



ISSUE 65 (July 2026)

GENERAL ASSEMBLY WITH MEMBERS OF STAFF



The Acting Executive Director of the Cocoa Research Institute of Nigeria (CRIN), Dr. A. R. Adedeji, alongside the Management of the Institute, convened a general assembly with members of staff to deliberate on

matters relating to security, staff welfare, and institutional productivity.

In his opening remarks, the Acting Executive Director addressed the prevailing security situation, particularly the issue of banditry, and urged members of staff to remain calm, vigilant, and law-abiding. He assured staff that the management has taken proactive measures and continues to collaborate with the relevant security agencies to ensure the safety of lives and property within and around the Institute.

Dr. Adedeji further emphasized the importance of punctuality, discipline, commitment to duty, and adherence to the Institute's established rules and regulations. He encouraged all staff to remain focused on their responsibilities and continue to discharge their duties with professionalism and dedication in support of the Institute's mandate.

Other members of the management, including the directors of the various Directorates, also addressed the assembly. They reiterated the management's commitment to the welfare and security of staff while encouraging employees to remain steadfast, avoid unnecessary panic, and maintain a high level of vigilance. Staff were advised to promptly report any suspicious movements or security concerns through the appropriate channels and to continue cooperating with management in promoting a safe, peaceful, and productive working environment.

The Assembly also featured an interactive session during which members of staff and the three in-house union chairmen expressed their concerns and received appropriate clarifications and assurances from the management.

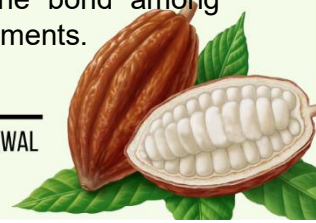
The meeting was brought to a close with a prayer session, during which prayers were offered for God's continued protection over members of staff, the management, the Institute, and the nation at large. The Acting Executive Director thereafter thanked all staff for their attendance and cooperation and urged them to remain committed to the collective vision and progress of the Cocoa Research Institute of Nigeria.

HR & ADMINISTRATION DIRECTORATE OF CRIN CELEBRATES DIRECTORATE DAY IN GRAND STYLE, HONOURS FOUR RETIRED STAFF



The Human Resources and Administration Directorate of the Cocoa Research Institute of Nigeria (CRIN) on Monday, 22nd June, 2026, celebrated its Directorate Day in a colourful and memorable ceremony marked by fellowship, reflection, recognition of achievements, and the honouring of retired staff members who served the Institute meritoriously.

The event brought together the leadership and staff of the Directorate, retirees, and well-wishers in an atmosphere of joy and camaraderie as the Directorate showcased its contributions to the growth and development of the Institute. The celebration provided an opportunity to appreciate the commitment, dedication, and resilience of staff members while strengthening the bond among employees across various departments.





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A major highlight of the occasion was the special recognition and presentation of gifts to four retired members of staff who had completed their years of service with distinction.

The retirees were celebrated for their invaluable contributions to the advancement of the Institute and for the legacies of diligence, professionalism, and integrity they left behind.

Speaking during the event, the Director/Head of Human Resources and Administration emphasized the importance of recognizing the efforts of both serving and retired staff whose dedication has contributed immensely to the achievement of CRIN's mandate. He noted that the Directorate Day celebration serves as a platform for reflection on past achievements, assessment of present challenges, and renewed commitment towards greater productivity and service excellence.

The retirees expressed appreciation to the leadership and staff of the Directorate for the honour accorded them, describing the gesture as a demonstration of CRIN's culture of appreciation and respect for service.

The celebration also featured goodwill messages, entertainment, networking opportunities, and discussions on the prospects of the Directorate in supporting the Institute's vision and strategic objectives.

The Human Resources and Administration Directorate remain committed to promoting effective personnel management, staff welfare, administrative efficiency, and institutional excellence in the Cocoa Research Institute of Nigeria.



