

Alexander Vonderschmidt

Postdoctoral Researcher — Food is Medicine Institute | Friedman School of Nutrition Science & Policy
Tufts University

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Education

PhD	University of Edinburgh <i>Edinburgh, United Kingdom</i>	2025	Population Health and Food Systems
MS	Cornell University <i>Ithaca, New York, USA</i>	2021	Nutritional Epidemiology
RDN	Cornell University <i>Ithaca, New York, USA</i>	2020	Registered Dietitian Nutritionist
BS	Kansas State University <i>Manhattan, Kansas, USA</i>	2019	Dietetics and Nutrition
BA	Kansas State University <i>Manhattan, Kansas, USA</i>	2019	French Literature
Education Abroad	Université Lumière-Lyon-II <i>Lyon, Auvergne-Rhône-Alpes, France</i>	2018	French History

Research Experience

	<u>Tufts University</u>
Aug 2025 -	Postdoctoral Researcher , Food is Medicine, Population Health Mentor: Prof Dariush Mozaffarian <ul style="list-style-type: none">- Assess cost-effectiveness and healthcare savings of food is medicine interventions, including medically tailored meals (MTM) and produce prescription (PRx) programs- Simulation modeling to project national and state-level benefits of scaling MTM & PRx programs
	<u>University of Edinburgh</u>
Sep 2022 -	Doctoral Researcher , Population Health, Sustainable Food Systems Mentors: Prof Peter Alexander; Prof Lindsay Jaacks; Prof Geraldine McNeill; Dr Alexandra Bellows <ul style="list-style-type: none">- Simulation modeling to predict health and environmental impacts of diet transitions- Integrated machine learning techniques for increased accuracy of diet—disease risk prediction- Quantitative analysis; dietary patterns and consumption behavior trends
Jun 2025 -	Research Consultant , Food Foundation & London School of Hygiene and Tropical Medicine <ul style="list-style-type: none">- Analyze national dietary survey data to evaluate consumption patterns, nutritional contributions
Sep 2023 - May 2024	Research Consultant , Sustainable Food Systems (partnership with ClimateXChange) <ul style="list-style-type: none">- Led systematic review on trends in Scottish consumption patterns- Assisted with evaluation of direct and indirect environmental impacts from consumption

	<u>European Centre for Advanced Studies</u>	
Apr 2023 - Dec 2024	Doctoral Fellow , Sustainable Food Systems - Analyzed national food self-sufficiency and trade dependencies amid global supply disruptions	
	<u>Cornell University</u>	
Jun 2020 - Aug 2022	Graduate Research Assistant → Research Assistant , Nutritional Epidemiology Mentors: Prof Patricia Cassano; Dr Bonnie Patchen - Coordinated development of method pipeline for R01-level nutrigenomics assay - Quantitative analysis (diet–lung function associations) and dietary pattern score coding	
Apr 2021 - Dec 2023	Cochrane Systematic Reviewer , Vitamin D Supplementation and Asthma - Screened 10,169 publications, extracted data from 40 publications, meta-analysis, interpretation of results, report writing, GRADE risk of bias assessment, and summary of findings	
Aug 2019 - Jun 2020	Research Dietetic Intern , Community Nutrition and Public Health Mentor: Dr Corinna Noel	

Honors, Awards, and Grants

	<u>University of Edinburgh</u>	
Jan 2025	PhD Student of the Year Award , College of Medicine & Veterinary Medicine (Easter Bush Campus)	
Oct 2023 - Feb 2024	Understanding the climate impact of food consumed in Scotland , ClimateXChange Co-investigator	£50,000
Aug 2023	TRAnsforming the DEbate about livestock systems transformation (TRADE) , The Roslin Institute Sub-award; grant ref: BB/W018152/1	£7,200
Apr - Dec 2023	Lower Saxony–Scotland Doctoral Fellowship , European Centre for Advanced Studies	€5,600
Sep 2022 - Dec 2025	Royal (Dick) School of Veterinary Studies and The Roslin Institute Doctoral Studentship , Global Academy of Agriculture and Food Systems	~£200,000 (tuition + stipend)
	<u>Cornell University</u>	
Aug 2020 - May 2021	Graduate Teaching Assistantship , Division of Nutritional Sciences	~\$80,000 (tuition + stipend)
May - Aug 2020	Summer Research Fellowship , Division of Nutritional Sciences	\$8,000
	<u>Kansas State University</u>	
May 2019	Outstanding Senior Award in Research and Creative Inquiry , College of Human Ecology	
Aug 2018	Hollis & Johnston Scholarship , Department of Modern Languages	\$1,000
May 2018	Summer Research Scholarship , Kansas State University	\$1,000
Apr 2018 -	Pi Delta Phi (ΠΔΦ) , La Société d'Honneur de Français (The National French Honor Society)	
May 2018	Foreign Language Travel Scholarship , Department of Modern Languages	\$200
Mar 2018	Kansas Nutrition Council Scholarship	\$1,000
Nov 2017	Education Foundation Scholarship , International Facility Management Association	\$1,500
Aug 2016 - May 2019	Vanier Family Scholarship , Kansas State University (recurring yearly)	\$5,700
Aug 2015 - May 2019	Kansas Comprehensive Grant , Kansas State University (recurring yearly)	\$6,000
Aug 2015 - May 2018	Bluemont Grant , Kansas State University (recurring yearly)	\$5,500
Aug 2015	M. Hal & Janice J. Taylor Scholarship , College of Human Ecology	\$500

