

JITHIN SAM VARGHESE
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April 2021

EDUCATION

- 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

RESEARCH INTERESTS

Nutritional epidemiology; Wealth over life course

PEER-REVIEWED PUBLICATIONS

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 (*In Press at BMC Medical Research Methodology*)
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 (*In Press at Diabetes Technology & Therapeutics*)

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
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

PAPERS UNDER REVIEW

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*)

IN PROGRESS

1. **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 (*Planning submission to Social Science and Medicine*)
2. 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*)
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 (*Planning submission to International Journal of Epidemiology*)
4. **Jithin Sam Varghese**, Aashish Gupta, Rukshan Mehta, Aryeh D. Stein, Shivani A. Patel. Rise in child malnutrition despite progress in socio-economic indicators: an analysis of two cross-sectional national surveys (*Planning submission to BMC Nutrition*)
5. **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 (*Planning submission to Social Science and Medicine*)
6. **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*)
7. 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*)

PRESENTATIONS

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

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

OTHER PROFESSIONAL EXPERIENCE

Research Analyst, Division of Nutrition

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

Junior Consultant, Forecasting CoE

IMS Health GTO, Bengaluru, India 2014-2015

SERVICE

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

Reviewer for *Journal of Nutrition*

Member of *American Society of Nutrition*

SOFTWARE

Advanced: R, Shiny

Working knowledge: SAS, VBA, Python, PsychoPy

Github: github.com/jvargh7