

**JITHIN SAM VARGHESE**  
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## PROFESSIONAL EXPERIENCE

<b>Postdoctoral Fellow, Global Diabetes Research Center</b> Hubert Department of Global Health, Emory University, Atlanta	05/2022 –
<b>Graduate Research Assistant, COVID-19 Health Equity Dashboard</b> Hubert Department of Global Health, Emory University, Atlanta	06/2021 – 09/2021
<b>Research Analyst, Division of Nutrition</b> St. John's Research Institute, Bengaluru, India	09/2015 – 06/2018
<b>Junior Consultant, Forecasting – Marketing Analytics</b> IMS Health GTO, Bengaluru, India	07/2014 – 08/2015

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## EDUCATION

<b>Laney Graduate School, Emory University</b> (Atlanta, USA) Ph.D. in Nutrition and Health Sciences <i>Title:</i> The association of wealth over the life course with health and disease in adulthood: An analysis of six birth cohorts from five low- and middle-income countries	09/2018 – 04/2022
<b>Indian Institute of Technology Madras</b> (Chennai, India) B.Tech and M.Tech. in Biotechnology	08/2009 – 06/2014

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## RESEARCH INTERESTS

Chronic disease epidemiology; wealth over life course; wearable sensor integration

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## GRANTS & FUNDING

Bill & Melinda Gates Foundation <b>Child Development and Adult Social and Human Capital: COHORTS:</b> Harmonization of survey data over the life course for six birth cohorts. (PI: Stein; Role: Data Manager/Doctoral Student)	
Interdisciplinary Cyber Physical Systems Division, DST, India <b>EpidaViz:</b> Developing obesity, diabetes and hypertension centered data products from private and public data sources. (PI: Mony; Role: Co-I)	10/2017 – 08/2018
BIRAC, DBT, India <b>Knit Anemia Phase 1:</b> Identifying local dietary & nutrient-level risk factors for anemia in non-pregnant, non-lactating women. (PI: Kurpad; Role: Lead Analyst)	06/2017 – 12/2017
Tata Trusts <b>Nutritional Status and Fortification Simulation Dashboard:</b> Data harmonization for national health and nutrition surveys, and prototype development of analytics products. (PI: Kurpad; Role: Team Lead)	01/2017 – 04/2017