Work and Professional Experience

Apr - Aug 2021	WHO/Cochrane/Cornell Institute for Systematic Reviews in Nutrition for Global Policy Making - Developed skills and knowledge of systematic reviews, policy making, and evidence assessment
Aug 2020 - May 2021	Graduate Teaching Assistant , Division of Nutritional Sciences Cornell University <i>Nutrition, Health, and Vegetarian Diets (NS 3030)</i> <i>Nutrition and Disease (NS 4410)</i>
Jan - Jul 2020	Clinical Dietetic Intern , Strong Memorial Hospital Rochester, New York - Rotations in: ICU, Oncology, Pediatrics (+PICU & NICU), Cardiac, Endocrine, Transplant
Aug - Dec 2019	Community Dietetic Intern , Foodlink Rochester, New York - Assisted in the development/implementation of Healthy Pantry Initiative for regional food pantries
Jul 2017 - Aug 2019	Teaching Assistant , College of Human Ecology Kansas State University <i>Nutrition and Health (FNDH 599/340)</i> <i>Food Production Management (FNDH 342)</i>
Jan 2019	Externship , Hôpitaux Universitaires de Strasbourg Strasbourg, Grand Est, France - Patient population: post-operative gastroenterology and outpatient weight management
May 2017 - Aug 2019	Recipe Developer & Management Assistant , Derby & Kramer Dining Centers Kansas State University - Developed recipes and nutrition education, encouraging sustainable and healthy food choices
Aug 2018 - Aug 2019	Private French Tutor Manhattan, Kansas

Professional Activities

May 2024 -	Board Member , Kansas State Dietetic Professional Advisory Board
Aug 2023 - Sep 2024	Journal Club Lead , Global Academy of Agriculture and Food Systems (University of Edinburgh)
Apr - Dec 2023	Executive Committee (Secretary) , University of Edinburgh Chamber Choir
Nov 2021 - May 2022	Competency Assurance Panel (CAP) , Commission on Dietetic Registration 'Activity Type' Taskforce (subgroup within CAP)
Jun 2021 - Nov 2021	Competency Standards Workgroup , Commission on Dietetic Registration
Jun 2020 - Jun 2021	Professional Issues Chair , Southern Tier Academy of Nutrition and Dietetics (New York State)
May 2018 - Jul 2019	President , La Société Française, Kansas State University
Jan - Apr 2019	Conference planning assistance , Kansas Academy of Nutrition and Dietetics 2019 Conference
Jan - Apr 2018/2019	Conference planning assistance , Kansas Nutrition Council 2018 and 2019 Conferences

Professional Memberships

Sep 2025 -	American Public Health Association
Aug 2025 -	Cochrane Collaboration
Mar 2023 -	The Nutrition Society
Dec 2020 -	American Society for Nutrition
Apr 2018 -	Pi Delta Phi (ΠΔΦ), La Société d'Honneur de Français, Kappa Zeta
Aug 2016 -	Academy of Nutrition and Dietetics

Theses

- Sep 2025 **Doctoral Dissertation**, Division of Global Agriculture and Food Systems, University of Edinburgh
Health and environmental impact of sustainable diet transitions in the UK
Committee: Prof Peter Alexander; Prof Lindsay Jaacks; Prof Geraldine McNeill; Dr Alexandra Bellows;
Prof Rosemary Green (external adviser, London School of Hygiene and Tropical Medicine)
- Aug 2021 **Master's Thesis**, Division of Nutritional Sciences, Cornell University
The Association of Dietary Pattern with Lung Function Decline in a Prospective Cohort Study
Committee: Prof Patricia Cassano and Prof Saurabh Mehta
- Jun 2020 **Practicum Project**, Division of Nutritional Sciences, Cornell University
Assessing the Need for Food Safety Training in Western New York State
Mentor: Dr Corinna Noel
- May 2019 **Bachelor's Capstone**, Department of Modern Languages, Kansas State University
The Cultures of Nutrition in France and the United States: Differing Perspectives
Mentor: Prof Kathleen Antonioli

