

**JITHIN SAM VARGHESE**  
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**EDUCATION**

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- Laney Graduate School, Emory University** (Atlanta, USA)  
Ph.D. in Nutrition and Health Sciences (GPA: 3.97/4.00) 2018 -
- Indian Institute of Technology Madras** (Chennai, India)  
B.Tech and M.Tech. in Biotechnology (GPA: 7.7/10) 2009-2014

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**PROFESSIONAL EXPERIENCE**

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- 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

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**RESEARCH INTERESTS**

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Nutritional epidemiology; wealth over life course; wearable sensor integration

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**PEER-REVIEWED PUBLICATIONS**

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**2021**

1. **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>
2. **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>

**2019**

1. **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>
2. **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>

3. **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](https://doi.org/10.4103/ijmr.IJMR_334_18)
4. 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>
5. 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

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1. Cesar G Victora, Fernando P. Hartwig, Luis P. Vdaletti, Reynaldo Martorell, Clive Osmond, Linda I 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 (*Under Review at Lancet*)
2. 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 (*Under review at BMJ Open*)
3. **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 (*Under Review at Social Science and Medicine-Population Health*)
4. **Jithin Sam Varghese**, Rachel Waford-Hall, Ann DiGirolamo, Reynaldo Martorell, Manuel Ramirez-Zea, Aryeh D. Stein. Wealth, subjective social status, and health among Guatemalan adults (*Under Review at Social Science and Medicine-Population Health*)
5. **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 (*Under Review at BMC Pediatrics*)

## IN PROGRESS

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1. Ann DiGirolamo, **Jithin Sam Varghese**, Maria F Kroker Lobos, Monica Mazariegos, Manuel Ramirez-Zea, Aryeh D. Stein. Nutritional supplementation in early-life associated with lower odds of severe mental distress in later adulthood in Guatemala (*Planning submission to Journal of Nutrition*)
2. 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 (*Planning submission to International Journal of Epidemiology*)

3. **Jithin Sam Varghese**, Linda S Adair, COHORTS Collaborators, Shivani A Patel, Aryeh D. Stein. Changes in wealth across the life course in birth cohorts from five low- and middle-income countries (*Planning submission to Social Indicators Research/Social Science and Medicine*)
4. 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 (*Planning submission to Journal of Nutrition/Maternal and Child Nutrition*)
5. **Jithin Sam Varghese**, Rachel Waford Hall, Linda S Adair, COHORTS Collaborators, Shivani A Patel, Aryeh D. Stein. Association of subjective social status with physical, mental and socio-emotional well-being in birth cohorts from three low- and middle-income countries (*Planning submission to Health Psychology*)
6. **Jithin Sam Varghese**, Rachel Waford Hall, Linda S Adair, COHORTS Collaborators, Shivani A Patel, Aryeh D. Stein. Life course socio-economic position predicts subjective social status in birth cohorts from three low- and middle-income countries (*Planning submission to Health Psychology/ Social Science and Medicine*)
7. **Jithin Sam Varghese**, Shivani A. Patel, Linda S Adair, COHORTS Collaborators, Aryeh D. Stein. Association of changes in wealth over the life course with health and human capital in birth cohorts from five low- and middle-income countries (*Planning submission to Lancet Global Health/ BMJ Global Health*)
8. **Jithin Sam Varghese**, Linda S Adair, COHORTS Collaborators, Shivani A. Patel, Aryeh D. Stein. Positional mobility in wealth status over the life course with health and human capital in six birth cohorts from five low- and middle-income countries (*Planning submission to Lancet Global Health/ BMJ Global Health*)

## PRESENTATIONS

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### 2020

1. 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*)
2. 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*)

### 2018

3. 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*)
4. **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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### **Best Presentation**

Bangalore Boston Nutrition Collaborative (BBNC) 2016

### **IMS Client Delight Award**

IMS Health 2015

### **48<sup>th</sup> Indian Pharmaceutical Congress Prize for Best Project**

IIT Madras 2014

## TEACHING EXPERIENCE

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### **Teaching Assistant**, Rollins School of Public Health, Emory University

GH 523 – Quantitative Data Analysis Fall 2019

## SERVICE

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Student member, Emory International Council (2020 - )

Student mentor, International Graduate Students and Scholars (2020 - )

International Student Representative for Laney Graduate Students Council to Graduate Students Council (2020 - )

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 Shaastra, IIT Madras (2012-2013)

## PROFESSIONAL ACTIVITIES & MEMBERSHIP

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Reviewer for *Journal of Nutrition*

Member of *American Society of Nutrition*

## SOFTWARE

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Advanced: R, Shiny

Working knowledge: SAS, VBA, Python, PsychoPy

Github: [github.com/jvargh7](https://github.com/jvargh7)