

CURRICULUM VITAE

Shweta KHANDELWAL, MSc, PhD, MPH

Mobile: +91.989-1111-858

Email: shweta26163@gmail.com; shweta.khandelwal@phfi.org

Twitter: @shwetaPHN

Current Position:

Head, Nutrition Research and Additional Professor
Public Health Foundation of India (PHFI)
Sector 44, plot 47, Institutional area, Gurgaon, Haryana INDIA

Qualifications:

- 2010 Master in Public Health (Health Promotion stream), *London School of Hygiene and Tropical Medicine*
2009 Doctorate of Philosophy, Food Science and Nutrition (Home Science), *Institute of Home Economics, University of Delhi, New Delhi*
2005 Master in Home Science, Food Science and Nutrition, *S.N.D.T. Women's University, Juhu Campus, Mumbai.*
2003 Bachelor of Home Science, Foods and Nutrition, *G.B. Pant University of Agriculture and Technology, Pantnagar, Uttranchal*

Employment:

- 01-Apr-19+ Head, Nutrition Research and Additional Professor, PHFI
04-Sep-18 Head, Nutrition Research and Associate Professor, PHFI
21-May-18 Senior Research Scientist and Associate Professor, PHFI
01-Nov-14 Associate Professor, PHFI
01-Nov-11 Research Scientist and Adjunct Assistant Professor, PHFI
01-Jan-11 Senior Lecturer, PHFI
01-Aug-08 Research Fellow (Nutrition), PHFI
1 Jan 06 Junior Research officer, Centre for Chronic Disease Control (CCDC)

Publications (20 listed out of 85)

- Sachs JD, Karim SSA, Akinin L, Allen J, Brosbøl K, Colombo F, Barron GC, Espinosa MF, Gaspar V, Gaviria A, Haines A, Hotez PJ, Koundouri P, Bascuñán FL, Lee J, Pate MA, Ramos G, Reddy KS, Serageldin I, Thwaites J, Vike-Freiberga V, Wang C, Were MK, Xue L, Bahadur C, Bottazzi ME, Bullen C, Laryea-Adjei G, Amor YB, Karadag O, Lafortune G, Torres EL, Barredo L, Bartels JGE, Joshi N, Hellard M, Huynh UK, Khandelwal S, Lazarus JV, Michie SF. The Lancet Commission on lessons for the future from the COVID-19 pandemic. *The Lancet*. 2022; [https://doi.org/10.1016/S0140-6736\(22\)01585-9](https://doi.org/10.1016/S0140-6736(22)01585-9)
- Shweta Khandelwal, Kondal D, Chakravarti AR, Dutta S, Banerjee B, Chaudhry M, Patil K, Swamy MK, Ramakrishnan U, Prabhakaran D, Tandon N, Stein AD. Infant Young Child Feeding Practices in an Indian Maternal–Child Birth Cohort in Belagavi, Karnataka. *International Journal of Environmental Research and Public Health* 2022; 19(9):5088. <https://doi.org/10.3390/ijerph19095088>
- Monica Chaudhry, Lindsay Jaacks, Monu Bansal, Palak Mahajan, Ayushi Singh and Shweta Khandelwal. A Direct Assessment of the External Domain of Food Environments in the National Capital Region of India. *Frontiers in Sustainable Food Systems* 2021 <https://doi.org/10.3389/fsufs.2021.726819>
- Shweta Khandelwal, Dimple Kondal, Monica Chaudhary, Kamal Patil, M K Swamy, Deepa Metgud, Sandesh Joglekar, Mahesh Kamate, Gauri Divan, Ruby Gupta, Dorairaj Prabhakaran, Nikhil Tandon, Usha Ramakrishnan, Aryeh Stein. Effect of maternal docosahexaenoic acid (DHA) supplementation on offspring neurodevelopment at 12 months in India: A randomized controlled trial. *NUTRIENTS* 2020 <https://www.mdpi.com/2072-6643/12/10/3041/pdf>
- Standing together for nutrition consortium (Shweta is listed as a co-author). The COVID-19 crisis will lead to increased childhood malnutrition and nutrition related mortality. *Lancet*, 2020 [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(20\)31647-0/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)31647-0/fulltext)

