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PhD Interdisciplinary Health Sciences
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EDUCATION

- AUG 2021-Date Interdisciplinary Health Sciences PhD Program, University of Texas at El Paso.
- 2017-2019 MPhil Molecular Cell Biology of Infectious Disease. University of Ghana, Ghana.
- 2016-2017 M.A. Health Education. University of Cape Coast, Ghana
- 2008-2013 BSc Biochemistry Kwame Nkrumah University of Science and Technology, Department of Biochemistry and Food Technology Kumasi, Ghana.

RESEARCH EXPERIENCE

- 2021-Date Health Assessment Project (Mentor: Dr. Sudip Bajpeyi)
- 2022-Date Neuromuscular electrical stimulation: A novel treatment for improving metabolism
Mentor: Dr. Sudip Bajpeyi)
- 2022-Date Does a Family History of Type 2 Diabetes Affect Exercise Induced Improvement in Insulin Sensitivity? (Mentor: Dr. Sudip Bajpeyi)
- 2018-2020 Microfilarial Clearance from the Eye and Ocular Changes Associated with Ivermectin Treatment in Individuals with Onchocerciasis; Clinical trial; (<https://clinicaltrials.gov/ct2/show/NCT03517462>) (Mentor: Dr. Nicholas Opoku)
- 2014-2019 Comparison of Ivermectin alone with Ivermectin plus Albendazole in their Efficacy against Onchocerciasis in the Volta Region, Ghana; Clinical trial; Head of Laboratory Team (<https://clinicaltrials.gov/ct2/show/NCT02078024>) (Mentor: Dr. Nicholas Opoku)
- 2013-2017 Malaria vaccine Research Capacity Building in Ghana
(https://mavareca.cmp.ku.dk/partners/field-research-teams/field_team_2015/)
(PI: Prof. Lars Hviid)
- 2015-2016 Plasmodium Erythrocyte Invasion Mechanism (PI: Prof. Gordon Awandare)
- 2015-2016 Diabetes Audit among Adults visiting Hohoe Municipal Hospital (Prof. Margarette Kweku)
- 2013-2015 Ghana Rotavirus vaccine efficacy surveillance study (PI: Prof. George Armah)
- 2013-2015 Hospital-based malaria prevalence studies; molecular epidemiology and P. falciparum gametocyte carriage (PI: Dr Bismarck Dinko)
- 2013-2014 Community-based malaria prevalence study

PROFESSIONAL EXPERIENCE

- 2013-2017 Laboratory Technologist; University of Health and Allied Sciences; Onchocerciasis Chemotherapy Research Centre, Hohoe Municipal, Ghana.
- 2013-2015 Laboratory Technologist; Hohoe Municipal Hospital General

TEACHING EXPERIENCE

- JAN 2021-present Research Methods; Teaching Assistance; The University of Texas at El Paso
- MAR-AUG 2007 Dora Memorial School Complex, Ho; English Teacher, Class Adviser
- SEP 2006-
MAR 2007 Holy Spirit Catholic Preparatory School, Ho; General Science Teacher, Staff Welfare Committee Chairman

GRANTS/AWARD/FELLOWSHIPS

Dodson Research Grant (\$3000), Fall 2021, The University of Texas at El Paso.

Certificate of Excellence in Reviewing; Asian Journal of Biology, Certificate number SD/HQ/PR/Cert/64513/JOS; January 2021

Most Sociable Student, Department of Biochemistry, Cell and Molecular Biology, 2017-2018.

West African Centre for Cell Biology of Infectious Pathogens, Fellowship (\$9000), 2017-2019.

PROFESSIONAL AFFILIATIONS

Member, American Physiological Society (APS), November 2022-present

Member, American Diabetes Association (ADA), September 2021-present

Member, American College of Sports Medicine, November 2021-present

Member, American College of Sports Medicine, Texas Chapter, November 2021-present

Member, Convention for Biomedical Research Ghana (CoBReG), July 2019-present (<https://cobreg.org/>)

Member, Immunology Society Ghana, August 2020-present

VALIDATE network vaccine development for complex intracellular neglected pathogens, Member, July 2019-present (<https://www.validate-network.org/>)

PROFESSIONAL CERTIFICATIONS

- Basic Life Support Provider (BLS), American Heart Association. Issued Oct 2022 · Expires Mar 2024. Credential ID: 225419975945.

