

VALERIE L. FLAX

RTI International
Food, Nutrition, and Obesity Policy Research Program
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EDUCATION

- 2010 Ph.D. in Epidemiology, University of Tampere, Tampere, Finland
- 1996 M.P.H. in Health Behavior and Health Education, University of North Carolina, Chapel Hill, NC
- 1989 B.A. in Anthropology, Wesleyan University, Middletown, CT

PROFESSIONAL EXPERIENCE

- 2015- **International Nutrition Research Advisor** (60% effort)
RTI International, Research Triangle Park, NC
- 2015- **Faculty Fellow**
Carolina Population Center, University of North Carolina, Chapel Hill, NC
- 2012- **Research Assistant Professor** (40% effort from 9/2015)
Department of Nutrition, Gillings School of Global Public Health,
University of North Carolina, Chapel Hill, NC
- 2010-2012 **Post-doctoral Scholar**
Carolina Population Center, University of North Carolina, Chapel Hill, NC
- 2004-2010 **Researcher**
Tampere University Mother and Child Health Project, Malawi and Finland
- 2001- **Public Health Consultant**
- Action Against Hunger (ACF UK), London, UK - 12/14
 - PATH, Washington, DC - 4/12-6/12, 4/14-7/14
 - Partners for Development, Silver Spring, MD - 7/01-12/01, 5/09-6/13
 - Stop Hunger Now, Raleigh, NC - 9/11-7/12
 - Program for Nutrition, Ministry of Health, Dakar, Senegal - 7/04
 - World Health Organization, Hanoi, Vietnam - 5/03
 - World Health Organization, Manila, Philippines - 4/03
 - Finnmap International, Phnom Penh, Cambodia - 10/02, 2/03-3/03
 - UNICEF, Yaounde, Cameroon - 1/02, 4/02, 9/02
 - Partners for Development, Makurdi, Nigeria - 3/02, 8/02
 - World Health Organization, Phnom Penh, Cambodia - 10/01, 5/02
 - World Health Organization, Manila, Philippines - 2/02
 - STAKES, Helsinki, Finland - 9/01
- 1998-2001 **Child Survival Program Manager**
Partners for Development, Chhlong, Cambodia

1996-1998 **Health Education Program Manager**
International Rescue Committee, N'zerekore, Guinea

PUBLICATIONS

Peer-reviewed publications:

