



UMOH, NDIKPONGKE-ABASI ITOHOWO

About Me

Ndikpongke-Abasi Umoh is a Nigerian youth advocate and epidemiologist with 5+ years of experience in public health research. I work to improve quality and access to HIV, Sexual and Reproductive Health, Gender Based Violence services, and climate action for adolescents and young people.

My expertise lies in public health research and advocacy, built on years of experience working with leading organizations, including the UNFPA, UNICEF, WHO, Global Fund, amongst others. I am the founder of Youth Friendly Foundation, an organization

dedicated to advancing SRHR, preventing GBV, driving climate action, and elevating youth involvement in policy and governance.

As a youth advocate, my commitment to create sustainable impact that addresses health and social disparities extends beyond advocating for young people but mobilizing them to be advocates for positive change. My efforts are specifically inclusive of vulnerable communities including PWDs and LGBTQ+ individuals.

Professional Experience

Youth Friendly Foundation | Executive Director

2019 – Present

Key responsibilities:

- Peer health, sex, and social education using positive peer influence strategy as well as HIV counseling and testing
- Promote climate action and youth involvement in environmental conservation.
- Response and referral of gender-based violence cases

Women & Community Livelihood Foundation | Volunteer Community Case Worker

2019 – 2021

Key responsibilities:

- HIV counselling and testing
- Financially vulnerable household monitoring and empowerment
- Sexual and reproductive health education and GBV response/referral

Community Live Advancement Project | Volunteer

2021 – 2022

Key responsibilities:

- Distribution of HIV self test kit, collection of result and referral in necessary cases
- Observed and analyzed HIV case load and identified trends for key population in specific geographic areas
- Prepared reports on the above information and reported the insights.

World Health Organisation | Intern

2021 – 2022

Key responsibilities:

- Assist in documentation and epidemiological activities (research assistant)

United Nations Population Funds | Youth Participatory Platform

2023 – Present

Key responsibilities:

- Advocate and create awareness for SRHR, family planning, GBV and youth empowerment
- Supportive supervision of youth-friendly centers
- Conduct activities to advance UNFPA's mandate

Education as a Vaccine (YSMA Project) | Youth Social Media Advocate

2023 – Present

Key responsibilities:

- Create, post, manage and publicise social media contents that create awareness and advocate for SRHR, GBV, family planning, FGM, early child and forced marriage

Education as a Vaccine (AOA Project) | Youth Advocate

2024 – Present

Key responsibilities:

- Advocate to stakeholders for policy reform to allow the reduction of the legal age of consent for HIV counselling and testing services

National Agency for the Control of Aids (ATM/C19 RM Project) by Global Fund | Program Officer

2024 – Present

Key responsibilities:

- Health facility strengthening for Aids, Tuberculosis and Malaria services
- Conduct community diagnosis for PHC centre needs
- Advocate for resources and efforts to solve these issues

Achieving Girls Power Initiative | Communications Officer

2025 – Present

Key responsibilities:

- Communications activities including photography, content editing, etc.

Today for Tomorrow Initiative (Her Response Counts Project) by UN Women | Youth Advocate

2026 – Present

Key responsibilities:

- Curate social media contents promoting women’s involvement in climate action
- Promoting and publicizing physical activities of this project on social media
- Awareness creation on climate change through social media contents

Education Background

- Mid-town Secondary Commercial School, Ikot Ekpene, Akwa Ibom Stat, Nigeria.
West African Senior School Certificate
Completed in 2019
- Olivet College of Health Technology, Azuba Nassarawa State, Nigeria.
National Diploma in Community Health Extension Work (CHEW)
Completed in 2022
- National Open University, Nigeria.
Bachelor of Science in Public Health
Completed in 2024
- Woclif School of Health Technology, Etinan, Akwa Ibom State, Nigeria.
Higher National Diploma in Epidemiology & Disease Control
Completed in 2024
- TCI University
Adolescent Family Planning Service Provision Online Course

AYSRH Data Visibility Interventions Online Course

AYSRH Demand Generation Interventions Online Course
Completed in 2024
- The Frank’s Academy
UI/UX design Online Course
Completed in 2024

Achievements

- 2020 – 2021 Took part in the development and implementation of the UNFPA U-Plan WhatsApp chatbot and SoftLife24/7 site. These are youth friendly digital platforms for convenient GBV and SRHR information access, counseling and service referral initiated during the COVID19 pandemic lockdown.
- 2019 – 2025 Facilitated sucessful viral suppression of over 60 HIV infected clients.
- 2020 – 2021 I actively participated in a policy reform initiative that helped to initiate the establishment of over 25 youth friendly centres across Akwa Ibom State to promote sustained access to contraceptives and other sexual and reproductive health services among adolescents in rural areas.
- 2020 – 2022 Facilitated identification, referral and litigation of 7 AYP related rape cases in collaboration with Child Protection Network (CPN), Nigeria.
- 2022 – 2023 Awarded scholarships for attending conferences, submits and events including Nigerian Family Planning Conference (NFPC 2024), International Conference on AIDS and STI in Africa, Ghana (ICASA 2025), Society for AYP Health in Nigeria Conference (SAYPHIN 2025), International AIDS Conference, Brazil (AIDS 2026), to present research findings and provide insights to policy and project implementatio.
- 2024 – 2025 Successfully advocated for the provision of Youth Friendly Centers in all LGAs of Akwa Ibom State following the weekly supportive supervision of youth friendly centers as funded by UNFPA
- 2020 – 2021 Participated in the development of USSD code and toll-free numbers for reporting GBV cases in Akwa Ibom State, Nigeria in collaboration with the United Nations Population Funds (UNFPA) during COVID19 pandemic lockdown.
- 2020 – 2021 Reached a targeted young population of over 200,000 young persons on social media through educational, mobilization and advocacy contents around SRHR, GBV and climate actio.

Hard Skills

- Peer health and social education
- Advocacy
- Graphics Design
- Basic coding
- Website design and cybersecurity
- Data mining and analysis
- UI/UX
- Freelance photography
- Social media management

Soft Skills

- Observation
- Decision making
- Excellent communication skills
- Leadership skills
- Public Speaking
- Creative writing

Reference

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