## PEER-REVIEWED PUBLICATIONS

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1. Monica Mazariegos, **Jithin Sam Varghese**, Maria F Kroker-Lobos, Ann M DiGirolamo, Manuel Ramirez-Zea, Usha Ramakrishnan, Aryeh D. Stein. Age at childbirth and change in BMI across the life-course: evidence from the INCAP Longitudinal Study. *BMC Pregnancy Childbirth*. Feb 24 2022;22(1):151; <https://doi.org/10.1186/s12884-022-04485-6>
2. Ann DiGirolamo, **Jithin Sam Varghese**, Maria F Kroker Lobos, Monica Mazariegos, Manuel Ramirez-Zea, Reynaldo Martorell, Aryeh D. Stein. Protein-energy Supplementation in Early-life Decreases the Odds of Mental Distress in Later Adulthood in Guatemala. *J Nutr*. Apr 1 2022;152(4):1159-1167; <https://doi.org/10.1093/jn/nxac005>
3. Cesar G Victora, Fernando P. Hartwig, Luis P. Vdaletti, Reynaldo Martorell, Clive Osmond, Linda Richter, Aryeh D Stein, Aluisio JD Barros, Linda Adair, Fernando C Barros, Santosh K Bhargava, Bernardo L Horta, Maria F. Kroker-Lobos, Nanette R Lee, Ana Maria B Menezes, Joseph Murray, Shane Norris, Harshpal S Sachdev, Alan Stein, **Jithin Sam Varghese**, Zulfiqar Bhutta, Robert E Black. Effects of early-life poverty on health and human capital in children and adolescents: analyses of national surveys and birth cohort studies in LMICs. *The Lancet*. 2022;399(10336); [https://doi.org/10.1016/S0140-6736\(21\)02716-1](https://doi.org/10.1016/S0140-6736(21)02716-1)
4. **Jithin Sam Varghese**, Linda S. Adair, Shivani A. Patel, Sonny Agustin Bechayda, Santosh K. Bhargava, Delia B. Carba, Bernardo L. Horta, Natalia P. Lima, Reynaldo Martorell, Ana M.B. Menezes, Shane A. Norris, Linda M. Richter, Manuel Ramirez-Zea, Harshpal Singh Sachdev, Fernando C. Wehrmeister, Aryeh D. Stein, for the COHORTS group. Changes in asset-based wealth across the life course in birth cohorts from five low- and middle-income countries. *SSM Popul Health*. Dec 2021;16:100976; <https://doi.org/10.1016/j.ssmph.2021.100976>
5. Jeswin Baby, **Jithin Sam Varghese**, Shruthi Cyriac, KM Venkat Narayan, Anura V Kurpad, Tinku Thomas, Shivani A. Patel. Contribution of economic and nutritional context to overweight/obesity dynamics in Indian women from 1998 to 2016: a multilevel analysis of national survey data. *BMJ Open*. Dec 9 2021;11(12):e050598; <https://doi.org/10.1136/bmjopen-2021-050598>
6. **Jithin Sam Varghese**, Shivani A. Patel, Reynaldo Martorell, Manuel Ramirez-Zea, Aryeh D. Stein; Relative and absolute wealth mobility since birth in relation to health and human capital in middle adulthood: An analysis of a Guatemalan birth cohort. *SSM Popul Health*. Sep 2021;15:100852; <https://doi.org/10.1016/j.ssmph.2021.100852>
7. **Jithin Sam Varghese**, Rachel Waford Hall, Ann DiGirolamo, Reynaldo Martorell, Manuel Ramirez-Zea, Aryeh D. Stein. Socioeconomic position over the life-course and subjective social status in relation to nutritional status and mental health among Guatemalan adults. *SSM Popul Health*. Sep 2021;15:100880; <https://doi.org/10.1016/j.ssmph.2021.100880>
8. **Jithin Sam Varghese**, John Maluccio, Solveig A. Cunningham, Manuel Ramirez-Zea, Aryeh D. Stein. Development of a temporally harmonized asset index: evidence from across 50 years of follow up of a birth cohort in Guatemala. *BMC Med Res Methodol*. Apr 26 2021;21(1):85; <https://doi.org/10.1186/s12874-021-01263-4>
9. **Jithin Sam Varghese**, Joyce C. Ho, Ranjit Mohan Anjana, Shivani A. Patel, S Jebarani, Viswanathan Baskar, KM Venkat Narayan, V. Mohan. Profiles of Intraday Glucose in Type 2 Diabetes and Their Association with Complications: An Analysis of Continuous Glucose Monitoring Data. *Diabetes Technol Ther*. Aug 2021;23(8):555-564; <https://doi.org/10.1089/dia.2020.0672>
10. **Jithin Sam Varghese**, Aryeh Stein. Malnutrition among women and children in India: limited evidence of clustering of underweight, anemia, overweight, and stunting within individuals and households at both state and district levels. *Am J Clin Nutr*. Apr 1 2019;109(4):1207-1215; <https://doi.org/10.1093/ajcn/nqy374>
11. Adam Hanif, Rachel Shah, Jiong Yan, **Jithin Sam Varghese**, Shivani A. Patel, Blaine E. Cribbs et.al. Strength of Association between Pentosan Polysulfate and a Novel Maculopathy. *Ophthalmology*. Oct 2019;126(10):1464-1466; <https://doi.org/10.1016/j.ophtha.2019.04.024>
12. **Jithin Sam Varghese**, Sumathi Swaminathan, Anura V Kurpad, Tinku Thomas. Demand and supply factors of iron-folic acid supplementation and its association with anaemia in North Indian pregnant women. *PLoS One*. 2019;14(1):e0210634.; <https://doi.org/10.1371/journal.pone.0210634>

13. **Jithin Sam Varghese**, Tinku Thomas, Anura V Kurpad. Evaluation of haemoglobin cut-off for mild anaemia in Asians - analysis of multiple rounds of two national nutrition surveys. *Indian J Med Res.* Oct 2019;150(4):385-389; [https://doi.org/10.4103/ijmr.IJMR\\_334\\_18](https://doi.org/10.4103/ijmr.IJMR_334_18)
14. Sumathi Swaminathan, Santu Ghosh, **Jithin Sam Varghese**, Harshpal S Sachdev, Anura V Kurpad, Tinku Thomas. Dietary Iron Intake and Anemia Are Weakly Associated, Limiting Effective Iron Fortification Strategies in India. *J Nutr.* May 1 2019;149(5):831-839; <https://doi.org/10.1093/jn/nxz009>

## PAPERS UNDER REVIEW

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1. **Jithin Sam Varghese**, Aashish Gupta, Rukshan Mehta, Aryeh D. Stein, Shivani A. Patel. Changes in child undernutrition and overweight in India from 2006 to 2019: an analysis of 22 states
2. **Jithin Sam Varghese**, Clive Osmond, Aryeh D. Stein. Conditional wealth to estimate association of wealth mobility with health and human capital in low- and middle-income country cohorts
3. **Jithin Sam Varghese**. Factors associated with non-participation in anthropometric and biomarker measurements in India: an analysis of National Family Health Survey 2015-16
4. **Jithin Sam Varghese**, Tinku Thomas, Jeswin Baby, Solveig Cunningham, Shivani A Patel. Changes in unhealthy weight across India: correlates of underweight and overweight in 36 states between 2015 and 2020
5. **Jithin Sam Varghese**, Rachel Waford Hall, Linda S Adair, Shivani A Patel, Reynaldo Martorell, Delia Belleza, Maria F Kroker-Lobos, Nanette R Lee, Lukhanyo Nyati, Manuel Ramirez-Zea, Linda M Richter, Aryeh D. Stein. Subjective social status is associated with happiness but not weight status or psychological distress: an analysis of three prospective birth cohorts from low- and middle-income countries
6. **Jithin Sam Varghese**, KM Venkat Narayan. Ethnic differences in clustering-based classification of adult-onset diabetes mellitus: A systematic narrative review
7. **Jithin Sam Varghese**, Ranjit Mohan Anjana, Ranjit Unnikrishnan, Boris Kovatchev, David Rodbard, David C Klonoff, Viswanathan Mohan. Association of a novel index of glycemic control with complications in South Asians with type 2 diabetes: an analysis of continuous glucose monitoring data

## MANUSCRIPTS IN PROGRESS

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1. **Jithin Sam Varghese**, Shivani A. Patel, Linda S Adair, Rachel Waford Hall, Reynaldo Martorell, COHORTS Collaborators, Aryeh D. Stein. Schooling and wealth mobility over the life course in relation to health and human capital in adulthood: an analysis of four birth cohorts from low- and middle-income countries
2. Manuel Ramirez-Zea, **Jithin Sam Varghese**, Siran He, Maria F Kroker-Lobos, Reynaldo Martorell, Aryeh D. Stein. Association of physical activity and fitness with cardio-metabolic health among middle-age Guatemalan adults
3. Shruthi Cyriac, Tinku Thomas, **Jithin Sam Varghese**, Sumathi Swaminathan, Usha Ramakrishnan, Anura V Kurpad, Reynaldo Martorell. Modeling the potential impact of the Double Fortified Salt program on the levels of inadequate iron intake among women of reproductive age in Uttar Pradesh, India
4. Shivani A. Patel, **Jithin Sam Varghese**, Aryeh D Stein. Concordance of diabetes and hypertension among married couples in India: an analysis of nationally representative data
5. **Jithin Sam Varghese**, Shivani A. Patel. Does Spouse's Diabetes Status Impact the Diabetes Care Cascade? A National Study of Couples in India
6. **Jithin Sam Varghese**, Samhita Kumar, Aniruddha Deshpande. Does school enrollment protect adolescents against depression and suicidal thoughts in India's poorest states?
7. V. Pujitha Wickramasinghe, Shabina Ariff, Shane Norris, Ina Santos, Rebecca Kuriyan, Lukhanyo Nyati, **Jithin Sam Varghese**, Alexia J Murphy-Alford, Nishani Lucas, Caroline Costa, Andrew P Hills, IAEA Body Composition Infant

Reference Study Group. Anthropometry based indicators of body composition in children: birth to 24-month multicenter study

## PRESENTATIONS

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1. **Jithin Sam Varghese**, Shivani A. Patel. Does Spouse's Diabetes Status Impact the Diabetes Care Cascade? A National Study of Couples in India (*Accepted* for Poster presentation at Diabetes 2022, New Orleans, LA)
2. **Jithin Sam Varghese**, Shivani A. Patel. Concordance of diabetes and hypertension among married couples in India: an analysis of nationally representative data (*Accepted* for Oral presentation at 2022 Society for Epidemiological Research conference 2022, Chicago, IL)
3. **Jithin Sam Varghese**. An Ecological Analysis of Food Expenditure Patterns During Periods of Economic Recovery and Economic Shock in India (*Accepted* for Poster presentation at Nutrition 2022, Online)
4. **Jithin Sam Varghese**. An overview of cohort studies (CAPHER-India workshop 2022 in New Delhi, India)
5. Jeswin Baby, **Jithin Sam Varghese**, Shruthi Cyriac, KM Venkat Narayan, Anura V Kurpad, Tinku Thomas, Shivani A. Patel. Contextual and Compositional Risk Factors of Overweight and Obesity in India over Two Decades: An Analysis of National Demographic and Health Surveys (Poster at Nutrition 2020 in Seattle, WA)
6. Roshni Vakilna, Vanisha Nambiar, **Jithin Sam Varghese**. Comprehensive intervention improves linear growth and weight status in children under five years of age in Surat city: Results from a cluster randomized trial (Poster at Nutrition 2020 in Seattle, WA)
7. Tinku Thomas, **Jithin Sam Varghese**, Sumathi Swaminathan, Nivya George, Santu Ghosh, Anura V Kurpad. Regional variations in women's anemia prevalence in India: the role of cereals (Poster at Nutrition 2018 in Boston, MA)
8. **Jithin Sam Varghese**, Rutuja Chhajed, Sumathi Swaminathan, Tinku Thomas, Vinod Kamat, Anura V Kurpad. Development of a dashboard simulating India's nutrition scenario and potential of fortification interventions (Poster at Nutrition 2018 in Boston, MA)

## AWARDS & HONORS

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<b>Outstanding Scholarly Research Award in the Natural Sciences</b> Laney Graduate School, Emory University	2022
<b>Best Presentation</b> Bangalore Boston Nutrition Collaborative (BBNC)	2016
<b>IMS Client Delight Award</b> IMS Health	2015
<b>48<sup>th</sup> Indian Pharmaceutical Congress Prize for Best Project</b> IIT Madras	2014

## TEACHING EXPERIENCE

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<b>Teaching Assistant</b> , Rollins School of Public Health, Emory University <i>GH 523 – Quantitative Data Analysis</i> Lecture and lab course with 20 students	Fall 2019
<b>Guest Lecturer</b> , Rollins School of Public Health, Emory University <i>NHS 581 – Human Nutrition II</i> Part of core curriculum for Nutrition and Health Sciences PhD students	Spring 2020, 2021

**Session Lead**, Laney Graduate School, Emory University  
*JPE 600 – Jones Programme in Ethics JPE Ambassador*

Summer 2020, 2021

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## **SERVICE**

Student member, Emory International Council (2020-2021)	01/2021 – 05/2021
Co-Chair, Mentorship Committee, Nutrition and Health Sciences students club	09/2019 – 05/2020
Institute Secretary, International and Alumni Relations at IIT Madras	04/2013 – 03/2014
Core Member, Quality Management Systems at Shastra, IIT Madras	05/2012 – 02/2013

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## **PROFESSIONAL ACTIVITIES & MEMBERSHIP**

Reviewer for *Journal of Nutrition*, *Public Health Nutrition*, *Journal of Developmental Origins of Health and Disease*, *SSM Population Health*, *PLoS ONE*

Member of *American Society of Nutrition*, *Society for Epidemiological Research*

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## **SOFTWARE**

Advanced: R, Shiny; Working knowledge: SAS, VBA, Python, PsychoPy

Github: <https://github.com/jvargh7>