1. **Flax VL**, Hamela G, Mofolo I, Hosseinipour MC, Hoffman I, Maman S. Infant and young child feeding counseling, decision-making, and practices among HIV-infected women in Malawi's Option B+ prevention of mother-to-child transmission program: a mixed methods study. *AIDS & Behavior*. 2016 March 29 [epub ahead of print].
2. **Flax VL**, Ibrahim AU, Negerie M, Yakubu D, Leatherman S, Bentley ME. Group cell phones are feasible and acceptable for promoting optimal breastfeeding in a women's microcredit program in Nigeria. *Matern Chi Nutr* 2015 Oct 20 [epub ahead of print].
3. **Flax VL**, Thakwalakwa C, Ashorn U. Perceptions of child body size and health care seeking for undernourished children in southern Malawi. *Qual Health Res* 2015 Oct 20 [epub ahead of print].
4. Hampel D, Shahab-Ferdows S, Adair LS, Bentley ME, **Flax VL**, Jamieson DJ, Tegha G, Chasela CS, Kamwendo D, Allen LH. Thiamin and riboflavin in human milk: effects of lipid-based nutrient supplementation and stage of lactation on vitamin secretion and contributions to total vitamin content. *PLoS One* 2016;11:e0149479.
5. Allen LH, Hampel D, Shahab-Ferdows S, York ER, Adair LS, **Flax VL**, Tegha G, Chasela CS, Kamwendo D, Jamieson DJ, van der Horst CM, Bentley ME. Antiretroviral therapy provided to HIV-infected Malawian women in a randomized trial diminishes the positive effect of lipid-based nutrient supplements on breast milk B-vitamins. *Am J Clin Nutr* 2015;102:1468-74.
6. Ickes SB, Hurst TE, **Flax VL**. Maternal literacy, facility birth, and education are positively associated with better infant and young child feeding practices and nutritional status among Ugandan children. *J Nutr* 2015;145:2578-86.
7. Kavle JA, **Flax VL**, Abdelmegeid A, Salah F, Hafez S, Ramzy M, Hamed D, Saleh G, Galloway R. Factors associated with early growth in Egyptian children: implications for addressing the dual burden. *Matern Chi Nutr* 2015;12:139-51.
8. **Flax VL**, Adair LS, Allen LH, Shahab-Ferdows S, Hampel D, Chasela CS, Tegha G, Daza EJ, Corbett A, Davis N, Kamwendo D, Kourtis AP, van der Horst CM, Jamieson DJ, Bentley ME. Plasma micronutrient concentrations are altered by antiretroviral therapy and lipid-based nutrient supplements in lactating HIV-infected Malawian women. *J Nutr* 2015;145:1950-7.
9. **Flax VL**, Siega-Riz AM, Reinhart GA, Bentley ME. Provision of lipid-based nutrient supplements to Honduran children increases their dietary macro- and micronutrient intake without displacing other foods. *Matern Chi Nutr* 2015;11(Suppl 4):203-13.
10. Widen EM, Bentley ME, Chasela CS, Kayira D, **Flax VL**, Kourtis AP, Ellington SR, Kacheche Z, Tegha G, Jamieson DJ, van der Horst C, Allen LH, Shahab-Ferdows S, Adair LS for the BAN Study Team. Antiretroviral prophylaxis is associated with iron deficiency in HIV-infected Malawian women that is mitigated with supplementation, but is not associated with infant iron deficiency. *J Acquir Immune Defic Syndr* 2015;69:319-28.
11. **Flax VL**, "It was caused by the carelessness of the parents": cultural models of child malnutrition in southern Malawi. *Matern Chi Nutr* 2015;11:104-18.

12. **Flax VL**, Negerie M, Ibrahim AU, Leatherman S, Daza EJ, Bentley ME. Integrating group counseling, cell phone messaging, and participant-generated songs and dramas into a microcredit program increases Nigerian women's adherence to international breastfeeding recommendations. *J Nutr* 2014;144:1120-4.
13. **Flax VL**, Bentley ME, Combs GF Jr., Chasela CS, Kayira D, Tegha G, Kamwendo D, Daza EJ, Fokar A, Kourtis AP, Jamieson DJ, van der Horst CM, Adair LS. Plasma and breastmilk selenium in HIV-infected Malawian mothers are positively associated with infant selenium status but are not associated with maternal supplementation: results of the BAN study. *Am J Clin Nutr* 2014;99:950-6.
14. Widen EM, Bentley ME, Kayira D, Chasela CS, Jamieson DJ, **Flax V**, van der Horst C, Adair LS. Maternal weight loss during exclusive breastfeeding is associated with reduced weight and length gain in daughters of HIV-infected Malawian women. *J Nutr* 2013;143:1168-75.
15. Kourtis AP, Ibegbu CC, Wiener J, King CC, Tegha G, Kumwenda J, Pal KS, **Flax V**, Ellington S, Kacheche Z, Kayira D, Chasela C, van der Horst C & Jamieson DJ. Role of intestinal mucosal integrity in HIV transmission to infants through breastfeeding: the BAN study. *J Infect Dis* 2013;208:653-61, PMID: PMC3719904.
16. **Flax VL**, Mäkinen S, Ashorn U, Cheung YB, Maleta K, Ashorn P, Bentley ME. Responsive feeding and child interest in food vary when rural Malawian children are fed lipid-based nutrient supplements or local complementary food. *Matern Chi Nutr* 2013;9:369-80.
17. **Flax VL**, Bentley ME, Chasela CS, Kayira D, Hudgens MG, Kacheche KZ, Chavula C, Jamieson DJ, van der Horst CM & Adair LS. Lipid-based nutrient supplements are feasible as a breastmilk replacement for HIV-exposed infants from 24-48 weeks of age. *J Nutr* 2013;143:701-7.
18. **Flax VL**, Bentley ME, Chasela CS, Kayira D, Hudgens MG, Knight RJ, Soko A, Jamieson DJ, van der Horst CM & Adair LS. Use of lipid-based nutrient supplements by HIV-infected Malawian women during lactation has no effect on infant growth from 0-24 weeks. *J Nutr* 2012;142:1350-6.
19. **Flax VL**, Phuka J, Cheung YB, Ashorn U, Maleta K, Ashorn P. Feeding patterns and behaviors during home supplementation of underweight Malawian children with lipid-based nutrient supplements or corn-soy blend. *Appetite* 2010;54:504-11.
20. **Flax VL**, Thakwalakwa C, Phuka J, Ashorn U, Cheung YB, Maleta K, Ashorn P. Malawian mothers' attitudes towards the use of two supplementary foods for moderately malnourished children. *Appetite* 2009;53:195-202.
21. Thakwalakwa C, Phuka J, **Flax V**, Maleta K, Ashorn P. Prevention and treatment of childhood malnutrition in rural Malawi: Lungwena nutrition studies. *Malawi Med J* 2009;21:116-9.
22. **Flax VL**, Maleta K, Ashorn U, Manary MJ, Briend A, Ashorn P. Intake of lipid-based nutrient supplements during illness and convalescence among moderately-underweight Malawian children. *J Health Popul Nutr* 2008;26:468-70.
23. **Flax VL**, Ashorn U, Phuka J, Maleta K, Manary MJ, Ashorn P. Feeding patterns of underweight children in rural Malawi given supplementary fortified spread at home. *Matern Chi Nutr* 2008;4:65-73.