Publications

Peer-reviewed publications

1. Nájera Espinosa S, Zarate-Ortiz AG, Hadida G, Tereza Da Silva J, **Vonderschmidt A**, Esievo EM, Carr T, Reuzé A, Scheelbeek P. Substituting with novel plant-based alternatives maintain nutritional outcomes and lower environmental impacts in diets. *Current Developments in Nutrition*, In press
2. Patchen BK, Best CM, Boiteau JM, Solvik BS, **Vonderschmidt A**, Xu J, Cohen R, Cassano PA. Vitamin D supplementation in pregnant or breastfeeding women or young children for preventing asthma. *In review, Cochrane Database of Systematic Reviews*. 2025;8(8):CD013396. doi:10.1002/14651858.CD013396.pub2
3. Stehl J, **Vonderschmidt A**, Vollmer S, Alexander P, Jaacks LM. Gap between national food production and food-based dietary guidance highlights lack of national self-sufficiency. *Nat Food*. 2025;6(6):571-576. doi:10.1038/s43016-025-01173-4
4. **Vonderschmidt A**, Jaacks LM, Alexander P, Green R, Bellows AL, Stewart C. Smaller meat portions contribute the most to reducing meat consumption in the United Kingdom. *Nat Food*. 2024;5(12):982-987. doi:10.1038/s43016-024-01070-2
5. Jaacks LM, Amoutzopoulos B, Runions R, **Vonderschmidt A**, McNeill G, Comrie F, McDonald A, Page P, Stewart C. Disaggregation of Dairy in Composite Foods in the United Kingdom. *Current Developments in Nutrition*. Published online May 16, 2024:103774. doi:10.1016/j.cdnut.2024.103774
6. **Vonderschmidt A**, Arendarczyk B, Jaacks LM, Bellows AL, Alexander P. Analysis combining the multiple FAO food balance sheet datasets needs careful treatment. *The Lancet Planetary Health*. 2024;8(2):e69-e71. doi:10.1016/S2542-5196(23)00276-0

Government reports

7. Jaacks LM, Frank SM, **Vonderschmidt A**, Stewart C, Runions R, Kennedy J, McNeill G, Alexander P. *Understanding the climate impact of food consumed in Scotland*. ClimateXChange in collaboration with the University of Edinburgh; December 2023. Available at: <https://www.climateexchange.org.uk/publications/understanding-the-climate-impact-of-food-consumed-in-scotland/>
8. Comrie F, Jaacks LM, Kennedy J, McDonald A, McNeill G, Runions R, Stewart C, **Vonderschmidt A**. *Modelling the Impact of Reductions in Meat and Dairy Consumption on Nutrient Intakes and Disease Risk*. The University of Edinburgh, Food

Standards Scotland; 2024. Available at: <https://www.foodstandards.gov.scot/publications-and-research/publications/modelling-the-impact-of-reductions-in-meat-and-dairy-consumption-on-nutrient-intakes-and-disease-risk>

Current projects

9. Kennedy J, Clark M, Stewart C, Runions R, **Vonderschmidt A**, Frank S, Scarborough P, Comrie F, McDonald A, McNeill G, Alexander P, Jaacks LM. Impact of reducing meat and dairy consumption on nutrient intake, health, cost of diets and the environment: A simulation among adults in Scotland. *In review, Nature Food*
10. **Vonderschmidt A**, Kennedy J, Bellows AL, Alexander P, Jaacks LM. A novel approach incorporating diet data to develop a machine learning anaemia risk prediction pipeline in the UK Biobank. *In preparation*
11. **Vonderschmidt A**, Connors K, Runions R, Brandt H, Frank SM, Alexander P, Green R, Bellows AL. Dairy intake trends in the UK: a comprehensive analysis of diet, health, and environmental impacts using the National Diet and Nutrition Survey. *In preparation*
12. Kennedy J, Runions R, **Vonderschmidt A**, Stewart C, Mathieu E, Clark M, Jaacks LM. Analysing the Environmental Impact of UK Diets: A New Methodology for Incorporating Nutritional Data with Environmental Impact Data. *In preparation*

Presentations

1. **Vonderschmidt A**, Connors K, Runions R, Brandt H, Frank SM, Alexander P, Green R, Bellows AL (2025). Dairy intake trends in the UK: a comprehensive analysis of diet, health, and environmental impacts using the National Diet and Nutrition Survey. *International Union of Nutritional Sciences - International Congress of Nutrition 2025, Paris, France* | Oral presentation
2. **Vonderschmidt A** (2024). Modelling meat consumption and dietary shifts: insights into behavioural trends and health outcomes in the UK. *Tufts University, Friedman School of Nutrition Science and Policy* | Invited guest lecture
3. Stehl J, **Vonderschmidt A** (2023). Assessing Self-Sufficiency: Analyzing the Gap Between National Food Production and Nutritional Requirements. *Lower Saxony – Scotland Joint Forum 2023, Hannover, Germany* | Oral presentation
4. **Vonderschmidt A**, Bellows A, Jaacks LM, Alexander P, Stewart C (2023). Contribution of meat-free days, meat-free meals, and portion sizes to UK meat consumption declines. *European Public Health Conference, Dublin, Ireland* | Oral presentation
5. Jaacks LM, Kennedy J, Runions R, Stewart C, **Vonderschmidt A**, McNeill G (2023). Disaggregating foods consumed in Scotland. *Scottish Government Lunchtime Learning Session, Edinburgh, UK* | Panel presentation
6. **Vonderschmidt A**, Kennedy J, Blair K (2023). Meat consumption, health and sustainable livestock systems: understanding the future of meat. *LandSyMM Core Developer Meeting* | Invited seminar / panel discussion
7. **Vonderschmidt A**, Bellows A, Jaacks LM, Alexander P, Stewart C (2023). Contribution of meat-free days, meat-free meals, and portion sizes to declines in meat consumption in the UK. *R(D)SVS Research Student Day* | Oral & poster presentation
8. **Vonderschmidt A** (2022). Impact on population and environmental health of the UK National Food Strategy goal for reducing meat consumption. *Global Academy of Agriculture and Food Systems Young Researchers Seminar* | Invited lecture
9. **Vonderschmidt A**, Bass K, Patchen BK, Arnold KB, Shiroma E, Simonsick E, Hancock DB, Cassano PA (2022). Is the Healthy Eating Index-2015 Associated With Rate of Decline in Lung Function. *American Society for Nutrition 2022 Conference* | Poster presentation
10. **Vonderschmidt A** (2021). Quantitative Data: Coding and Analysis. *Introduction to Community Nutrition Research for Dietetic Interns (NS 6350), Cornell University* | Invited guest lecture
11. **Vonderschmidt A** (2021). Processed Meat Intake and Risk of Chronic Obstructive Pulmonary Disease among Middle-aged Women (Varraso et al., 2019). *Seminar in Nutritional Sciences (NS 7030), Cornell University* | Analytical review
Advising mentor: Prof Saurabh Mehta

12. Bass K, **Vonderschmidt A**, Patchen BK, Cassano PA, (2021). Does Adherence to the HEI-2015 and AMED Predict Subsequent Rate of Lung Function Decline. *Cornell Undergraduate Research Board (CURB) Spring Symposium, Cornell University* | Poster presentation
13. **Vonderschmidt A** (2020). Assessing the Need for Food Safety Training in Western New York State. *University of Rochester Medical Center Dietetic Intern Research Symposium* | Poster presentation
14. **Vonderschmidt A** (2020). Assessing the Need for Food Safety Training in Western New York State. *New York Academy of Nutrition and Dietetics 2020 Conference* | Poster presentation
15. **Vonderschmidt A** (2019). The Cultures of Nutrition in France and the United States: Differing Perspectives. *Kansas Academy of Nutrition and Dietetics 2019 Conference* | Poster presentation
16. **Vonderschmidt A** (2019). The Cultures of Nutrition in France and the United States: Differing Perspectives. *Kansas State University Modern Languages 2019 Initials: Student Research Forum* | Poster presentation

Certifications

Jul 2020 - **Registered Dietitian Nutritionist**, Commission on Dietetic Registration (certification #86106159)

Proficiencies

Language **English**, native/C2 | **French**, advanced/C1 | **German**, novice/B1
 Coding & Analysis ([GitHub](#)) **R**, **Python**, **HTML**, **SAS**, **Covidence** & **RevMan**, **Quanto**, **JMP**

Strategic | Activator | Futuristic | Communication | Individualization

(Clifton Strengths - Gallup)