

JITHIN SAM VARGHESE
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November 2022

PROFESSIONAL EXPERIENCE

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

EDUCATION

Laney Graduate School, Emory University (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
Indian Institute of Technology Madras (Chennai, India) B.Tech. and M.Tech. in Biotechnology	08/2009 – 06/2014

RESEARCH INTERESTS

Chronic disease epidemiology. Electronic medical records. Wearable sensor integration. Phenotypes of diabetes.

GRANTS & FUNDING

National Institutes of Health (3R01DK120814-05S1) Diabetes Risk after COVID-19 in Racial and Ethnic Minority Communities: Potential association between COVID-19 infection and new-onset T2DM using causal inference methods for electronic health records. (PI: Chakalakal; Role: Co-Investigator)	08/2022 – 07/2023
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 EpidaViz: Developing obesity, diabetes and hypertension centered data products from private and public data sources. (PI: Mony; Role: Co-Investigator)	10/2017 – 08/2018
BIRAC, DBT, India Knit Anemia Phase 1: Identifying local dietary & nutrient-level risk factors for anemia in non-pregnant, non-lactating women. (PI: Kurpad; Role: Lead Analyst)	06/2017 – 12/2017

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

2022

1. **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. *Wellbeing, Space & Society*. In Press. <https://doi.org/10.1016/j.wss.2022.100115>.
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. *BMC Med Res Methodol*. 2022;22(1); <https://doi.org/10.1186/s12874-022-01757-9>
3. **Jithin Sam Varghese**, KM Venkat Narayan. Ethnic differences between Asians and non-Asians in clustering-based classification of adult-onset diabetes mellitus: A systematic narrative review. *Prim Care Diabetes*. Sep 22 2022; <https://doi.org/10.1016/j.pcd.2022.09.007>.
Click [here](#) for interactive dashboard that displays between study and between ethnicity variability in clusters.
4. **Jithin Sam Varghese**, Aashish Gupta, Rukshan Mehta, Aryeh D. Stein, Shivani A. Patel. Changes in child undernutrition and overweight in India from 2006 to 2021: an ecological analysis of 36 states. *Global Health Science & Practice*. September 2022; <https://doi.org/10.9745/GHSP-D-21-00569>
5. 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>
6. 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>
7. 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)

2021

8. **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>
9. 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>

10. **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>
11. **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>;
12. **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>
13. **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>

2019

14. **Jithin Sam Varghese**, Aryeh D. 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>
15. 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>
16. **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>
17. **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
18. 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

1. K.M. Venkat Narayan, **Jithin Sam Varghese**, Yara S. Beyh, Soura Bhattacharya, Shweta Khandelwal, Gokul S. Krishnan, Karen R. Siegel, Tinku Thomas, Anura V. Kurpad. A strategic framework for defeating diabetes in India: A 21st century agenda

MANUSCRIPTS IN PROGRESS

1. Farbod Zahedi Tajrishi, Georgia M Davis, Mireya Citlalli Perez-Guzman, **Jithin Sam Varghese**, Gerardo Blanco, Jennifer Shamloo, Jeremy DeJournett, Leon DeJournett, Francisco J Pasquel. First-In-Human Testing of an Artificial Intelligence-Based Fully Closed-Loop Glucose Control System in Hospitalized Patients with Diabetes.
2. **Jithin Sam Varghese**, Ranjit Mohan Anjana, Pascal Geldsetzer, Nikkil Sudharsanan, Jennifer Manne-Goehler, Harsha Thirumurthy, Soura Bhattacharya, K.M. Venkat Narayan, Viswanathan Mohan, Nikhil Tandon, Mohammed K. Ali. Diabetes diagnosis, treatment, and control in India: results from a national survey of 1.65 million adults aged 18 years and older in India, 2019-2021
Click [here](#) for interactive dashboard that displays state- and district-level care cascades.

3. **Jithin Sam Varghese**, Arpita Ghosh, Aryeh D. Stein, K.M. Venkat Narayan, Shivani A. Patel. Concordance of diabetes and hypertension among working-age heterosexual married couples in India: an analysis of nationally representative data
4. **Jithin Sam Varghese**, Nikhil Srinivasapura Venkateshmurthy, Nikkil Sudharsanan, Jeemon Panniyamakkal, Shivani A. Patel, Harsha Thirumurthy, K.M. Venkat Narayan, Ambuj Roy, Dorairaj Prabhakaran, Mohammed K. Ali. Hypertension diagnosis, treatment, and control in India: results from a national survey of 1.69 million adults aged 18 years and older in India, 2019-2021
Click [here](#) for interactive dashboard that displays state- and district-level care cascades.
5. **Jithin Sam Varghese***, Peiyi Lu*, Chihua Li. Concordance of hypertension among middle-aged and older heterosexual married couples: a cross-national comparison study (* Equal contributions)
6. **Jithin Sam Varghese**, Melissa A. Chapnick, John A. Maluccio, Aryeh D. Stein. Exposure to economic shocks in ‘the first 1000 days’ and anthropometric faltering: An analysis of serial cross-sectional data from India
7. **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

PRESENTATIONS

1. **Jithin Sam Varghese**. Regression analysis for epidemiology (Quantitative Methods Webinar Series – July 2022 at DSI-NRF Center of Excellence in Human Development, Johannesburg, South Africa)
2. **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)
3. **Jithin Sam Varghese**, Shivani A. Patel. Concordance of diabetes and hypertension among married couples in India: an analysis of nationally representative data (Oral presentation at Society for Epidemiological Research conference 2022, Chicago, IL)
4. **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)
5. **Jithin Sam Varghese**. An overview of cohort studies (CAPHER-India workshop 2022 in New Delhi, India)
6. 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)
7. 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)
8. 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)
9. **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

Outstanding Scholarly Research Award in the Natural Sciences
Laney Graduate School, Emory University

2022

Best Presentation

Bangalore Boston Nutrition Collaborative (BBNC)	2016
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IMS Client Delight Award IMS Health	2015
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48th Indian Pharmaceutical Congress Prize for Best Project IIT Madras	2014
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TEACHING EXPERIENCE

Teaching Assistant , Rollins School of Public Health, Emory University <i>GH 523 – Quantitative Data Analysis</i> Lecture and lab course with 20 students	Fall 2019
Guest Lecturer , 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 <i>JPE 600 – Jones Programme in Ethics JPE Ambassador</i>	Summer 2020, 2021

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

PROFESSIONAL ACTIVITIES & MEMBERSHIP

Reviewer for *Journal of Nutrition*, *Public Health Nutrition*, *Journal of DoHAD*, *SSM Population Health*, *PLoS ONE*, *Diabetic Medicine*, *Annals of Epidemiology*, *Diabetes Technology & Therapeutics*

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

SOFTWARE

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

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