24. **Flax VL**, Earp JL. Counseled women's perspectives on their interactions with lay health advisors: a feasibility study. *Health Educ Res* 1999;14:15-24.
25. Earp JL, **Flax VL**. What lay health advisors do: an evaluation of advisors' activities. *Cancer Pract* 1999;7: 16-21.
26. Earp JL, Viadro CI, Vincus AA, Altpeter M, **Flax V** & Eng E. Lay health advisors: a strategy for "getting the word out" about breast cancer. *Health Ed Behav* 1997;24:432-451.

Manuscripts under peer review:

Lorenzetti L, Leatherman SL, **Flax VL**. Integrating microfinance and health: a review of new evidence. Submitted to *Health Policy & Planning*.

Yourkavitch J, Zadrozny S, **Flax VL**. Reflux among exclusively breast milk fed infants: differences by feeding mode. *Children*.

Adair LS, Thompson AL, **Flax VL**, Allen LH, Shahab-Ferdows S, Chasela C, Tegha G, Jamieson DJ, Kourtis AP, van der Horst CM, Bentley ME for the BAN Study Team. Inflammation in HIV exposed, but un-infected Malawian infants in the first year of life. Submitted to *Tropical Medicine & International Health*.

Manuscripts in preparation:

* *Indicates the first author is a student for whom I am the primary mentor.*

Flax VL, Hamela G, Mofolo I, Mokiwa L, Mgoli P, Swira H, Hosseinipour MC, Hoffman I, Maman S. Feasibility and acceptability of a novel intervention to improve infant and young child feeding counseling for HIV-positive women in Malawi.

*Croffut S, Hamela G, Mofolo I, Maman S, Hosseinipour MC, Hoffman I, Bentley ME, **Flax VL**. Body image perceptions and breastfeeding practices among HIV-positive Malawian women with young children.

*Chintalapudi N, Hamela G, Mofolo I, Maman S, Hosseinipour MC, Hoffman I, Bentley ME, **Flax VL**. Perspectives of wife-husband pairs on their roles in infant and young child feeding decision-making in the context of Malawi's prevention of mother-to-child HIV transmission program.