CRIN HR & Administration Staff

NASU CRIN BRANCH HOLDS 2026 FIRST STATE EXECUTIVE COUNCIL MEETING HONOURS PAST LEADERS AND DISTINGUISHED ADMINISTRATORS

The Non-Academic Staff Union of Educational and Associated Institutions (NASU), Cocoa Research Institute of Nigeria (CRIN) Branch, on Thursday, 18 June 2026, successfully held its first State Executive Council (SEC) Meeting, marking a significant milestone in the activities of the Union.

The event commenced with a preliminary award presentation ceremony designed to recognize and celebrate individuals whose contributions have positively impacted the growth, development, and administration of the Union and the Institute at large.





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In recognition of their selfless service, dedication, and unwavering commitment to the advancement of NASU CRIN Branch, distinguished awards were presented to former leaders of the Union who, through exemplary leadership, laid solid foundations for the progress and stability currently enjoyed by the Branch.

Similarly, the Union conferred the Award of Excellent Leadership on the Acting Executive Director of CRIN, the Director of Human Resources and Administration Directorate, and the Head of Accounts and Finance Directorate. The awards were presented in appreciation of their outstanding leadership qualities, support for staff welfare, promotion of industrial harmony, and commitment to effective institutional governance.



Speaking during the ceremony, the Acting Chairperson of NASU CRIN Branch, Comrade (Mrs) Kuforiji Bolanle noted that the awards were aimed at encouraging excellence, fostering mutual cooperation between management and staff unions, and acknowledging individuals whose contributions continue to enhance the growth and development of the Institute.

The award recipients expressed gratitude to the Union for the recognition and reaffirmed their commitment to supporting initiatives that promote staff welfare, institutional growth, and a conducive working environment.

The 2026 first SEC meeting thereafter deliberated on matters affecting the welfare of members, strategies for strengthening the Union, and other issues of importance to the Branch and the Country at large.

The event was attended by members of the State Executive Council, past and present Union leaders, management representatives, and invited guests, all of whom commended the initiative as a step toward promoting unity, service, and excellence within the Institute.



Health News

KIDNEY DISEASE: PREVENTION AND EARLY DETECTION

Mrs. Bosede Famaye



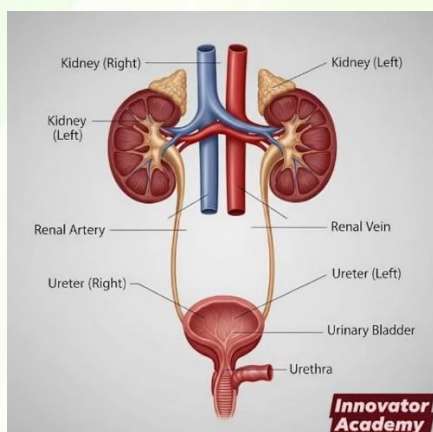
The kidneys are vital organs responsible for filtering waste products and excess fluid from the blood. They also regulate blood pressure, maintain electrolyte balance, produce hormones that stimulate red cell production, and support bone health.

Kidney disease is a major public health problem worldwide and often progresses silently until significant damage has occurred. Early detection and preventive measures can significantly reduce complications and improve quality of life.

ANATOMY OF THE KIDNEYS

The kidneys are two bean-shaped organs located at the back of the abdomen on either side of the spine. The basic structure of the urinary system includes:

- Right kidney & Left kidney
- Ureters
- Bladder
- Urethra



The Functional Unit

The nephron is the basic filtering unit of the kidney. Each kidney contains approximately one million nephrons.

FUNCTIONS OF THE KIDNEYS

1. **Waste Removal:** It removes urea, creatinine, uric acid, and drug metabolites.
2. **Fluid Regulation:** Maintains body water balance.
3. **Electrolyte Balance:** It regulates sodium, potassium, calcium, and phosphate.
4. **Blood Pressure Control:** Produces renin which regulates blood pressure.
5. **Red Blood Cells Production:** Produces erythropoietin (EPO).
6. **Bone Health:** Activates vitamin D for healthy bones.

WHAT IS KIDNEY DISEASE?