ABSTRACTS AND CONFERENCES

Jehu N. Apaflo, **Joshua Labadah**, Gabriel Narvaez, Victoria M. Rocha, Sudip Bajpeyi. Android to Gynoid Fat Ratio is a Strong Indicator of Insulin Sensitivity and Cardiovascular Health. *Obesity Week Annual Meeting, Dallas, TX. October 14-17, 2023.*

Rocha V., Apaflo J., Narvaez G., **Labadah J.**, Bajpeyi S. Effect of Neuromuscular Electrical Stimulation on Blood Glucose. *Campus Office of Undergraduate Research Initiatives Spring Symposium, El Paso, TX. April 22, 2023.*

Labadah J., Apaflo J. N, Narvaez G, Rocha V, Bajpeyi S. Poorer Glycemic Control is Associated with Higher Resting Heart Rate in a Healthy Population. *Rio Grande Chapter of American Physiological Society – Las Cruces, NM. March 31- April 1, 2023; Conference Proceedings. Poster and oral presentation*

Jehu N Apaflo, Gabriel Narvaez, **Joshua Labadah**, Victoria Rocha, and Sudip Bajpeyi. Maintaining Blood Glucose Homeostasis Using Neuromuscular Electrical Stimulation (NMES). *Rio Grande Chapter of American Physiological Society – Las Cruces, NM. March 31- April 1, 2023; Conference Proceedings.*

Labadah J., Apaflo J., Narvaez G., Rocha V., Bajpeyi S. Adiposity and high-density lipoprotein are reflective of blood pressure among individuals without hypertension. *Texas Chapter of American College of Sports Medicine – Waco, TX. February 23-24, 2023; International Journal of Exercise Science International Journal of Exercise Science.*

Mossayebi A., Apaflo J., Narvaez G., **Labadah J.**, Rocha V., Jung H., Min K., Mcainch A., Bajpeyi S. Effect of Neuromuscular Electrical Stimulation on Fasting Blood Glucose in Sedentary Overweight and Obese Population. *Texas Chapter of American College of Sports Medicine – Waco, TX. February 23-24, 2023; International Journal of Exercise Science International Journal of Exercise Science.*

Rocha V., Apaflo J., Narvaez G., Mossayebi A., **Labadah J.**, Bajpeyi S. Effects of Neuromuscular Electrical stimulation on Energy Expenditure and Oxygen Consumption. *Texas Chapter of American College of Sports Medicine – Waco, TX. February 23-24, 2023; International Journal of Exercise Science International Journal of Exercise Science.*

Apaflo J., Narvaez G., **Labadah J.**, Rocha V., Bajpeyi S. Stand More, Sit Less, for Better Metabolic Health. *Texas Chapter of American College of Sports Medicine – Waco, TX. February 23-24, 2023; International Journal of Exercise Science International Journal of Exercise Science.*

Labadah J., Apaflo J., Narvaez G., Rocha V., Mossayebi Ali., Bajpeyi S. Neutrophil Count Predicts Cardiovascular and Metabolic Health Risk Factors in a Population without Diabetes. *American Diabetes Association, 83rd Scientific Session- San Diego, CA, June 23-26.*

Apaflo J., **Labadah J.**, Narvaez G., Rocha V., Mossayebi A., Bajpeyi S. Higher Hydration Status is Indicative of Better Glucose Tolerance. *American Diabetes Association, 83rd Scientific Session- San Diego, CA, June 23-26.*

Labadah J., Apaflo J., Narvaez G., Rocha V., Mossayebi Ali., Pedroza Villegas A., Bajpeyi S. Glucose Intolerance Predicts Cardiorespiratory Fitness in a Healthy Population. *CEPA 2023 Virtual Conference, February 11, 2023; Journal of Clinical Exercise Physiology (2023) 12 (s1): 6.*

Bajpeyi S., Apaflo J., Narvaez G., **Labadah J.**, Mossayebi A., Rocha V., Thyfault J., McAinch A. Effects of Neuromuscular Electrical Stimulation on Fasting Blood Glucose. *American Physiology Summit 2023- Long Beach, California. April 20-23, 2023. American Journal of Physiology.*