Hampel D, Shahab-Ferdows S, Gertz E, **Flax VL**, Adair LS, Bentley ME, Jamieson DJ, Tegha G, Chasela C, Kamwendo D, van der Horst CM, Allen LH. The effects of a lipid-based nutrient supplement and antiretroviral therapy on iron, copper and zinc in human milk of HIV-infected Malawian mothers and associations with maternal and infant biomarkers and characteristics.

Landry MM, Kavle J, **Flax VL**. Maternal autonomy is associated with infant stunting and overweight in Egypt.

*Giezendanner E, Jagger P, Jumbe C, **Flax V**. Exploring the household air pollution and nutrition nexus in Malawi.

Selected reports and technical papers:

Flax V. *Linking integrated community case management & nutrition, New York, NY meeting report*. Action Against Hunger UK, 2014.

Bentley M, Creed-Kanashiro H, **Flax V**, Reinhart G, Wasser H (in alphabetical order). *Meal redesign final report and recommendations*. Stop Hunger Now, Raleigh, NC, 2012.

Main contributor: World Health Organization, Regional Office for the Western Pacific. *Regional framework for community IMCI*. WHO, Manila, Philippines, 2003.

Flax VL. *Improving child survival in communities: a practical guide to planning, implementation and evaluation*. Partners for Development, Silver Spring, MD, 2001.

Flax VL. *Trainer's guide: village health volunteer supervision workshop*. Northeast Cambodia Child Survival Program, Partners for Development, Phnom Penh, Cambodia, 2001.

Flax VL. *Baseline survey: knowledge, practice, and coverage (KPC)*. Northeast Cambodia Child Survival Program, Partners for Development, Phnom Penh, Cambodia, 1999.

REFEREED ABSTRACTS AND PRESENTATIONS

* Indicates the first author is a student for whom I am the primary mentor.

Flax VL, Hamela G, Mofolo I, Mokiwa L, Mgoli P, Swira H, Hosseinipour MC, Hoffman I, Maman S. Feasibility and acceptability of a novel intervention to improve infant and young child feeding counseling for HIV-positive women in Malawi. Experimental Biology Conference. April 1-6, 2016. San Diego, CA. *FASEB J*, April 2016, 30:674.25.

*Croffut S, Hamela G, Mofolo I, Maman S, Hosseinipour MC, Hoffman I, Bentley ME, **Flax VL.** Body image perceptions and breastfeeding practices among HIV-positive Malawian women with young children. Experimental Biology Conference. April 1-6, 2016. San Diego, CA. *FASEB J*, April 2016, 30:1149.15.

*Chintalapudi N, Hamela G, Mofolo I, Maman S, Hosseinipour MC, Hoffman I, Bentley ME, **Flax VL.** Perspectives of wife-husband pairs on their roles in infant and young child feeding decision-making in the context of Malawi's prevention of mother-to-child HIV transmission program. Experimental Biology Conference. April 1-6, 2016. San Diego, CA. *FASEB J*, April 2016, 30:1149.12.

Flax VL, Ibrahim AU, Negerie M, Yakubu D, Leatherman S, Bentley ME. Feasibility and acceptability of group cell phones to promote optimal breastfeeding in a women's microcredit program in Nigeria. Experimental Biology Conference. March 28-April 1, 2015. Boston, MA. *FASEB J*, April 2015, 29:120.4.

Flax VL, Hamela G, Mofolo I, Hosseinipour MC, Hoffman I, Maman S. Counseling on infant and young child feeding practices for HIV-infected women in Malawi's Option B+ prevention of mother-to-child transmission program. Experimental Biology Conference. March 28-April 1, 2015. Boston, MA. *FASEB J*, April 2015, 29:898.41.

Flax VL, Adair LS, Allen LH, Tegha G, Jamieson DJ, Bentley ME. Protease inhibitor-based highly active antiretroviral therapy is associated with decreased plasma folate and increased transferrin receptor concentrations in lactating HIV-infected women. Eleventh Annual Interdisciplinary Women's Health Research Symposium, November 6, 2014. Bethesda, MD. *J Womens Health* 2014;23:858.

