

# Naina Qayyum

Boston, MA

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## EDUCATION

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Sep 2022 – current	<b>Tufts University (Friedman School)</b> , MA, USA <i>PhD Candidate in Food and Nutrition Policy and Programs</i> <ul style="list-style-type: none"><li>• <i>Dissertation working title:</i> Digital Innovation in Nutrition: Harnessing Technology to Optimize the Delivery and Assessment of Maternal, Child, and Adolescent Nutrition</li></ul>
Aug 2017 – Jul 2018	<b>Tsinghua University</b> , Beijing, China <i>MS in Global Affairs (Business and Economics Track)</i> <ul style="list-style-type: none"><li>• <i>Capstone research:</i> China's Parallel Rise: Assessing Maternal Health in Light of China's Economic Growth</li></ul>
Sep 2011 – May 2015	<b>Middlebury College</b> , VT, USA <i>BA, Economics and Global Health</i> <ul style="list-style-type: none"><li>• <i>Thesis:</i> Droning Polio: The Impact of Covert Drone Strikes on Polio Immunization Rates in Pakistan</li></ul>
Sep 2009 – May 2011	<b>United World College Red Cross Nordic</b> , Norway <i>International Baccalaureate (Biology, Math, Geography, Literature)</i>

## PROFESSIONAL EXPERIENCE

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Sep 2022 – to date	<b>Tufts University</b> , <i>Graduate Research Assistant, Boston MA</i> <ul style="list-style-type: none"><li>• <b>THIS-WIC:</b> Collected and analyzed qualitative and quantitative data on the implementation of telehealth for nutrition and breastfeeding counseling in the WIC program</li><li>• <b>Data4Diets:</b> Updated technical information on dietary indicators in the Data4Diets database</li><li>• <b>GEMS-P:</b> Data collection through survey dissemination and continuous data analysis of the clinical trial on increasing self-efficacy of glucose management during pregnancy</li></ul>
Jul 2024 – Oct 2024	<b>UNICEF</b> , <i>Maternal Nutrition Intern, New York HQ   Remote</i> <ul style="list-style-type: none"><li>• Developed a monitoring plan for the distribution of prenatal vitamins to <b>16 million women across 15 countries</b> for UNICEF's global maternal nutrition acceleration plan by synthesizing information from country inception reports</li><li>• Reviewed and edited <b>two</b> global maternal nutrition guidance documents published online</li></ul>
Oct 2020 – Aug 2022	<b>Global Alliance for Improved Nutrition</b> , <i>Analyst (Global Policy Team)   Remote</i> <ul style="list-style-type: none"><li>• Program Manager for a Hopkins-GAIN food system monitoring research project; used the Delphi method to engage <b>40+ experts</b> from around the world to inform a peer-reviewed article for <i>Nature Food</i></li></ul>

- Established a global youth campaign, engaged **25 youth leaders** through weekly meetings, and liaised with multiple stakeholders in different countries to develop the campaign's social media and website
  - Managed and synthesized a database of **2000+ ideas** submitted globally to be included in recommendations made to improve access to nutritious food for the UN Food Systems Summit
- Feb 2020 – Oct 2020      **Food and Agriculture Organization UN, Information Management Assistant, Pakistan**
- Developed a comprehensive database on **200+** food and nutrition indicators for the first-ever food and nutrition information system for the Ministry of National Food Security and Research, Pakistan
  - Produced periodic data products such as graphs and charts for reports on food prices for the ministry during the COVID-19 pandemic
- Aug 2018 – Aug 2019      **Greater Newark Healthcare Coalition, Data Analysis, Monitoring, and Research Coordinator, Newark, NJ**
- Selected as one of the 126 Global Health Corps fellows from ~5000 applicants (2.5% acceptance rate)
  - Analyzed population health data fed by Medicaid insurance claims of 94,000 Medicaid beneficiaries to identify the needs of maternal health, diabetes, behavioral health, and school health programs
  - Authored well-researched four blog posts for GHC's Medium platform, Amplify, capturing stories on community health issues and health professionals' experiences
  - Aligned teams by initiating, running, and documenting biweekly team meetings attended by 15 staff members
  - Created data collection tools, KPIs, dashboards, and trained program staff in utilizing them
- May 2018 – Jul 2018      **Gates Foundation, Graduate Research Intern, Beijing, China**
- Performed extensive secondary research to assess China's best practices in ensuring high immunization coverage against Hepatitis B and how other countries can replicate these strategies
  - Presented the research findings in the form of a presentation deck and a summary research paper
- Jul 2016 – Jul 2017      **Management Systems International, Researcher/Data Analyst, Pakistan**
- Conducted and documented seven data quality assessments (DQAs) of various USAID implementing partners in Pakistan
  - Supervised a maternal and child health survey of 6000 households in Sindh province, including data collection training, conducting spot checks, and reviewing the final report
  - Wrote project documents such as the scope of work, assignment work plan, meeting minutes, and reports for USAID/Pakistan

