsak, S., Stonington, S., Taneepanichskul, S., Assanangkornchai, S., Kessomboon, P., Neelapaichit, N., & Aekplakorn, W. (2023). Stigmatizing and discriminatory attitudes toward people living with HIV/AIDS (PLWHA) among general adult population: Results from the 6th Thai National Health Examination Survey (NHES VI). Journal of Global Health, 13.

- Wungrath, J., Chanwikrai, Y., Khumai, N., & Sutan, P. (2022). Perception towards food choice among low-income factory worker parents of pre-school children in Northern Thailand: A qualitative study. Malaysian Journal of Public Health Medicine, 22(3), 98–106.

- Wungrath, J., Khumai, N., Sutan, P., Khonchob, P., & Jongpuk, M. (2022). Problems and challenges related to Chiang Da herbal tea community enterprise, Doi Saket District, Chiang Mai Province, Thailand. Nurture, 16(1), 28–35.

- Wungrath, J., Yutabootr, S., Limvilai, T., & Kapheak, K. (2022). Nutritional value of lunches served in the remote rural area child-care centers in Chiang Mai, Thailand. The Open Public Journal, 15, e187494452208182.

- Siewchaisakul, P., Nanthanangkul, S., Longkul, J., Sarakarn, P., & Wungrath, J. (2022). Validation and feasibility of a novel developed questionnaire to assess literacy, fear, hesitancy, and acceptance of COVID-19 vaccine in Thailand. The Open Public Health Journal, 15(3), 1–11.

- Sroywong, D., Wungrath, J., & Thongprachum, A. (2022). Food consumption behavior among ethnic minority pre-school children in Mae Chaem District, Chiang Mai Province, Thailand. Thai Journal of Public Health, 52(2), 103–112.

- Wungrath, J., Khumai, N., & Phrommasen, P. (2022). The effect of a health promotion program on perceived self-efficacy and self-care practices among elderly with multi-morbidity in Chiang Mai, Thailand. Kesmas: Jurnal Kesehatan Masyarakat Nasional (National Public Health Journal), 17(3), 198–203.

- Siewchaisakul, P., Wungrath, J., Sarakarn, P., Nanthanangkul, S., Longkul, J., Boonchieng, W., & Wungrath, J. (2022). Role of literacy, fear, and hesitancy on acceptance of COVID-19 vaccine among village health volunteers in Thailand. PLOS One, 17(6), e0270023.

- Chanwikrai, Y., Wungrath, J., Taechangam, S., Pachotikarn, C., & Yamamoto, S. (2022). Frequent snacks improved energy intake and nutritional status in community-dwelling older adults at risk of malnutrition, Chiang Mai, Thailand. Journal of Education and Community Health, 22(1), 11–17.

- Wungrath, J., Nattapong, A., & Nuttida, K. (2021). Knowledge, attitude, practice, and acceptance of COVID-19 vaccine among elderly in Chiang Mai, Thailand. Journal of Education and Community Health, 8(4), 245–251.

- Sroywong, D., Wungrath, J., & Thongprachum, A. (2021). Factors associated with stunting among hilltribe pre-school children in Thailand. Journal of Medicine and Health Sciences, 28(3), 112–127.

- 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. https://doi.org/10.34172/hpp.2021.55

- Wangrath, J. (2021). Knowledge management for local wisdom of Tai Lue food. Turkish Online Journal of Qualitative Inquiry, 12(5), 1205–1211.

- Supasri, S., Wungrath, J., & Boonchieng, W. (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.

- Chanwikrai, Y., Wangrath, 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.

- Wungrath, J., Boonchieng, W., & Intawong, K. (2021). CMU Healthy Break: The web-based program for the nutritional value calculation of Thai snacks to support healthy consumption. Elementary Education Online, 20(5), 2155–2165.

- Wungrath, J. (2021). Health information-seeking behavior among elderly in Northern Thailand. International Journal of Innovative Science and Research Technology, 6(1), 7–13.

- Nattapong, A., Wungrath, J., & Waraporn, W. (2020). The effect of a basic drug use handbook for patients with uncontrollable hypertension. Lanna Public Health Journal, 16(2), 81–91.

- Wungrath, J., Mongkol, P., & 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.

- Chamnankit, T., Ong-Artborirak, P., & 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.

- Chanwikrai, Y., Phanthurat, N., Singhan, C., Thatsanasuwan, N., Sajjapong, W., Sinchaiyakit, P., & Wangrath, J. (2020). Undernutrition in older adults in Northern Thailand may be improved by increasing lipid consumption. Asian Journal of Dietetics, 2(3), 135–138.