Flax VL for the BAN study team, Growth and micronutrient status of HIV-exposed infants in the Breastfeeding, Antiretrovirals, and Nutrition study during the first year of life. International Congress of Nutrition. September 16-20, 2013. Granada, Spain. *Ann Nutr Metab* 2013;63(suppl 1):71.

Flax VL, Ibrahim AU, Bentley ME. Nigerian women participating in an integrated microcredit and mHealth breastfeeding promotion intervention were more likely to adopt international

breastfeeding recommendations. International Congress of Nutrition. September 16-20, 2013. Granada, Spain. *Ann Nutr Metab* 2013;63(suppl 1):885.

Flax VL, "It was caused by the carelessness of the parents": cultural models of child malnutrition and parental caring practices in southern Malawi. Nutrition and Nurture in Infancy and Childhood: Bio-Cultural Perspectives, June 10-12, 2013. Grange-Over-Sands, UK. *Matern Chi Nutr* 2013;9(suppl 3):14.

Flax VL, Bentley ME, Combs GF Jr., Chasela CS, Kayira D, Tegha G, Daza EJ, Jamieson DJ, van der Horst CM, Adair LS. Plasma and breastmilk selenium in HVI-infected Malawian mothers is positively associated with infant selenium status at 2 or 6 and 24 weeks post-partum but is not associated with maternal supplementation. Experimental Biology Conference. April 20-24, 2013. Boston, MA. *FASEB J*, April 9, 2013, 27:845.16.

Flax VL, Bentley ME, Chasela CS, Kayira D, Hudgens M, Allen L, Shahab-Ferdows S, Kourtis AP, Jamieson DJ, van der Horst CM, Adair LS. The growth of HIV-exposed infants in the Breastfeeding, Antiretrovirals, and Nutrition study during the first year of life. Nutrition Congress Africa. October 1-4, 2012. Bloemfontein, South Africa.

Flax VL, Bentley ME, Chasela CS, Kayira D, Fiscus SA, Nelson J, Chavula C, Shahab-Ferdows S, Allen LH, Jamieson DJ, Kourtis AP, Ellington SR, Tegha G, van der Horst CM, Adair LS. Serum micronutrient status but not micronutrient supplementation is associated with viral load in lactating HIV-infected Malawian women at 24 weeks post-partum: the BAN study. XIX International AIDS Conference. July 22-27, 2012. Washington, DC.

Flax VL, Bentley ME, Chasela CS, Kayira D, Hudgens MG, Kacheche KZ, Chavula C, Jamieson DJ, van der Horst CM & Adair LS. Patterns and predictors of growth in HIV-exposed 24-48-week-old Malawians receiving lipid-based nutrient supplements as a breastmilk replacement: results of the BAN study. Experimental Biology Conference. April 21-25, 2012. San Diego, CA. *FASEB J*, March 29, 2012, 26:653.6.

Flax VL, Bentley ME, Makinen S, Cheung YB, Ashorn U, Maleta K, Ashorn P. Caregiver and child behaviors differ during LNS and regular complementary feeding episodes in rural Malawi. iLiNS meeting. April 9, 2011. Washington, DC.

Flax VL, Adair LS, Bentley ME, Chasela CS, Kayira D, Hudgens MG, Knight RJ, Soko A, Jamieson DJ, van der Horst CM. Nutrition supplementation of HIV-infected women during lactation does not consistently influence infant growth from 0-24 weeks. Experimental Biology Conference. April 9-13, 2011. Washington, DC. *FASEB J*, March 17, 2011, 25:216.1.

Flax VL, Phuka J, Cheung YB, Ashorn U, Maleta K, Ashorn P. Comparison of food consumption patterns and caregiver feeding behaviors for two supplementary foods given to moderately malnourished children in rural Malawi. Commonwealth Association for Paediatric Gastroenterology and Nutrition, 10th World Congress on Diarrhoea and Malnutrition. August 12-16, 2009. Blantyre, Malawi.