## **PUBLICATIONS**

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### **Published**

- 2025 **Biodiversity and Healthy diets: Challenges and Opportunities for Youth Engagement.**  
Cresta, C., Bagoudou, F., Kirwan, L., Moncada de la Fuente, M., **Qayyum, N.**, Muzenda, T. *World Food Forum Young Scientist Group. Rome.*
- 2023 **The state of food systems worldwide in the countdown to 2030.**  
Schneider, K.R., Fanzo, J., Haddad, L.,... **Qayyum, N.**, et. al.,  
*Nature Food*, 4, 1090–1110.
- 2015 **Polio Eradication and Health Systems in Karachi: Vaccine Refusals in Context.**  
Closser, S., Jooma, R., Varley, E., **Qayyum, N.**, Rodrigues, S., Sarwar, A., Omidian, P.  
*Global Health Communications*, 1(1), 32–40.

### **Forthcoming**

- Under Review **Agile Development and Testing of a Gamified Human Milk Feeding Education Mobile Application for Participants of the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC): A Co-Design Approach.**  
Herrera, M., Mitchell, S., Malinowski, A., Wright, C., Dibble, M., Cassi, T., **Qayyum, N.**, Hennessy, E.  
*Journal of Medical Internet Research*.
- Working **Staff Experiences with Telehealth as a Solution to Deliver Nutrition Education and Breastfeeding Support Services in WIC: A Mixed-Methods Evaluation across Three States.**  
Dixit-Joshi, S., **Qayyum, N.**, Wright, C., Adedze, P., Ammerman A., Au, L., Barnosky, A., Blitstein, J., Castellanos-Brown, K., Cates, S., Chandra, M., Kwan Ho Chui, K., Economos, C., Fowler, M., Gualtieri, L., Kodur, B., Krupinski, E., Louder, D., Mande, J., Schultz, D., Wilde, P., Woods, S., Zhang, Q., Hennessy, E.
- Working **WIC Participants' App Use, Perceived Utility, And User Experience of a Novel Gamified App, Daily Drop, To Obtain Breastfeeding Information**  
**Qayyum, N.**, Melo Herrera, Y., Maafs-Rodriguez, A., Dixit-Joshi, S., Hennessy, E.
- Working **Factors Associated with WIC Staff Acceptance and Use of Telehealth for Providing Nutrition Education and Breastfeeding Support Services Using Telehealth**  
**Qayyum, N.**, Dixit-Joshi, S., Adachi, R., Xu, W., Hennessy, E.
- Working **The Validity and Reliability of Technology-Based Dietary Assessment Methods for Children and Adolescents: A Systematic Review**  
**Qayyum, N.**, Zhan, Y., Rathod, K., Coates, J.

