

Dr. Ritu Rana

Assistant Professor, Indian Institute of Public Health Gandhinagar
Email: rana@iiphg.org

EDUCATION

- 2017-2018 **MSc Nutrition for Global Health (Distinction)**
London School of Hygiene & Tropical Medicine (LSHTM), University of London, UK
Modules: Health Policy, Process and Power | Basic Epidemiology | Statistics for Epidemiology and Population Health | Fundamental Public Health Nutrition | Maternal and Child Nutrition | Statistical Methods in Epidemiology | Nutrition in Emergencies | Nutrition related Chronic Diseases | Nutrition Programme Planning
- 2008-2012 **PhD Foods & Nutrition**
The Maharaja Sayajirao University of Baroda (MSU), India
Thesis: Maternal thyroid dysfunction and iodine deficiency its implications on infant development and impact of double fortified salt supplementation
- 2006-2008 **MSc Foods & Nutrition**
Govind Ballabh Pant University of Agriculture and Technology (GBPUAT), India
- 2003-2006 **BSc Home Science (Major: Foods & Nutrition)**
The Maharaja Sayajirao University of Baroda (MSU), India

EMPLOYMENT

- 2019 onwards **Assistant Professor**
Indian Institute of Public Health Gandhinagar (IIPHG)
Role: Teaching, Training & Research (Area- Public Health Nutrition)
- 2014-2019 **DST INSPIRE Faculty¹²**
Indian Institute of Public Health Gandhinagar
Role: Teaching, Training & Research (Area- Public Health Nutrition)
- 2013-2014 **Consultant Nutrition (Dec-Feb)**
State Nutrition Cell, National Health Mission, Gujarat
Role: Managed facility based management of severe acute malnutrition and National Iodine Deficiency Disorder Control Programme
- Project Coordinator (May-Nov)**
Public Health Foundation of India (PHFI)
Project: Promoting Adolescent Health and Empowerment through Demonstration of Convergence of Health Programs in Sabarkantha District, Gujarat (Funded by John D. and Catherine T. MacArthur Foundation)
Partners: IIPHG | CHETNA | Department of FHW-Government of Gujarat
- 2012-2013 **Research Associate**
Indian Institute of Public Health Gandhinagar
Project: Health facility planning and mapping (Commissioned by Government of Gujarat)
Partners: IIPHG | BISAG | Department of Health & Family Welfare, Government of Gujarat

MAJOR PROJECTS

- 2019-2024 **Principal Investigator**
Funding: Adani Foundation (CSR Initiative)
Project: Evaluation of SuPoshan (well-nourished) program in Narmada district
- 2018-2019 **Principal Investigator**
Funding: Emergency Nutrition Network (ENN)
Project: Feeding interventions for young infants with growth failure in the first six months of life: A systematic review
Partners: ENN | LSHTM | WHO | IIPHG
- 2018-2019 **Co-investigator**

¹ The Department of Science and Technology, Government of India, has launched the "Innovation in Science Pursuit for Inspired Research (INSPIRE)" program in 2008. The program aims to attract talent for study of science and careers with research. INSPIRE includes many components. The INSPIRE Faculty Scheme offers a contractual research fellowships to young achievers and an opportunity for independent research in the near term and emerge as a future leader in the long term.

² On study leave from September 2017 to June 2018

Summer Project: London School of Hygiene & Tropical Medicine, UK

Project: Effectiveness of infant feeding support packages which can be applied to infants under six months: A systematic review

2014-2019

Principal Investigator

Funding: Department of Science & Technology

Project: Gujarat's 3-tier approach to tackle malnutrition: Opportunities and challenges

Study components: Gap analysis of facility based management of SAM | Effectiveness of NRCs/CMTCs in management of SAM in Gujarat state | Determinants of acute malnutrition among under five children in Aravalli district of Gujarat, India: a community-based case-control study | Management of at-risk mothers and infants

2016-2018

Subject Expert (Nutrition)

Funding: Department for International Development (DFID), UK

Project: Effectiveness of various nutrition interventions in low- and middle-income countries: An evidence summary

Partners: IIPHG | University of Bedfordshire, UK | BRAC, Bangladesh

2015-2016

Co-investigator

Funding: Self Employed Women's Association (SEWA), Ahmedabad

Project: Endline evaluation of Food Security & Nutrition project implemented by SEWA

TRAINING

2016

Systematic review training

EPPI-Centre, UCL Institute of Education, University College London

2015

Research career training

Wellcome Trust | LSHTM | PHFI

2014

Transforming Nutrition in India: Ideas, Policies and Outcomes

Transform Nutrition Consortium IFPRI | PHFI

2014

Programme Managers Techno-managerial training for Nutrition

Ministry of Health & Family Welfare, Government of India

SKILLS

Technical

Design, analysis and reporting of epidemiological studies

Impact Evaluation (adequacy, plausibility, probability)

Nutrition surveillance

SMART survey | Cross-sectional survey using multi-stage sampling

Evidence synthesis

Systematic Reviews | Evidence Summary

Software

Microsoft Office | STATA | SPSS | ENA | EPPI Reviewer | Endnote

ACHIEVEMENTS

2019

Technical advisor to WHO (temporary)

Consultation: Research priorities to prevent, identify and manage young infants with growth failure in the first six months of life, organized by Department of Maternal, Newborn, Child and Adolescent Health, WHO HQ, 28-29 January 2019, Geneva

2017-2018

Lady Meherbai Fellow

Awarded by: Lady Meherbai D Tata Education Trust for MSc at LSHTM

2014-2019

DST INSPIRE Faculty Award

Explanation: The INSPIRE Faculty Scheme offers a contractual research fellowships to young achievers and an opportunity for independent research in the near term and emerge as a future leader in the long term.