Flax VL, Maleta K, Ashorn U, Manary MJ, Briend A, Ashorn P. Intake of lipid-based nutrient supplements during illness and convalescence among moderately underweight Malawian children. Symposium on Global Health Research, University of Tampere. September 5, 2008. Tampere, Finland.

Flax VL, Ashorn U, Maleta K, Manary MJ, Ashorn P. Feeding patterns among moderately underweight children in rural Malawi given supplementary fortified spread at home. Global Health Symposium, University of Tampere. September 7, 2006. Tampere, Finland.

INVITED LECTURES AND PANELS

"Strategies for improving adherence to infant and young child feeding guidelines among HIV-positive women in Malawi", Friday Infectious Disease Conference, University of North Carolina at Chapel Hill, Institute for Global Health and Infectious Diseases, February 26, 2016.

"Nutrition and antiretroviral therapy among HIV-positive mothers in Malawi", GLHLTH 670S – Global Nutrition, Duke University, October 6, 2015.

"HIV, nutrition, and antiretroviral therapy for mothers and infants in Malawi", KINE 355 - International Nutrition, College of William & Mary, September 10, 2015.

"Plasma and breastmilk micronutrients in HIV-infected Malawian women in the Breastfeeding, Antiretrovirals, and Nutrition study", Pediatric and Perinatal Epidemiology seminar, University of North Carolina at Chapel Hill, March 18, 2015.

"Linking microfinance and cell phone technology to promote optimal breastfeeding practices in Nigeria", Carolina Population Center research seminar, January 23, 2015.

UNC expert panel: International diet assessment and nutritional status assessment – challenges and solutions, UNC Nutrition Obesity Research Center, December 1, 2014.

Panel discussion, PHS 302: Introduction to Global Health, Elon University, Greensboro, North Carolina, December 18, 2012.

"Child undernutrition and interventions to treat and prevent it", Global health course, Elon University, Greensboro, North Carolina, March 15, 2011.

"Malawian mothers' attitudes towards the use of two supplementary foods for their moderately malnourished children", Global Health Seminar, University of North Carolina at Chapel Hill, March 25, 2009.

"Health behavior change in developing countries", University of Lahti, Finland, January 10, 2003.

RESEARCH GRANTS AND FUNDING

On-going Support

Bill & Melinda Gates Foundation/Sub-contract with FHI 360 (Flax) 04/01/16-08/31/19

Alive & Thrive Nigeria Impact Evaluation

This is a mixed methods impact evaluation of Alive & Thrive's infant and young child feeding promotion program at scale in Lagos and Kaduna States. It will measure whether high or low intensity interventions are more effective at modifying feeding behaviors.

Role: Principal Investigator

Center for AIDS Research developmental award (Flax) 08/01/13-07/31/16

Developing and pilot testing an intervention to improve adherence to infant and young child feeding guidelines and PMTCT participation among HIV+ women in Malawi

This grant funds formative data collection on infant and young child feeding counseling and practices of HIV+ women in Malawi. The formative data is then used to design and pilot test an intervention to improve feeding practices among HIV+ women with young children participating in a village savings and loan association program.

Role: Principal Investigator

AID0AAM12000006/Subaward 6015-S03 (Curtis) 01/01/14-12/31/17
USAID/Sub-contract from Westat
Monitoring and evaluation for Feed the Future and FEEDBACK program
This impact evaluation in Malawi is a component of the monitoring and evaluation provided by UNC to Feed the Future. It will determine whether integrating nutrition-related program interventions alongside agricultural value chain interventions in two districts will contribute to a greater reduction in childhood stunting compared to stand-alone programs.
Role: Co-Investigator on the study in Malawi

AID-OAA-L-14-00004 (Thomas) 01/01/12-09/31/19
USAID - MEASURE Evaluation Phases III and IV
A quality improvement approach to PMTCT (3HIV-78 and 4HIV-702)
This project uses a quality improvement approach to improve PMTCT services and to increase the HIV-free survival of exposed children at 18 months of age. We expect to conduct process and impact evaluations comparing the quality improvement approach with standard of care.
Role: Principal Investigator for this activity