## **CONFERENCE PRESENTATIONS**

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- 2025 **Gamified smartphone app enhances breastfeeding knowledge of WIC participants: findings from THIS-WIC study.**  
**Qayyum, Naina;** Dixit-Joshi, Sujata; Cassi, Patricia; Malinowski, Amy; Hennessy, Erin.  
*American Public Health Association Conference. Accepted Poster Submission.*
- 2025 **Staff Receptivity to Providing Nutrition Education and Breastfeeding Support via Telehealth: Findings from THIS-WIC evaluation.**  
**Qayyum, Naina;** Dixit-Joshi, Sujata; Wright, Catherine; Hennessy, Erin.  
*American Public Health Association Conference. Accepted Poster Submission.*
- 2025 **Glucose Empowerment through Monitoring and Social Support in Pregnancy (GEMS-P) Pilot Study – Preliminary Results. Diagnosing the Divide: Innovations in Women’s Health.**  
**Qayyum, Naina;** Chow, Marissa; Mahmoud, Taysir; Ramos, Sebastian; Chu, MyDzung; O’Tierney-Ginn, Perrie; Calancie, Larissa.  
*Diagnosing the Divide: Innovations in Women’s Health Symposium, Harvard Radcliffe Institute. Accepted Poster Submission.*
- 2023 **Early Experiences with Telehealth for Special Supplemental Nutrition Program for Women, Infants, and Children (WIC): Perspectives from Three State Agencies**  
*Selected and presented as an oral presentation at the American Society of Nutrition Conference*

## **TEACHING EXPERIENCE**

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- Summer 2023 **NUTB 206: Global Food and Nutrition Policy**  
*Teaching Assistant with Dr Eileen Kennedy*
- Fall 2023 **NUTR 203: Fundamentals of Nutrition Policy and Programs**  
*Teaching Assistant with Dr Eileen Kennedy and Dr Patrick Webb*
- Spring 2024 **NUTR 217: Monitoring and Evaluation**  
*Teaching Assistant with Dr Jennifer Coates*
- Summer 2024 **NUTB 206: Global Food and Nutrition Policy**  
*Teaching Assistant with Dr Eileen Kennedy*
- Fall 2024 **NUTR 404: Doctoral Seminar: Food and Nutrition Policy**  
*Teaching Assistant*
- Fall 2024 **NUTR 304: Global Food and Nutrition Policy**  
*Teaching Assistant with Dr Jennifer Coates*
- Summer 2025 **NUTB 206: Global Food and Nutrition Policy**  
*Teaching Assistant*
- Fall 2025 **NUTR 304: Global Food and Nutrition Policy**  
*Teaching Assistant with Dr Jennifer Coates*

## **AWARDS, HONORS, AND LEADERSHIP POSITIONS**

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- 2025 - 2027 UNFAO World Food Forum Young Scientist Group – Better Nutrition Track
- 2022 - 2025 New Balance Fellowship, Tufts University
- 2022 - 2023 Provost Leadership Fellowship, Tufts University  
*Recognize high academic achievement in the incoming doctoral student class*
- 2018 - 2019 Global Health Corps Fellow (US Cohort)  
*Selected as one of the 126 fellows from ~5000 applicants (~2.5% acceptance rate)*
- 2017 - 2018 Schwarzman Scholar (~3% acceptance rate)
- 2015 *National Davis Peace Project Award (\$10K) to lead a bootcamp of 15 youth in Pakistan on Design Thinking projects*
- 2014 *Middlebury Centre for Social Entrepreneurship grant (\$3K) to develop and run a first-of-its-kind five-day immersion and residential program on Design Thinking for 19 women in Pakistan*
- 2011 - 2015 United World College Davis Scholar; Dean's list (5 semesters), Middlebury College
- 2009 - 2011 UWC Scholarship for fully funded 2 years of International Baccalaureate High School Diploma

## **SKILLS**

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- Certificates**
- **McKinsey Academy** | Team Management Skill Badge (2019)
  - **Design, Partnering, Management and Innovation** – a 3-week certificate program on international development project management, Middlebury Institute of International Studies (2016)
- Programming**
- MS Office Suite (Word, Excel, PPT, Publisher), STATA, R, NVivo, Tableau, Power BI, Canva
- Analytical Skills**
- Qualitative data analysis, Econometrics, Statistics, Policy Analysis, Data Management, Survey Research

## **VOLUNTEER EXPERIENCE**

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- 2021 - 2023 Leading Lives Facilitator for Schwarzman Scholars for eight scholars per year, (*remote*)
- 2017 – 2018 Monitoring and Evaluation volunteer for Aga Khan Foundation, India, 2022 Afghanistan, and Geneva offices, (*remote*)
- Summer 2017 Youth Camp Facilitator for Global Encounters, (Kenya and Tanzania)
- February 2015 Alternative Break Trip Leader, Plenitude (Puerto Rico)