

# Alexander Vonderschmidt

PhD Candidate — Global Academy of Agriculture and Food Systems | School of GeoSciences  
University of Edinburgh

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## Education

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(in progress) PhD	University of Edinburgh <i>Edinburgh, United Kingdom</i>	2025 (anticip.)	Population Health and Food Systems
MS	Cornell University <i>Ithaca, New York, USA</i>	2021	Nutritional Epidemiology
RDN	Cornell University <i>Ithaca, New York, USA</i>	2020	Registered Dietitian Nutritionist
BS	Kansas State University <i>Manhattan, Kansas, USA</i>	2019	Dietetics and Nutrition
BA	Kansas State University <i>Manhattan, Kansas, USA</i>	2019	French Literature
Education Abroad	Université Lumière-Lyon-II <i>Lyon, Auvergne-Rhône-Alpes, France</i>	2018	French History

## Research Experience

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Sep 2022 -	<u>University of Edinburgh</u> <b>Doctoral Researcher</b> , Population Health, Sustainable Food Systems Mentors: Prof Peter Alexander; Prof Lindsay Jaacks; Prof Geraldine McNeill; Dr Alexandra Bellows <ul style="list-style-type: none"><li>- Simulation modelling to predict health and environmental impacts of diet transitions</li><li>- Integrated machine learning techniques for increased accuracy of diet—disease risk prediction</li><li>- Quantitative analysis; dietary patterns and consumption behavior trends</li></ul>
Sep 2023 - May 2024	<b>Research Consultant</b> , Sustainable Food Systems (partnership with ClimateXChange) <ul style="list-style-type: none"><li>- Lead systematic review on trends in Scottish consumption patterns</li><li>- Assist with evaluation of direct and indirect environmental impacts from consumption</li></ul>
Apr 2023 - Dec 2024	<u>European Centre for Advanced Studies</u> <b>Doctoral Fellow</b> , Sustainable Food Systems <ul style="list-style-type: none"><li>- Analyzed national food self-sufficiency and trade dependencies amid global supply disruptions</li></ul>
Jun 2020 - Aug 2022	<u>Cornell University</u> <b>Graduate Research Assistant → Research Assistant</b> , Nutritional Epidemiology Mentors: Prof Patricia Cassano; Dr Bonnie Patchen <ul style="list-style-type: none"><li>- Coordinated development of method pipeline for R01-level nutrigenomics assay</li><li>- Quantitative analysis (diet—lung function associations) and dietary pattern score coding</li></ul>

Apr 2021 - Dec 2023	<b>Cochrane Systematic Reviewer</b> , Vitamin D Supplementation and Asthma - Screened 10,169 publications, extracted data from 40 publications, meta-analysis, interpretation of results, report writing, GRADE risk of bias assessment, and summary of findings
Aug 2019 - Jun 2020	<b>Research Dietetic Intern</b> , Community Nutrition and Public Health Mentor: Dr Corinna Noel