Challenges to adherence in Option B+ (4HIV-401)
This study uses qualitative methods to investigate gender-related barriers to women's participation in the new Option B+ PMTCT program in Malawi and Uganda.
Role: Principal Investigator for this activity

Mathile Foundation (Bentley & Siega-Riz) No date
Project MANI (Mejorando la Alimentación de los Niños en Intibucá)
This study uses a cluster randomized controlled design to measure the effect of lipid-based nutrient supplements on child growth, micronutrient status, and dietary intake in Honduras.
Role: Co-Investigator

A15-0881-001 (Flax) 01/01/15-07/31/17
American Institutes for Research
Evaluation of the "Tackling Maternal and Child Undernutrition in Zambia" Programme
I serve as the nutrition advisor for this external evaluation of the UK Department for International Development's large scale nutrition behavior change intervention focused on the first 1000 days.
Role: Principal Investigator

Completed Support

University Research Council small grant (Flax) 05/01/14-04/30/16
Identifying factors that influence maternal adherence to infant and young child feeding guidelines and participation in the PMTCT program in Malawi
This small grant provides funding for research costs related to my CFAR developmental award project.
Role: Principal Investigator

5-K12-HD001441-11-14 (Orringer) 01/01/14-09/15/15
National Institutes of Health
Building Interdisciplinary Research Careers in Women's Health (BIRCWH) K12 Program
Proposed Project: Improving maternal adherence to infant and young child feeding guidelines in Malawi's prevention of mother-to-child HIV transmission program
Role: Scholar

OPP53107 (Bentley) 09/01/09-12/31/13

The Bill and Melinda Gates Foundation

Improving nutritional status and health of infants and lactating women through the use of lipid based nutrient supplements (LNS): evidence from a longitudinal, randomized trial in Lilongwe, Malawi

The main goal of this study is to provide the scientific evidence to support the broad use of low-cost lipid-based nutrient supplements to enhance the nutritional status of HIV-infected women and their HIV-exposed children.

Role: Co-Investigator

09-000076/Subaward 09-000076-AT11-1UNC (Bentley)

05/15/11-09/31/13

Alive & Thrive Small Grants Program/ UC Davis

Linking microcredit, technology, and IYCF breastfeeding guidelines in Bauchi State, Nigeria

The goal of this study is to test the effect of an intervention that uses group counseling and cell phone messaging to promote early initiation of breastfeeding and exclusive breastfeeding among female microcredit clients in three local government areas in Bauchi State.

Role: Co-Investigator – We applied for this grant when I was a post-doctoral fellow. I took the lead role in designing and conducting the study.

Researcher stipend, Doctoral Programmes in Public Health, Finland

01/06-03/10

Travel grant, Tampere University Foundation, Finland

07/09

Visiting grant, Doctoral Programmes in Public Health, Finland

03/09

HONORS

2014 Paper entitled "Role of mucosal integrity in HIV transmission to infants through breastfeeding: the BAN study" received Charles C. Shepard Science Award from the Centers for Disease Control and Prevention

2012 Finalist post-doctoral research competition, American Society for Nutrition

1996 Delta Omega, National Public Health Honor Society

1989 Phi Beta Kappa, National Honor Society

1989 Honors in Anthropology, Wesleyan University

MEMBERSHIPS

2012- International AIDS Society

2010- American Society for Nutrition

2009- Commonwealth Association for Pediatric Gastroenterology and Nutrition

TEACHING AND SERVICE

Gillings School of Global Public Health, University of North Carolina

NUTR 809: Qualitative Research Methods in Nutrition

Description: Doctoral-level course on methods for qualitative data collection and analysis.