- Shweta Khandelwal and Anura Kurpad. A Vision for Nutrition Research in Asia. Food and Nutrition Bulletin 2019. 40(2): 133-142. doi:10.1177/0379572119851637.
- Shweta Khandelwal and Usha Ramakrishnan. Supplementing Mothers and their Offspring with Long-Chain ω -3 PUFAs Offers no Benefit Compared with Placebo in Infant Development. The Journal of Nutrition 2019 DOI: 10.1093/jn/nxy308 <https://www.ncbi.nlm.nih.gov/pubmed/30801648>
- Shweta Khandelwal, Giridhara Babu and Anura Kurpad. Nutrition Research and Policy. Nature Research 2018 doi:10.1038/nindia.2018.168 Published online 19 December 2018 pages 29-30 https://www.natureasia.com/en/nindia/article/10.1038/nindia.2018.168?WT.mc_id=TWT_NatureInd
- Shweta Khandelwal, Rasmi Rodrigues and David Osrin. Public health and implementation research. Nature Research 2018 pages 49-51
- Shweta Khandelwal, Anura Kurpad and Venkat Narayan. Global Non-communicable Diseases – the Nutrition Conundrum. Frontiers in Public Health 2018; 6:9. doi: 10.3389/fpubh.2018.00009
- Shweta Khandelwal, Tanusree Paul and Lawrence Haddad. Postgraduate Nutrition Education in India: What is Being Taught? An Analysis of Course Content World Nutrition 2017; 8 (2): 1-20. Weblink: <https://worldnutritionjournal.org/index.php/wn/article/view/158>
- Shweta Khandelwal, Akanksha Srivastava, Tanusree Paul, Nick Nisbett and Ramanan Laxminarayan. Exploring Perspectives on Public Health Nutrition in India: A Qualitative Analysis National Journal of Public health 2016; 1(3): 106-117
- Shweta Khandelwal, Tanusree Paul, Lavanya Nambiar and Ramanan Laxminarayan. Strengthening Public health nutrition education in India. Research brief, Transform Nutrition April 2014; issue 1 Web link: http://www.transformnutrition.org/files/2014/04/TN_ResearchBrief1_Web.pdf
- Trichopoulou, A, Martinez-Gonzalez, MA, Tong, TY, Forouhi, NG, Shweta Khandelwal, Prabhakaran, D, Mozaffarian, D, de Lorgeril, M. Definitions and potential health benefits of the Mediterranean diet: views from experts around the world. BMC Med. 2014; 12:112. <https://bmccmedicine.biomedcentral.com/articles/10.1186/1741-7015-12-112>
- Shweta Khandelwal, Karen Siegel and Mohammad K Ali. Chapter (No. 19) on “Nutrition and Cardiovascular Disease: A Global Public Health Concern” for publishers Jones and Bartlett Learning in a book entitled “Public Health Nutrition: Principles and Practice in Community and Global Health”. Expected publishing date: March 2014. Web link: <http://www.jblearning.com/catalog/9781449692049/> Pages 387- 408.
- The WCRF International (Shweta Khandelwal listed as a co-author). Food, nutrition, diet and non-communicable diseases: Key reasons to consider NCDs in policies to address major nutritional challenges. WCRF Nov 2013. Available at: http://www.wcrf.org/policy_public_affairs/publications.php
- Shweta Khandelwal and K Srinath Reddy (2013) Eliciting a policy response for the rising epidemic of overweight-obesity in India. Obesity Reviews 2013; 14 (suppl 2): 114-125. <https://www.ncbi.nlm.nih.gov/pubmed/24103051>
- Shweta Khandelwal, Mark Huffman, Seema Shah, Sandeep Kishore and Karen Siegel (2011). Non-Communicable, Chronic Disease Training and Education Needs in India: Perspectives from Young Professionals. Global Heart 2011, 6(4), 195-99
- Shweta Khandelwal, I. Demonty, P. Jeemon, R. Lakshmy, R. Mukherjee, R. Gupta, U. Snehi, D. Niveditha, Y. Singh, H.C.M. van der Knaap, SJ. Passi, D. Prabhakaran, K.S. Reddy. Independent and interactive effects of plant sterols and fish oil omega-3 long chain polyunsaturated fatty acids on the plasma lipid profile of mildly hyperlipidemic Indian adults. British Journal of Nutrition 2009; 19: 1-11.

Other contributions:

More than 200 newspaper articles (2012-2022) including 70 opinion articles. (Select pieces provided as examples)

- Outlook Poshan (22 July 2022). Shweta’s oped on the occasion of World Brain Day: Well Nourished People Have Healthier Brains <https://poshan.outlookindia.com/story/poshan-news-well-nourished-people-have-healthier-brains/409844>
- The Telegraph UK (8 July 2022) <https://www.telegraph.co.uk/global-health/science-and-disease/un-warning-indias-alarmed-obesity-rates/>
- The Guardian (20 Jan 2014) Tackling malnutrition in India: the role of higher education (20th <http://www.theguardian.com/global-development-professionals-network/2014/jan/20/india->

[malnutrition-research-development](#)

- Deccan Herald (3 Sep 2017) Shweta's opinion piece "Make the rules for nutrition security" <http://www.deccanherald.com/content/631278/make-rules-nutrition-security.html>
- New York Times (26 Dec 2017) One man's One Man's Stand Against Junk Food as Diabetes Climbs Across India. Dr Shweta Khandelwal was quoted. <https://www.nytimes.com/2017/12/26/health/india-diabetes-junk-food.html>
- Forbes India blog (31 Oct 2018) Shweta Khandelwal and Ajay Kavishwar wrote this piece. "Indians are protein deficient, and it needs immediate attention" <http://www.forbesindia.com/blog/giving/indians-are-protein-deficient-and-it-needs-immediate-attention/>
- ThePrint.in (9 Jan 2019) Shweta's opinion piece originally featured on I4I was reprinted as "The S-A-A-R-E-G-A-M-A that PM Modi's anti-malnutrition plan must not skip" <https://theprint.in/pageturner/excerpt/the-s-a-a-r-e-g-a-m-a-that-pm-modis-anti-malnutrition-plan-must-not-skip/175072/>
- Ideas for India (2 Jan 2019). Shweta wrote the Blog Post "National Nutrition Mission: Will it harmonise with India's health and nutrition agenda?" <https://www.ideasforindia.in/topics/human-development/national-nutrition-mission-will-it-harmonise-with-india-s-health-and-nutrition-agenda.html>
- Financial Express (8 March 2019) Shweta's half page op-ed "Climate change is exacerbating India's nutrition and health insecurity" <https://www.financialexpress.com/opinion/climate-change-is-exacerbating-indias-nutrition-and-health-insecurity/1508679/>
- Financial Express (8 March 2019) Shweta's half page op-ed "Climate change is exacerbating India's nutrition and health insecurity" <https://www.financialexpress.com/opinion/climate-change-is-exacerbating-indias-nutrition-and-health-insecurity/1508679/>
- Outlook Poshan (29 Sep 2020). Shweta's opinion piece on the Foresight report launch was featured on the last day of Poshan Maah 2020 "Food Systems Feed, But Don't Nourish" <https://poshan.outlookindia.com/story/poshan-news-food-systems-feed-but-dont-nourish/361174>
- 19 Dec 2020 BBC Hindi <https://www.bbc.com/hindi/india-55326268> कुपोषण और मोटापे के शिकार बच्चों के सामने बेबस क्यों है भारत
- 1 July 2021 Lancet Voice podcast <https://www.buzzsprout.com/861868/8795397>
- NDTV (27 Sep) Opinion: Making India's Azadi from Multiple Forms Of Malnutrition A Reality <https://swachhindia.ndtv.com/opinion-making-indias-azadi-from-multiple-forms-of-malnutrition-a-reality-63162/>
- Outlook Poshan (18 Sep) Nurtured And Nourished Minds Are More Productive, Start Early And Sustain Through Lifecourse <https://poshan.outlookindia.com/story/nurtured-and-nourished-minds-are-more-productive-start-early-and-sustain-through-lifecourse/394982>

Awards and Presentations

2022	Health and Wellness Ambassador, IHW Council
2022	Member, National Human Rights Commission's Core group on Rights of Women
2022	Fellow, WomenLift Health
2021-2022	Associate Editor, Frontiers in Public Health
2020	Associate Editor, BMC Nutrition
2020	Amity Excellence Award for Best Woman Faculty in the area of "Public Health Management" conferred during INBUSH ERA 2020 (February 2020).
2019-20	Exceptional Fellow's Fund by India Alliance, India (<i>awarded but declined</i>)
2015	Awarded the Early Career Fellowship by the Wellcome DBT Alliance for 5 years
2014	Awarded the Career Development Research Fellowship (PHFI-Wellcome Trust, UK) for 2 years
2014	Emerging Leader (first cohort) for tackling with NCDs selected by the World Heart Federation (WHF)
2010-12	D43 Post-doctoral fellowship (funded by the NIH)
2009	The WHF's 42 nd Ten Day Teaching Seminar in Cardiovascular Disease Epidemiology and Prevention at Hyderabad from 27th Sept to 9th Oct 2009.

Advisory positions and Consultancy projects

2022	Consultant Anuvaad Solutions
2022	Consultant, PATH
2022	Consultant, Nutrition International
2021-22	Program Manager, Lancet COVID-19 Commission, India Task force
2021-22	Advisor, Oxford Policy Management (World Bank funded project)
2021	Invited Expert, Social Determinants of Health panel, WHO SEARO
2020-21	Co-Chairperson SIG PHN under Indian Dietetic Association
2020-21	Board of Studies Member SGT University, Gurugram
2020-21	TAG Member on action for SAM children, Coalition for Food and Nutrition Security (CFNS)
2020	UNESCO's Inclusive Policy Lab member
2020	Member of the SERB Taskforce on COVID 19 (for short-term Core Research Grant (CRG) and Intensification of Research in High Priority Areas (IRHPA-COVID-19))
2020	Member, Expert group on NCDs policy group for CNNS, constituted by the MoHFW, GOI
2020-21	Member, Technical Working Group on Curriculum Enrichment: Co-designing a 21st century Training of Trainers programme for lecturers, Agriculture, Nutrition & Health (ANH) Academy
2018-21	Subject Expert, Nutrition and Dietetics, Board of Studies, SVT College of Home Science, SNDT University, Mumbai
2020	Standing Together for Nutrition core-group (jointly endorsed by FAO, UNICEF, WHO, WFP) and also India working group member
2018-20	Member, Task Force on "Balanced and Healthy Diets" under Implementation Framework for National Health Policy
2018-19	Member, Expert Panel on Oils and Fats, FSSAI
2018	Member, Maternal Nutrition advisory group, Maternal Health Dept MoHFW
2018	Member, Task Force on Identifying Cost Effective Interventions for addressing leading causes of DALYs
2018	Member, Expert group- Impact of taxation on SSB prices and consumption in India
2017	Member, Expert group on reducing high fat, sugar and salt foods (HFSS) by Ministry of Health and Family Welfare (MoHFW), GoI
2015	Member, Expert Group on the Salt, Sugar and Fats panel constituted by FSSAI, MoHFW, GoI

Collaborative track record:

Dr Shweta Khandelwal is Head, Nutrition Research at the Public Health Foundation of India (PHFI), Delhi. She is a trained and experienced public health nutrition researcher working in the maternal child health and nutrition space in India for the last 17 years. Shweta teaches nutrition epidemiology especially in relation to the rising overweight-obesity, diet related non-communicable diseases and their risk factors among the Indian population. Dr Khandelwal has had multiple global collaborations and has recently completed a DBT-Wellcome Trust Funded Fellowship which explored the role of long chain omega-3 fats(DHA) on neurodevelopment among Indian infants. She also has experience in studying local food environments and examining how they are associated with various forms of malnutrition. She serves on expert panels constituted by FSSAI and MoHFW, GoI including NCDs, oils and fats, sustainable healthy diets and combating high fat, sugar and salt in Indian population. Shweta has great passion for teaching while also pursuing research activities. Shweta has been instrumental in initiating capacity building initiative in public health nutrition (PHN) and Nutrition Epidemiology. She strongly believes that studying/pursuing nutrition should not be interpreted as mere therapeutic responses to health problems but this field should inculcate more public health understanding, supplemented with better research methods training. At PHFI, she has been the founder member and leader (as faculty in-charge and course coordinator) of the online PHN course enthusiastically from inception for 4 years (2011-2014). The program is quite popular and ranks high among government officials, international participants and UN institutions engaged in nutrition at program and policy levels. She is a visiting faculty for PHN at several institutions across the country like the SVT College, Mumbai; Ambedkar University, Amity University, Delhi, etc. She has been an invited member, Board of Studies for both

SNDT and SGT University. Shweta also serves as the Course Director for CCDC's annual series of a 5-day seminar on nutrition methods for the past decade. In addition to delivering numerous talks on nutrition policy aspects in India, 80 peer reviewed articles in scholarly journals, she has also contributed to more than 200 stories in international and national print and online media. Shweta has also won several prestigious fellowships, awards and recognition in the area of PHN including DST's Young Scientist Award, WHF's Emerging leader, AIIMS Significant contribution to the Nutrition field, Amity's Best faculty in PHM etc to name a few.