- Wungrath, J., & Mongkol, P. (2020). Effectiveness of a health literacy enhancement program for caregivers of dependent older persons in a community in Northern Thailand. Journal of Public Health and Development, 18(2), 24–36.

- Wungrath, J., Mongkol, P., Thongprachum, A., Boonchieng, W., Pienrakkarn, K., Naksen, W., & Chanwikrai, Y. (2020). Effect of using a 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.

- Wungrath, J., Boonchieng, W., Thongprachum, A., Pienrakkarn, K., Mongkol, P., & Chanwikrai, Y. (2019). Community readiness for aging society in Choeng Doi Subdistrict, Doi Saket District, Chiang Mai Province. Journal of Health Science, 28(Suppl 1), 120–131.

- Chairatanapiwong, S., Wungrath, J., & Na Lampang, K. (2019). Healthy eating promotion via food stalls in Chiang Mai University. Journal of Nutrition Association of Thailand, 54(1), 68–79.

- Wungrath, J., Rerkkasem, K., Saengyo, S., Pongtam, S., Pinmars, N., & Chanwikrai, Y. (2019). Nutrient intake characteristics of end-stage renal disease patients undergoing hemodialysis at Maharaj Nakorn Chiang Mai Hospital. Journal of Community Development Life Quality, 7(1), 79–90.

- Wungrath, J., Rerkkasem, K., Saengyo, S., Pongtam, S., & Pinmars, N. (2018). Factors predicting food consumption behavior of hemodialysis patients with end-stage renal disease at Maharaj Nakorn Chiang Mai Hospital. Journal of Health Systems Research, 12(4), 625–635.

- Wungrath, J. (2018). Obesity among preschool-aged children in Thailand. Journal of Public Health, 48(3), 356–370.

- Kachachan, N. G., Wungrath, J., & Boonchieng, W. (2018). Shared decision-making of family caregivers of patients with psychosis. College of Asian Scholar Journal, 8(Special Issue), 216–229.

- Chanwikrai, Y., & Wungrath, J. (2018). The effect of a nutrition education program on nutritional status and dietary intake among end-stage renal disease patients on hemodialysis at Phayao Hospital, Thailand. Journal of Public Health and Development, 16(3), 29–40.

- Wungrath, J., Onduang, N., Chanwikrai, Y., Singhan, C., & Baitragul, S. (2018). Effectiveness of a nutritional promoting program on the growth of preschool children in a child development center, Pongyangkok Subdistrict Municipality, Hang Chat District, Lampang Province. Journal of Public Health and Development, 6(2), 1–13.

- Wungrath, J., Saengyo, S., & Ummee, K. (2018). Barriers to healthcare practices that impact glycemic control among elderly with diabetes mellitus. Journal of Community Development Life Quality, 6(2), 351–375.

- Kulprachakarn, K., Ounjaijean, S., Wungrath, J., Mani, R., & Rerkasem, K. (2017). Micronutrients and natural compounds status and their effects on wound healing in diabetic foot ulcers. The International Journal of Lower Extremity Wounds, 16(4), 244–250.

- Duangjai, A., Suphrom, N., Wungrath, J., Ontawong, A., Nuengchamnong, N., & Yosboonruang, A. (2016). Comparison of antioxidant, antimicrobial activities, and chemical profiles of three coffee (Coffea arabica L.) pulp aqueous extracts. Integrative Medicine Research, 5(4), 324–331.

- Thepmalee, C., Hanjing, W., Khoothiam, K., Makkhun, S., Sroynak, R., Suwannasom, N., Wungrath, J., & Suttajit, M. (2013). Garlic residue fermentation with probiotics from pickled garlic. Naresuan University Journal, Special Issue.

- Wungrath, J. (2011). Public health decentralization: Background, situation, and future trends. Journal of Health Systems Research, 5(4).

- Wungrath, J. (2011). Food consumption behavior of pre-school children whose parents work in other places. Journal of Public Health and Development, 9(3), 312–323.

- Wungrath, J. (2011). Situation review in health care coverage in Thailand. Journal of Nakhonratchasima College, 5(1), 54–62.

- Wungrath, J. (2010). Utilization of alternative medicine and complementary therapy among hypertension patients. Journal of Thai Traditional & Alternative Medicine, 8(2).

BOOKS / CHAPTERS

- Wungrath J. (2023). Healthy elderly. Chiang Mai: Chiang Mai University Press. (ISBN: 9786163988676)

AWARDS AND HONORS

- AIHD Outstanding Award, Teaching and Learning, ASEAB Institute of Health Development, Mahidol University.
- 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