Labadah J., Apaflo J., Narvaez G., Rocha V., Bajpeyi S. Glucose intolerance is associated with resting heart rate among individuals without diabetes. *American Physiology Summit 2023- Long Beach, California. April 20-23, 2023. American Journal of Physiology.*

Labadah J., Apaflo J., Narvaez G., Bajpeyi S. Comparison of Percent Body Fat Measurement by other Methods to Dual X-ray Absorptiometry. *American College of Sports Medicine Annual Meeting & World Congresses – Denver, Colorado. May 30 - June 2, 2023; International Journal Exercise Science.*

Bajpeyi S., Apaflo J., Narvaez G., **Labadah J.**, Mossayebi A., Rocha V., Jung H., Wagler A., Thyfault J., McAinch J. Effect of Neuromuscular Electrical Stimulation on Blood Glucose and Metabolic Rate – A Pilot Study. *American College of Sports Medicine Annual Meeting & World Congresses – Denver, Colorado. May 30 - June 2, 2023; International Journal Exercise Science.*

Apaflo J., **Labadah J.**, Narvaez G., Mossayebi A., Rocha V., Bajpeyi S. Substituting Sitting Time with Standing is Indicative of Better Cardio-metabolic Health. *American College of Sports Medicine Annual Meeting & World Congresses – Denver, Colorado. May 30 - June 2, 2023; International Journal Exercise Science.*

Narvaez G., Apaflo J., **Labadah J.**, Rocha V., Pedroza Villegas A., Mossayebi A., Bajpeyi S. The Effect of Moderate to Vigorous Physical Activity on Cardiovascular and Metabolic Health. *The University of Texas at El Paso GradEXPO, El Paso TX. November 9, 2022.*

Apaflo J., **Labadah J.**, Narvaez G., Rocha V., Pedroza Villegas A., Mossayebi A., Bajpeyi S. Hydration May Help Improve Insulin Sensitivity. *The University of Texas at El Paso GradEXPO, El Paso TX. November 9, 2022.*

Labadah J., Apaflo J., Narvaez G., Rocha V., Pedroza Villegas A., Mossayebi A., Bajpeyi S. Neutrophil Count Is Indicative of Cardiovascular and Metabolic Health Among Healthy Nondiabetic Individuals. *The University of Texas at El Paso GradEXPO, El Paso TX. November 9, 2022.*

Rocha V., Mossayebi A., Apaflo J., Narvaez G., **Labadah J.**, Bajpeyi S. Effect of Neuromuscular Electrical Stimulation on Energy Expenditure and Substrate Utilization in Overweight and Obese Population. *Campus Office of Undergraduate Research Initiatives Summer Symposium, El Paso, TX. August 6, 2022.*

Bajpeyi, S., Apaflo, J.N., Duran, B.Y., **Labadah, J.**, Mossayebi, A., Narvaez, G., Rocha, V., Murillo, S.J., Jimenez, M.A., Carbajal, A. Time Spent in Moderate to Vigorous Physical Activity is Positively Associated with Glycemic Control. *ACSM's Integrative Physiology of Exercise Conference, Baltimore, MD. September 21-24, 2022.*

Labadah, J., Mossayebi, A., Apaflo, J., Rocha, V., & Bajpeyi, S. (2022). Does Having a Glucose Peak Time within 30 Minutes of Glucose Ingestion Indicate Better Metabolic Flexibility?. In *International Journal of Exercise Science: Conference Proceedings* (Vol. 2, No. 14, p. 76)-
<https://digitalcommons.wku.edu/ijesab/vol2/iss14/76/>

Apaflo, J. N., **Labadah, J.**, Mossayebi, A., Rocha, V., & Bajpeyi, S. (2022). Biphasic Glucose Curve Morphology Reflects Better Glucose Tolerance and Substrate Utilization. In *International Journal of Exercise Science: Conference Proceedings* (Vol. 2, No. 14, p. 73)- <https://digitalcommons.wku.edu/ijesab/vol2/iss14/73/>

Mossayebi, A., Apaflo, J. N., **Labadah, J.**, Rocha, V., & Bajpeyi, S. (2022). Gender Difference in the Relationship of Fatigue Index, Anaerobic Power and Capacity to Body Composition and Bone Mineral Status in Non-Athletes. In *International Journal of Exercise Science: Conference Proceedings* (Vol. 2, No. 14, p. 75)- <https://digitalcommons.wku.edu/ijesab/vol2/iss14/75/>

Labadah, J., Kusi, K. A., & Wilson, M. (2020). White blood cell differentials, cytokines, total ige and histamine distinction between ivermectin-treated and untreated *Onchocerca*-infected patients in the Nkwanta north district, Ghana *American Journal of Tropical Medicine and Hygiene* (Vol. 103, pp. 104-105). <https://www.astmh.org/getmedia/71a0e5e6-7c06-48a4-ab47-d50c4ec870a2/ASTMH-2020-Abstract-Book.pdf>

Labadah, J., Kusi, K. A., & Wilson, M. (2020). Comparison of some immunological parameters between untreated and ivermectin-treated onchocerciasis patients in the Nkwanta North District of Ghana. *International Journal of Infectious Diseases*, 101, 433. <https://doi.org/10.1016/j.ijid.2020.09.1135>

Labadah, J., Kusi, K. A., & Wilson, M. (2020). Keystone Symposia Conference T4: Helminths: New Insights from Immunity to Global Health Dates: December 8 - December 12, 2019 Location: Southern Sun Cape Sun, Cape Town, Western Cape. Poster Presentation (Number 2007); White blood cell differentials, cytokines, total IgE and histamine distinction between ivermectin treated and untreated *Onchocerca*-infected individuals in Oti Region, Ghana.

Labadah, J., Kusi, K. A., & Wilson, M. (2020). International Research Conference, Noguchi Memorial Institute for Medical Research, 28-29 November 2019. Poster Presentation (number 73); Immunological profiling of untreated and ivermectin treated *Onchocerca*-infected patients in the Oti Region, Ghana.

Labadah, J., Kusi, K. A., & Wilson, M. (2020). American Society of Tropical Medicine and Hygiene, 68th Annual Meeting, 20-24 November 2019. Maryland, USA. Poster Presentation (number 1145); Comparison of hematological indices between microfilaremic and ivermectin treated amicrofilaremic onchocerciasis patients in the upper part of the Volta Region of Ghana (<https://www.astmh.org/ASTMH/media/2019-Annual-Meeting/ASTMH-2019-Abstract-Book.pdf>)

Labadah, J., Kusi, K. A., & Wilson, M. (2020). WACCBIP RESEARCH CONFERENCE 2019, 24-26 July. 2019, University of Ghana, Accra Ghana. Poster Presentation (number 24); *Onchocerca volvulus* microfilaria impacts hematological indices in infected individuals (<http://www.waccbip.org/wp-content/uploads/2019/07/WACCBIP-RESEARCH-CONFERENCE-2019-BOOKLET.pdf>)

Labadah, J., Kusi, K. A., & Wilson, M. (2020). Convention for Biomedical Research Ghana; Conference 30th July-1st August 2019. Kwame Nkrumah University of Science and Technology, Kumasi, Ghana. Poster Presentation; Immunological profiling of untreated and ivermectin treated *Onchocerca*-infected patients in the Oti Region, Ghana

Malaria causes long-term effects on markers of iron status in children: a critical assessment of existing clinical and epidemiological tools, Castberg et al, 2018.

(<https://malariajournal.biomedcentral.com/articles/10.1186/s12936-018-2609-6>); Acknowledgment for Laboratory analysis.

PUBLICATIONS

Labadah, J., Kusi, K. A., & Wilson, M. (2020). Immunological profiling of untreated and ivermectin-treated *Onchocerca*-infected patients in the Oti Region, Ghana- MPhil Thesis, August 2018-July 2019 (<http://ugspace.ug.edu.gh/handle/123456789/34835>)

Labadah, E. P., **Labadah, J.**, Awere-Kyere, L., & Wheatley, G. (2022). Effective Cooling of Cassava Starch to Ethanol Bio-Reactors/Fermenters. *International Journal of Chemical and Process Engineering Research*, 9(1), 1-10. (<https://archive.conscientiabeam.com/index.php/65/article/view/3123/7052>)

REFERENCES

Available upon request