## Honors, Awards, and Grants

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	<u>University of Edinburgh</u>	
Oct 2023 - Feb 2024	<b>Understanding the climate impact of food consumed in Scotland</b> , ClimateXChange Co-investigator	£50,000
Aug 2023	<b>TRAnsforming the DEbate about livestock systems transformation (TRADE)</b> , The Roslin Institute Sub-award; grant ref: BB/W018152/1	£7,200
Apr - Dec 2023	<b>Lower Saxony–Scotland Doctoral Fellowship</b> , European Centre for Advanced Studies	€5,600
Sep 2022 - Dec 2025	<b>Royal (Dick) School of Veterinary Studies and The Roslin Institute Doctoral Studentship</b> , Global Academy of Agriculture and Food Systems	~£200,000 (tuition + stipend)
	<u>Cornell University</u>	
Aug 2020 - May 2021	<b>Graduate Teaching Assistantship</b> , Division of Nutritional Sciences	~\$80,000 (tuition + stipend)
May - Aug 2020	<b>Summer Research Fellowship</b> , Division of Nutritional Sciences	\$8,000
	<u>Kansas State University</u>	
May 2019	<b>Outstanding Senior Award in Research and Creative Inquiry</b> , College of Human Ecology	
Aug 2018	<b>Hollis &amp; Johnston Scholarship</b> , Department of Modern Languages	\$1,000
May 2018	<b>Summer Research Scholarship</b> , Kansas State University	\$1,000
Apr 2018 -	<b>Pi Delta Phi (ΠΔΦ)</b> , La Société d'Honneur de Français (The National French Honor Society)	
May 2018	<b>Foreign Language Travel Scholarship</b> , Department of Modern Languages	\$200
Mar 2018	<b>Kansas Nutrition Council Scholarship</b>	\$1,000
Nov 2017	<b>Education Foundation Scholarship</b> , International Facility Management Association	\$1,500
Aug 2016 - May 2019	<b>Vanier Family Scholarship</b> , Kansas State University (recurring yearly)	\$5,700
Aug 2015 - May 2019	<b>Kansas Comprehensive Grant</b> , Kansas State University (recurring yearly)	\$6,000
Aug 2015 - May 2018	<b>Bluemont Grant</b> , Kansas State University (recurring yearly)	\$5,500
Aug 2015	<b>M. Hal &amp; Janice J. Taylor Scholarship</b> , College of Human Ecology	\$500
Aug 2015	<b>Patrice Sollenberger Choral Scholarship</b>	\$500

## Work and Professional Experience

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Apr - Aug 2021	<b>WHO/Cochrane/Cornell Institute for Systematic Reviews in Nutrition for Global Policy Making</b> - Developed skills and knowledge of systematic reviews, policy making, and evidence assessment
Aug 2020 - May 2021	<b>Graduate Teaching Assistant</b> , Division of Nutritional Sciences   Cornell University <i>Nutrition, Health, and Vegetarian Diets (NS 3030)</i> <i>Nutrition and Disease (NS 4410)</i>

- Jan - Jul 2020 **Clinical Dietetic Intern**, Strong Memorial Hospital | Rochester, New York  
- Specialty rotations in: ICU, Oncology, Pediatrics (+PICU & NICU), Cardiac, Endocrine, Transplant
- Aug - Dec 2019 **Community Dietetic Intern**, Foodlink | Rochester, New York  
- Assisted in the development/implementation of Healthy Pantry Initiative for regional food pantries
- Jul 2017 - Aug 2019 **Teaching Assistant**, College of Human Ecology | Kansas State University  
*Nutrition and Health (FNDH 599/340)*  
*Food Production Management (FNDH 342)*
- Jan 2019 **Externship**, Hôpitaux Universitaires de Strasbourg | Strasbourg, Grand Est, France  
- Patient population: post-operative gastroenterology and outpatient weight management
- May 2017 - Aug 2019 **Recipe Developer & Management Assistant**, Derby & Kramer Dining Centers | Kansas State University  
- Developed recipes and nutrition education, encouraging sustainable and healthy food choices
- Aug 2018 - Aug 2019 **Private French Tutor** | Manhattan, Kansas

## Professional Activities

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- May 2024 - **Board Member**, Kansas State Dietetic Professional Advisory Board
- Aug 2023 - Sep 2024 **Journal Club Lead**, Global Academy of Agriculture and Food Systems (University of Edinburgh)
- Apr - Dec 2023 **Executive Committee (Secretary)**, University of Edinburgh Chamber Choir
- Nov 2021 - May 2022 **Competency Assurance Panel (CAP)**, Commission on Dietetic Registration  
'Activity Type' Taskforce (subgroup within CAP)
- Jun 2021 - Nov 2021 **Competency Standards Workgroup**, Commission on Dietetic Registration
- Jun 2020 - Jun 2021 **Professional Issues Chair**, Southern Tier Academy of Nutrition and Dietetics (New York State)
- May 2018 - Jul 2019 **President**, La Société Française, Kansas State University
- Jan - Apr 2019 **Event Planning and Graphic Design**, Kansas Academy of Nutrition and Dietetics 2019 Conference
- Jan - Apr 2018/2019 **Event Planning and Graphic Design**, Kansas Nutrition Council 2018 and 2019 Conferences