(Co-instructor with Margaret Bentley)

Enrollment: 2015 (12, 3 auditors)

Enrollment: 2014 (8, 1 auditor)

Enrollment: 2013 (19, 5 auditors)

Enrollment: 2012 (8, 1 auditor)

Lectures in University of North Carolina at Chapel Hill courses

NUTR 809: Qualitative Research Methods in Nutrition, "Improving adherence to infant and young child feeding guidelines among HIV-positive women in Malawi", March 29, 2016.

MHCH 702: Foundations of Maternal and Child Health, "Global child undernutrition and interventions to prevent or treat it", March 4, 2015 and March 8, 2016.

EPID 804: Design of Clinical Research, "Introduction to qualitative research methods", University of North Carolina at Chapel Hill, January 29, 2015.

NUTR 745: International Nutrition, "The MaMI Project: Effects of nutritional supplementation and ARVs on HIV-infected mothers and their exposed infants", October 6, 2014.

ANTH 319: Global Health, "Careers in global health", February 26, 2014.

NUTR 620: Human Metabolism: Micronutrients, "Plasma and breastmilk B vitamins in HIV-infected Malawian women in the Breastfeeding, Antiretrovirals, and Nutrition study", University of North Carolina at Chapel Hill, February 25, 2014.

NUTR 630: Nutrition Communication, Counseling and Culture, "The cultural construction of infant and young child feeding, growth, and malnutrition in southern Malawi", September 10, 2013.

NUTR 720: Public Health Nutrition Management, "International public health nutrition: examples from Cambodia and Nigeria", May 15, 2013.

NUTR 745: International Nutrition, "Strategies for improving child undernutrition", November 1, 2010 and October 15, 2012.

NUTR 813: Nutrition Epidemiology, "Nutrition epidemiology research: an international perspective", April 5, 2012.

Committee membership

- Julia Naman, environmental sciences and engineering, MPH (2014), Thesis: Disparities in water and sewer services in North Carolina: an analysis of the decision-making process.
- Amy Weissman, public health leadership, DrPH (2015), Thesis: Overcoming sociopolitical barriers to a national nutrition response in Cambodia.
- Tosha Smith, nutrition, PhD candidate (expected completion May 2016)
- Cassandra Johnson, nutrition, PhD candidate (expected completed May 2017)

Student mentoring

Undergraduate Nutrition BSPH Students:

- Brenna Keane (2011), Thesis: Association of caregiver and child behaviors with child acceptance of food in Malawi (co-mentored with Margaret Bentley)
- Natalia Smirnova (2013), Thesis: Association between nutritional supplementation and morbidities in HIV-infected lactating women in Malawi (co-mentored with Margaret Bentley)
- Nainisha Chintalapudi (2016), Thesis: Perspectives of wife-husband pairs on their roles in infant and young child feeding decision-making in the context of Malawi's prevention of mother-to-child HIV transmission program
- Other students: Ellie Carter (2016)

MPH or MPH/RD Nutrition Students:

- Diana Allotey (2012), Thesis: Caregiver attitudes and perceptions towards the nutrition education component of the community-based treatment of acute malnutrition (CMAM)

approach in outpatient care sites of Ghana: a case study of the Princess Marie Louise children's hospital (co-mentored with Margaret Bentley)

- Esther Giezendanner (2013), Thesis: Cooking methods and food choices in rural Malawi (co-mentored with Margaret Bentley)
- Current students: Samantha Croffut, Taryn Cullen

MPH Health Behavior Students:

- Hillary Murphy (2015), Summer Practicum: Adapting training materials on infant and young child feeding learning sessions for village savings and loan associations in Malawi
- Ryan Seguin (2016), Summer Practicum: Studying adoption of improved cookstoves in Rwanda

MPH Maternal & Child Health Students:

- Laura Ruhl (2016), Thesis: Afya Jamii: evaluation of a group antenatal and well child care program in Kenya (second reader)

External examiner

Master's thesis proposal defense, January 30, 2013

Adhika Dibyareswati, "Decision making process in dietary management of diarrhea among caregivers with children aged 6-23 months in urban slums, North Jakarta", Faculty of Medicine, University of Indonesia

Editorial board member, *Maternal & Child Nutrition*, 2016-

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