2015

Young Scientist Award (Community Nutrition)

Awarded by: Nutrition Society of India

2014-2014

Resource Person for Gujarat State

Explanation: Resource person in National Iodine Deficiency Disorder and Salt Intake Study, organized by AIIMS and GAIN India

2013

International Travel Grant

Awarded by: International Epidemiological Association

2010

International Travel Award

Awarded by: Asia & Oceania Thyroid Association

2008-2012

Research Fellowship in Science for Meritorious Students (UGC-RFSMS)

Awarded by: University Grants Commission

2007-2008

Graduate Assistantship Award

Awarded by: Vice Chancellor, GBPUAT

RELEVANT PUBLICATIONS/MANUSCRIPTS

1. Rebecca C A Tobi, Francesca Harris, **Ritu Rana**, Rosemary Green Kerry Brown. (2019) Sustainable Diet Dimensions, Comparing Consumer Preference for Nutrition, Environmental and Social Responsibility Food Labelling: A Systematic Review. *Sustainability*. 11(23): 6575.
2. **Rana R**, Vaze G and Maitrak T (2019) Facility Based Management of Children with Severe Acute Malnutrition (SAM): Experience of Child Malnutrition Treatment Centres in Gujarat, India. *Indian J Nutri.*;6(1): 197.
3. **Rana R** (2019) How to approach 'Fat-tax' on food to tackle Non-communicable diseases in India: A Review. *Research Journal of Humanities and Social Sciences*. 10(2): 291-7.
4. **Rana R**, Vaze G, Christian P and Gupta P (2019) Determinants of acute malnutrition among under five children in Aravalli district of Gujarat, India: a community-based case-control study. *Int J Health Sci Res*. 9(6):1-8.
5. Patel P, Puwar T, Shah N, Saxena D, Trivedi P, Patel K, Yasobant S, Fancy M, Matela H, Savaliya S, Kalpana P and **Rana R** (2018) Improving Adolescent Health: Learnings from an interventional study in Gujarat, India. *Indian Journal of Community Medicine*, 43:S12-7.
6. Menon K, Puthussery S, Ravalia A, Panchal P, **Rana R**, Mistry S, Tseng P, Bhandol J and Mavalankar D (2018) Effectiveness of nutrition interventions in low- and middle-income countries: An evidence summary. Indian Institute of Public Health Gandhinagar; Public Health Foundation of India; University of Bedfordshire, UK and BRAC, Bangladesh.
7. Menon K, Ravalia A, Panchal P, **Rana R**, Mistry S, Tseng P, Puthussery S, Bhandol J and Mavalankar D (2018) Effectiveness of nutrition interventions in low- and middle-income countries: Contextualisation summary. Indian Institute of Public Health Gandhinagar; Public Health Foundation of India; University of Bedfordshire, UK and BRAC, Bangladesh.
8. Mavalankar D, Puthussery S, Menon K, **Rana R**, Bhandol J, Mistry S, Ravalia A and Tseng P (2016) Effectiveness of nutrition interventions in low- and middle-income countries: An evidence summary. Protocol. London: EPPI-Centre, Social Science Research Unit, UCL Institute of Education, University College London.
9. **Rana R** and Saxena DB (2016) Facility Based Management of Severe Acute Malnutrition in India: Do we have enough capacity? *Healthline Journal*, 7 (1): 25-27.
10. **Rana R** and Raghuvanshi R S (2013) Effect of different cooking methods on iodine losses. *Journal of food science and technology*, 50(6), pp.1212-1216.
11. **Rana R** and Nair S (2012) Iron deficiency anemia and iodine deficiency among women during pregnancy and lactation-Double Fortified Salt (DFS) as a preventive measure to combat anemia among lactating women. *International Journal of Biomedical Research and Analysis*, 3(3):11-15.
12. **Rana R** and Nair S (2012) Iodine and iron status of women during pregnancy. *Indian Journal of Maternal and Child Health*, 14 (3):1-9.
13. **Rana R**, Joshi K, Nair S, Gholve C and Rajan MGR (2012) Screening of pregnant women for iodine deficiency and iron deficiency during early gestation in Vadodara. *Healthline, The Journal of Indian Association of Preventive & Social Medicine, Gujarat Chapter*, 3(1): 21-15.
14. Nair S, **Rana R** and Patel M (2009) Salivary thyroglobulin and urinary iodine as reliable indicators for thyroid disorders. *Thyroid Research and Practice*, 6 (2): p52.