### Professional Memberships

- Mar 2023 - The Nutrition Society
- Dec 2020 - American Society for Nutrition
- Apr 2018 - Pi Delta Phi (ΠΔΦ), La Société d'Honneur de Français, Kappa Zeta
- Aug 2016 - Academy of Nutrition and Dietetics

## Theses

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- (in progress) **Doctoral Dissertation**, Global Academy of Agriculture and Food Systems, University of Edinburgh  
*Health and environmental impact of sustainable diet transitions in the UK*  
Committee: Prof Peter Alexander; Prof Lindsay Jaacks; Prof Geraldine McNeill; Dr Alexandra Bellows; Prof Rosemary Green (external adviser, London School of Hygiene and Tropical Medicine)
- Aug 2021 **Master's Thesis**, Division of Nutritional Sciences, Cornell University  
*The Association of Dietary Pattern with Lung Function Decline in a Prospective Cohort Study*  
Committee: Prof Patricia Cassano and Prof Saurabh Mehta
- Jun 2020 **Practicum Project**, Division of Nutritional Sciences, Cornell University

*Assessing the Need for Food Safety Training in Western New York State*

Mentor: Dr Corinna Noel

May 2019

**Bachelor's Capstone**, Department of Modern Languages, Kansas State University

*The Cultures of Nutrition in France and the United States: Differing Perspectives*

Mentor: Prof Kathleen Antonioli

## Publications

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### Peer-reviewed publications

1. **Vonderschmidt A**, Jaacks LM, Alexander P, Green R, Bellows AL, Stewart C. Smaller meat portions contribute the most to reducing meat consumption in the United Kingdom. *Nature Food*. Published online November 1, 2024. doi:10.1038/s43016-024-01070-2
2. Jaacks LM, Amoutzopoulos B, Runions R, **Vonderschmidt A**, McNeill G, Comrie F, McDonald A, Page P, Stewart C. Disaggregation of Dairy in Composite Foods in the United Kingdom. *Current Developments in Nutrition*. Published online May 16, 2024:103774. doi:10.1016/j.cdnut.2024.103774
3. **Vonderschmidt A**, Arendarczyk B, Jaacks LM, Bellows AL, Alexander P. Analysis combining the multiple FAO food balance sheet datasets needs careful treatment. *The Lancet Planetary Health*. 2024;8(2):e69-e71. doi:10.1016/S2542-5196(23)00276-0

### Government reports

4. Jaacks LM, Frank SM, **Vonderschmidt A**, Stewart C, Runions R, Kennedy J, McNeill G, Alexander P. *Understanding the climate impact of food consumed in Scotland*. ClimateXChange in collaboration with the University of Edinburgh; December 2023. Available at: <https://www.climateexchange.org.uk/publications/understanding-the-climate-impact-of-food-consumed-in-scotland/>
5. Comrie F, Jaacks LM, Kennedy J, McDonald A, McNeill G, Runions R, Stewart C, **Vonderschmidt A**. *Modelling the Impact of Reductions in Meat and Dairy Consumption on Nutrient Intakes and Disease Risk*. The University of Edinburgh, Food Standards Scotland; 2024. Available at: <https://www.foodstandards.gov.scot/publications-and-research/publications/modelling-the-impact-of-reductions-in-meat-and-dairy-consumption-on-nutrient-intakes-and-disease-risk>

### Current projects

6. Stehl J, **Vonderschmidt A**, Alexander P, Vollmer S, Jaacks LM. