

JITHIN SAM VARGHESE
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EDUCATION

Laney Graduate School, Emory University (Atlanta, USA)

Ph.D. in Nutrition and Health Sciences 2018-2022

Title: 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

Indian Institute of Technology Madras (Chennai, India)

B.Tech and M.Tech. in Biotechnology 2009-2014

PROFESSIONAL EXPERIENCE

Graduate Research Assistant, COVID-19 Health Equity Dashboard

Hubert Department of Global Health, Emory University, Atlanta 2021

Research Analyst, Division of Nutrition

St. John's Research Institute, Bengaluru, India 2015-2018

Junior Consultant, Forecasting – Marketing Analytics

IMS Health GTO, Bengaluru, India 2014-2015

RESEARCH INTERESTS

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

GRANTS & FUNDING

Bill & Melinda Gates Foundation

Child Development and Adult Social and Human Capital: COHORTS: 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

10/2017-09/2020

EpidaViz: Developing obesity, diabetes and hypertension centered data products from private and public data sources. (PI: Mony; Role: Co-I)

BIRAC, DBT, India

06/2017-12/2017

Knit Anemia Phase 1: Identifying local dietary & nutrient-level risk factors for anemia in non-pregnant, non-lactating women. (PI: Kurpad; Role: Lead Analyst)

Tata Trusts

01/2017-04/2017

Nutritional Status and Fortification Simulation Dashboard: Data harmonization for national health and nutrition surveys, and prototype development of analytics products. (PI: Kurpad; Role: Team Lead)

PEER-REVIEWED PUBLICATIONS

1. Monica Mazariegos, **Jithin Sam Varghese**, Maria F Kroker-Lobos, Ann M DiGirolamo, Manuel Ramirez-Zea, Usha Ramakrishnan, Aryeh D. Stein; Timing of parity and change in BMI during the

life-course: Evidence from the INCAP Longitudinal Study; BMC Pregnancy and Childbirth 2022; <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; Nutritional supplementation in early-life is associated with lower odds of mental distress in later adulthood in Guatemala; The Journal of Nutrition 2022; <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; Pervasive inequality threatens the future of today's children: Short and long-term effects of early-life adversity; Lancet 2022; *In Press*
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 Population Health, Dec 2021; <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; Contextual and Compositional Risk Factors of Overweight and Obesity in India over Two Decades: An Analysis of National Demographic and Health Surveys; BMJ Open 2021; <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 Population Health, Sep 2021; <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 Population Health, Sep 2021; <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 stable asset index for a birth cohort from Guatemala followed for 50 years; BMC Medical Research Methodology 21:85(2021); <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; Patterns of intra-day glucose and their association with complications: a data-driven cluster analysis of continuous glucose monitoring data; Diabetes Technology & Therapeutics, June 2021 <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; American Journal of Clinical Nutrition 2019; 109:4;
<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 2019; 126(10); <https://doi.org/10.1016/j.ophtha.2019.04.024>
12. **Jithin Sam Varghese**, Sumathi Swaminathan, Anura V Kurpad, Tinku Thomas; Poor compliance to the iron and folic acid supplement in anaemic North Indian pregnant women: inadequate demand or location of the nearest IFA tablet?; PLoS ONE 14(1): e0210634.;
<https://doi.org/10.1371/journal.pone.0210634>
13. **Jithin Sam Varghese**, Tinku Thomas, Anura V Kurpad; An evaluation of the haemoglobin cut-off for mild anaemia in Asians - analysis of multiple rounds of NHANES and NDNS; Indian Journal of Medical Research 2019; 150 (4); 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; The Journal of Nutrition 2019; 149:5;
<https://doi.org/10.1093/jn/nxz009>

PAPERS UNDER REVIEW

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. Anna Paul, Nalini Sarah Newbigging, Audrin Lenin, **Jithin Sam Varghese**, Arun Jose Nell, S Mahasampath Gowri, Kundavaram Paul Prabhakar Abhilash, Ramya Iyadurai, George M Varghese; Role of clinical parameters and neutrophil gelatinase-associated lipocalin (NGAL) as predictors of bacterial sepsis in patients presenting to the Emergency Department with fever

MANUSCRIPTS IN PROGRESS

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**, Maria F Kroker-Lobos, Monica Mazariegos, Ann DiGirolamo, Reynaldo Martorell, Aryeh D. Stein; Association of daily physical activity and aerobic 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. **Jithin Sam Varghese**, Aryeh D Stein, Shivani A. Patel; 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?

PRESENTATIONS

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. 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)
5. 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)
6. 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)
7. **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

Best Presentation

Bangalore Boston Nutrition Collaborative (BBNC) 2016

IMS Client Delight Award

IMS Health 2015

48th Indian Pharmaceutical Congress Prize for Best Project

IIT Madras 2014

TEACHING EXPERIENCE

Teaching Assistant, Rollins School of Public Health, Emory University

GH 523 – Quantitative Data Analysis Fall 2019
Lecture and lab course with 20 students

Guest Lecturer, Rollins School of Public Health, Emory University

NHS 581 – Human Nutrition II Spring 2020, 2021
Part of core curriculum for Nutrition and Health Sciences PhD students

Session Lead, Laney Graduate School, Emory University

JPE 600 – Jones Programme in Ethics JPE Ambassador Summer 2020, 2021

SERVICE

Student member, Emory International Council (2020-2021)

Co-Chair, Mentorship Committee, Nutrition and Health Sciences students club (2019-2020)

Institute Secretary, International and Alumni Relations at IIT Madras (2013-2014)

Core Member, Quality Management Systems at Shastra, IIT Madras (2012-2013)

PROFESSIONAL ACTIVITIES & MEMBERSHIP

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

Member of *American Society of Nutrition*

SOFTWARE

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

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