Kidney disease occurs when the kidneys are damaged and cannot effectively perform their normal functions.

TYPES OF KIDNEY DISEASE

A. Acute Kidney Injury (AKI)

This is a sudden loss of kidney function occurring over hours or days.

- **Causes:** Severe dehydration, severe infection (sepsis), blood loss, certain medications, and obstruction of urine flow.

B. Chronic Kidney Disease (CKD)

This is a gradual and irreversible loss of kidney function lasting more than 3 months.

- **Major Causes:**
 - **Hypertension:** The leading cause in many populations.
 - **Diabetes Mellitus:** High blood sugar damages kidney blood vessels.
 - **Glomerulonephritis:** This is inflammation of kidney filters.
 - **Polycystic Kidney Disease:** An inherited kidney disorder.





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- Recurrent kidney infections, urinary tract obstruction, kidney stones, enlarged prostate, and tumors.
- Long-term use of harmful drugs, especially NSAIDs (Diclofenac, Ibuprofen) and certain herbal remedies.

RISK FACTORS

Individuals at increased risk include:

- People with hypertension or diabetes
- Elderly persons and obese individuals
- Smokers
- Family history of kidney disease
- Cardiovascular disease patients
- Frequent users of painkillers
- People with recurrent urinary infections

SIGNS AND SYMPTOMS

Kidney disease may be silent in its early stages.

Early Symptoms:

- Fatigue and weakness
- Loss of appetite and nausea
- Frequent urination at night

Advanced Symptoms:

- Swelling of feet and face
- Reduced urine output
- Persistent itching and shortness of breath
- High blood pressure
- Blood in urine or frothy urine
- Muscle cramps

WARNING SIGNS REQUIRING URGENT MEDICAL ATTENTION

- Severe swelling
- Complete inability to pass urine
- Severe shortness of breath
- Persistent vomiting
- Confusion or chest pain

EARLY DETECTION OF KIDNEY DISEASE

Early detection can prevent progression.

Who should be Screened?

- People with diabetes or hypertension
- Adults over 60 years
- Obese individuals or those with a family history of kidney disease

Diagnostic Tests:

1. **Urinalysis:** Checked for protein, blood, and infection because protein in urine is often an early sign of kidney damage.
2. **Blood Tests:** For serum creatinine, Blood Urea Nitrogen (BUN), and Estimated Glomerular Filtration Rate (eGFR) to assess kidney filtering capacity.
3. **Urine Albumin-Creatinine Ratio (ACR):** Detects small amounts of protein leakage.
4. **Blood Pressure Measurement:** High blood pressure both causes and results from kidney disease.
5. **Kidney Ultrasound:** Evaluates kidney size, stones, obstruction, and structural abnormalities.

PREVENTION OF KIDNEY DISEASE

Primary Prevention:

- **Control Blood Pressure:** Target is generally less than 140/90 mmHg (lower targets may be recommended for some patients).
- **Control Diabetes:** Maintain good blood sugar control with regular monitoring.
- **Drink Adequate Water:** Proper hydration supports kidney function.
- **Healthy Diet:** Increase fruits, vegetables, and whole grains. Reduce salt, excess sugar, and processed foods.
- **Exercise Regularly:** This controls weight, lowers blood pressure, and improves insulin sensitivity. Aim for at least 150 minutes weekly.





- **Avoid Smoking & Limit Alcohol:** Smoking accelerates kidney damage, and excessive alcohol can worsen kidney and liver disease.
- **Avoid Misuse of Drugs:** Avoid prolonged use of Ibuprofen, Diclofenac, Naproxen, and unregulated herbal mixtures.

TREATMENT OF KIDNEY DISEASE

Treatment depends on the cause and stage:

1. Medical Management

- Blood pressure and diabetes management
- Treatment of infections and dietary modifications
- Correction of anemia and management of electrolyte imbalance

2. Advanced Kidney Failure

- **Dialysis:** Artificial removal of waste products (Hemodialysis or Peritoneal dialysis).
- **Kidney Transplant:** Best long-term treatment for eligible patients with end-stage kidney disease.

COMPLICATIONS

Hypertension, anemia, heart disease, bone disease, electrolyte imbalance, fluid overload, malnutrition, kidney failure, and death if untreated.

HOME AND SELF-CARE MEASURES

- Take medications as prescribed
- Monitor blood pressure regularly (and blood sugar if diabetic)
- Maintain a healthy weight and reduce salt intake
- Stay physically active and attend regular clinic visits
- Avoid self-medication

Protect your kidneys today: check your blood pressure, control your blood sugar, avoid harmful medications, and seek early medical screening. Early detection saves kidneys and saves lives.

Market Survey

PRICE REPORT FOR JUNE 2026

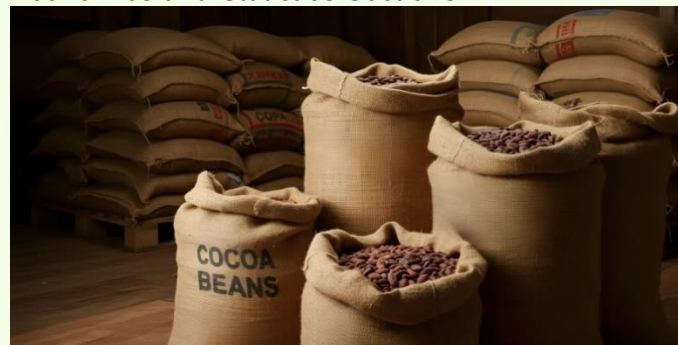
This report provides an overview of cocoa prices across selected states in Nigeria for June 2026. Price data were collected from major cocoa-producing locations within the surveyed states, and state-level average prices were subsequently computed.

During the reporting period, cocoa prices increased modestly in Osun, Oyo, and Ondo States, while slight declines were recorded in Cross River, Kogi, and Kwara States. The most pronounced decrease occurred in Kogi State, where the average cocoa price declined by nearly 5% compared with May 2026. Among the surveyed states, Kwara State recorded the lowest average cocoa price at ₦3,750/kg, while Cross River and Oyo States recorded the highest average price of ₦4,250/kg in June 2026.

COCOA COST PER KG (LOCAL PRICE) MAY 2026

STATE	MINIMUM PRICE (₦)	MAXIMUM PRICE (₦)	AVERAGE PRICE (₦)
Cross River	4000	4500	4250
Kogi	4000	4000	4000
Kwara	3500	4000	3750
Ondo	3800	4500	4150
Osun	4000	4000	4000
Oyo	4000	4500	4250

Source: CRIN Survey, 2026
Economics and Statistics Sections





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July Birthday Celebrants

Hearty birthday celebrations to the members of staff that will be celebrating their birthdays this month. Wishing you all the very best in your life endeavours. Congratulations!



Peleemo Ademola	— 1-Jul
Akintoroye Johnson Akinyemi	— 1-Jul
Oluwale Segun A.	— 1-Jul
Ogundare Omolara Aduke	— 1-Jul
Azeez Olawale	— 1-Jul
Etta Ntuiokwa Mbuk	— 2-Jul
Ezebuiro Promise Ulonnam	— 2-Jul
Emaku Eunice Bukky	— 2-Jul
Abachi Ungbo	— 2-Jul
Adedeji Abdulsobur Adeniyi	— 2-Jul
Agbola Olufemi Omotunde	— 4-Jul
Adeosun Janet Omolola	— 4-Jul
Bolarinde Oluwafemi Joel	— 4-Jul
Akhirimemhona Sidney Akhetuamney	— 6-Jul
Lawal Oluwafemi Esther	— 7-Jul
Bakare Oluwarotimi	— 7-Jul
Moses Philipian	— 7-Jul
Odey Chinyere Florence	— 8-Jul
Olorunleke Fidelia O.	— 8-Jul
Famaye Isaac	— 10-Jul
Philips Emmanuel Ovie	— 10-Jul
Ajirotutu Sunday Mayowa	— 12-Jul
Arene Sunday	— 12-Jul
Igbalajobi Samuel Oluwasola	— 12-Jul

