

KRISH PATEL

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EDUCATION:

University of North Carolina at Chapel Hill

May 2028

Bachelors of Science in Public Health in Nutrition

- GPA: 4.00
- Relevant Coursework: Introduction to Organic Chemistry I (CHEM 261), Fundamentals of Human Anatomy and Physiology (BIO 252/L), Calculus of Functions of One Variable I (MATH 231), and Introduction to Human Nutrition (NUTR 240).

Honors/Awards:

- Dean's List (Fall 2025)
- Con Edison Scholarship (Merit-based \$5000 annual scholarship for qualifying dependents of Con Edison Inc. employees)
- New York Seal of Biliteracy in Spanish

Nutrition Study Abroad Program - Florence

May 2026 - June 2026

- Studied the cultural, historical, and nutritional foundations of the Mediterranean Diet, and its role in chronic disease prevention.
- Participated in experiential learning through visits to local markets, regional food producers, and local cooking classes.
- Gained three credits for Foundations of Nutritional Interventions (NUTR 470) within four weeks.

RESEARCH STATEMENT:

My research interests lie in understanding how chronic disease prevention can be improved through nutritional therapies. Specifically, I aim to investigate how Food Is Medicine interventions in the United States can be adapted to better incorporate traditional South Asian cuisine while preserving their glycemic efficacy. These findings could support the development of targeted nutritional programs for South Asian Americans to improve HbA1C levels and thereby reduce the burden of type 2 diabetes in this community.

RESEARCH LAB EXPERIENCE:

Dr. Shawn Ahmed's Lab

September 2025 - Present

Work Study Undergraduate Research Assistant · Chapel Hill, NC

- Prepared media and solutions, autoclaved materials, and maintained laboratory stock to support experiments on aging, telomere biology, and RNA-mediated interference in *C. elegans*.

SUNY College of Environmental Science and Forestry

July 2023 - August 2023

Research Intern · Syracuse, NY

- Developed a study to evaluate the success of different American chestnut (*Castanea dentata*) embryo lines with the Chinese chestnut (*Castanea mollissima*) Laccase gene utilizing RITA[®] Temporary Immersion Bioreactors under the mentorship of Mrs. Linda McGuigan.
- Completed 75 hours of plant tissue culture procedures, media preparation, and operation of laboratory equipment.
- Executed statistical analysis in R to find statistically significant relationships within the collected data.

PUBLICATIONS/PRESENTATIONS:

None Yet

VOLUNTEER:

CJ's Cupboard (Gillings School of Public Health)

September 2025 - Present

Chapel Hill, NC

- Volunteer to organize and store monthly donations from organizations like the Nutrition Coalition, PORCH, and TableNC.

Spice and Wellness

August 2025 - Present

Co-President · Chapel Hill, NC

- Lead six committees across education, outreach, finance, and software to deliver 5+ health-centered initiatives per semester.
- Directed the development of a culturally tailored cookbook to promote heart-healthy, nutritious South Asian meals.
- Oversaw health screenings in collaboration with the South Asian Health Center at the Hindu Society of North Carolina (HSNC).

Culinary Medicine

August 2025 - Present

Chapel Hill, NC

- Selected through a competitive application process for the IFC Committee to build food risers and develop posters to make nutritious meals more appealing using a \$1,500 grant.
- Redesigned recipe cards for local distribution using Canva to improve visual aesthetics and cohesiveness.
- Taught children at the Carrboro's Farmers Market about eating colorful vegetables through the "Eat the Rainbow" initiative.

Hearts for Homeless

August 2025 - December 2025

Chapel Hill, NC

- Volunteered to promote preventive medicine by providing blood pressure screenings for homeless individuals in Carrboro, NC.
- Provided information on free local health resources and guidance per the guidelines set by the American Health Association.

CLUBS:

Hindu YUVA

August 2025 - Present

Co-Director Of Events · Chapel Hill, NC

- Coordinated between performers and event planners as UGA Kalakaar Liaison for UNC's 2025 Diwali Night.
- Contributed to Diwali Night's success through event decor planning and performing in the club's dance showcase for 150 attendees.

INTERNSHIPS:

None Yet

CLINICAL EXPOSURE:

New Visions Honors Health Career Exploration Program (Concurrent with High School)

September 2024 - June 2025

Rockland BOCES · Career and Technical Educational Center · West Nyack, NY

- Exposed to 15+ medical professions through immersive, month-long clinical rotations and patient-care observation.
- Completed 300 hours involving multidisciplinary clinical shadowing across urgent care, hospital, and specialty practice settings.
- Course Work (200 hours): Nutrition, Anatomy and Physiology, Medical Law and Ethics, HIV, and Cancer.

WORK EXPERIENCE:

None Yet

ADDITIONAL INFORMATION:

Skills: Sterile Technique, Graphic Design, Google Workplace, R Programming, and Canva

Languages: English (Native) and Spanish (Conversational)

Certifications: Basic Life Support and Certified Clinical Medical Assistant (in progress)

Personal Website: <https://krishpatel.live/index.html>