

Alexander **Vonderschmidt**, PhD, RDN

Postdoctoral Researcher — Food is Medicine Institute | Tufts University

Dynamic researcher leveraging simulation and cost-effectiveness modeling to scale Food is Medicine programs, advancing equitable health outcomes and healthcare savings.

RESEARCH & TECHNICAL EXPERIENCE

Postdoctoral Researcher

Aug 2025 - present

Food is Medicine Institute, Tufts University | Boston, MA

- Modeling national- and state-level benefits of scaling Food is Medicine (FIM) interventions: e.g., Medically Tailored Meals (MTMs) and Produce Prescriptions (PRx)
- Cost-effectiveness and healthcare savings of FIM interventions (MTMs, PRx)

Doctoral Researcher

Sep 2022 - Sep 2025

The University of Edinburgh | Edinburgh, Scotland

- Employ microsimulation modeling to predict health and environmental impacts of diet transitions, informing governmental policy in the UK
- Leverage integrated machine learning techniques to enhance accuracy of diet—disease risk prediction and develop a novel model for anemia risk prediction
- Conduct large-cohort data analysis of dietary patterns & food consumption trends

Research Consultant

Sep 2023 - May 2024

ClimateXChange | Edinburgh, Scotland

- Co-investigator of £50,000 grant: *Understanding the climate impact of food consumed in Scotland*, resulting in government report & policy workshops
- Lead systematic review on trends in Scottish consumption patterns and evaluation of resultant direct and indirect environmental impacts; 7,000+ publications screened

Doctoral Fellow, Lower Saxony-Scotland Fellowship

Apr 2023 - Dec 2024

European Centre for Advanced Studies | Lüneburg, Germany

- Created a project analyzing international global food self-sufficiency and trade dependencies with implications for governmental policy & sustainable agriculture

Graduate Research Assistant → Research Assistant

Jun 2020 - Aug 2022

Cornell University | Ithaca, NY

- Led the design and implementation of a nutrigenomics assay methodology pipeline for an NIH R01 grant project, coordinating with multiple labs and research teams
- Performed advanced multivariate regression analysis and from-scratch dietary pattern score coding, investigating diet—lung function associations
- Trained through the WHO/Cochrane/Cornell Institute for Systematic Reviews in Nutrition for Global Policy Making
- Cochrane systematic review co-author: contributed to 10,000+ publications screened, data extraction, analysis, report writing, GRADE risk of bias assessment

Graduate & Undergraduate Teaching Assistant

Jul 2017 - May 2021

Cornell University ('20 - '21) & Kansas State University ('17 - '19)

- Courses taught: *Nutrition and Disease* (NS 4410) & *Nutrition, Health, and Vegetarian Diets* (NS 3030) at Cornell, *Nutrition and Health* (FNDH 340) & *Food Production Management* (FNDH 342) at Kansas State

Dietetic Intern

Aug 2019 - Jul 2020

Cornell University & Strong Memorial Hospital | Ithaca & Rochester, NY

- Clinical rotations: ICU, Oncology, Pediatric (+PICU & NICU), Endocrine, Cardiac, Transplant, and weekly volunteer evening shifts at community clinic
- Assisted in the development and implementation of a 'Healthy Pantry Initiative' for Foodlink's network of 200+ Upstate NY food pantries

CONTACT

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SKILLS

Techniques:

- Epidemiological analysis
- Biostatistics
- Clinical nutrition
- Simulation modeling
- Disease risk prediction
- Machine learning algorithms
- Large cohort analysis, including complex survey-weighted designs
- Systematic review (+Cochrane) and evidence synthesis
- Language proficiencies:
 - English, native (C2)
 - French, advanced (C1)
 - German, novice (B1)

Tools and frameworks ([GitHub](#)):

- R
- Python
- SAS
- HTML
- Covidence & RevMan
- Microsoft suite

EDUCATION & CREDENTIALS

The University of Edinburgh

PhD - Population Health and Food Systems, 2025

Cornell University

MS - Nutritional Epidemiology, 2021

RDN - Registered Dietitian

Nutritionist, 2020 (#86106159)

Kansas State University

BS - Dietetics & Nutrition, 2019

BA - French Literature, 2019

+Université Lumière-Lyon-II, 2018

Full CV including publications, awards, honors, etc. available at axvonder.com