Durodoye Dauda	— 12-Jul
Awodumila David Jimoh	— 13-Jul
Olaleye Folasade	— 13-Jul
Mukadam Evans Sumaila	— 14-Jul
Adebowale Babasola Agboola	— 15-Jul
Otitoloju Omosalewa Oluwaseun	— 15-Jul
Muraina Lukman	— 15-Jul
Onadeko Oladunni Ayomi	— 15-Jul
Salawu Adetunji	— 16-Jul
Emaku Mary	— 17-Jul
Adewunmi Abigael Olawumi	— 17-Jul
Olaiya Saheed Ajani	— 17-Jul
Ola Olutola Stephen	— 19-Jul
Abass Saheed Temilade	— 19-Jul
Adedeji Abiodun Rasheed	— 20-Jul
Olorunkalu Taye T.	— 20-Jul
Lawal Monsurat Arinola	— 21-Jul
Effiong Ezekiel Effiong	— 21-Jul
Oyinlade Ayodele	— 21-Jul
Onatunde-Onanuga Adesola Olubukola	— 22-Jul
Anthony David	— 22-Jul
Owemidu Martins	— 24-Jul
Adedeji Selim Ayomide	— 25-Jul
Osalaye Joseph	— 26-Jul
Akinola Bukola	— 26-Jul
Adeyemo Regina Folasade	— 27-Jul
Olumini Olukemi Modupeola	— 27-Jul
Modebei Timothy Somayina	— 27-Jul
Otuonye Azuka Henry	— 27-Jul
Olaitan Adesina Joseph	— 27-Jul
Agwimah Justina Adesua	— 28-Jul
Afolabi Ezekiel Oluwafunmilola	— 28-Jul
Iyamu Ikechukwu	— 28-Jul
Adesakin Alice Olubunmi	— 30-Jul
Rabiu Ayoola Sikiru	— 30-Jul
Ogeheneguke Victor	— 31-Jul





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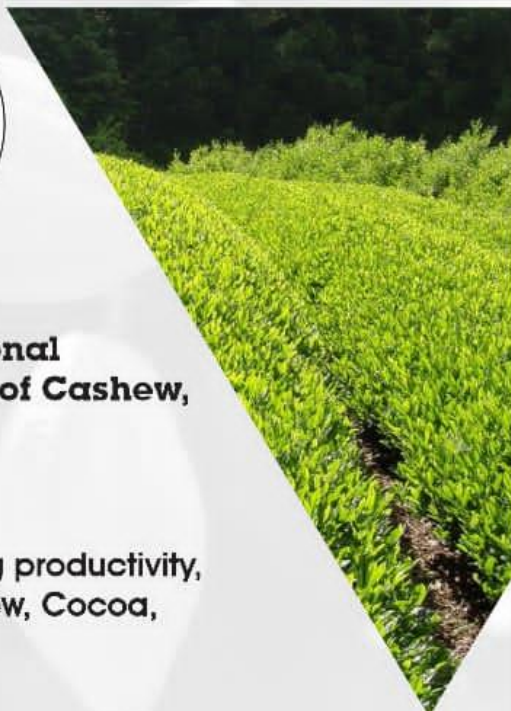


VISION

To be a centre of excellence of international repute in the research and development of Cashew, Cocoa, Coffee, Kola and Tea.

MISSION

To apply science and technology in increasing productivity, improving quality and value addition of Cashew, Cocoa, Coffee, Kola and Tea.



🌐 www.crin.gov.ng ✉ directorcrin@yahoo.com ☎ +2348039784154

EDITORS: DR A.R. ADEDEJI | DR (MRS) T.E. OGUNJOBI | MR. O.A. ADEKOYA | MR. O.O. OGUNBANJO | MR. O. AREMU-DELE | MR. Y. AJIBOLA | MS. A.A. LAWAL

📞 07064715028

✉ directorcrin@yahoo.com

🌐 www.crin.gov.ng

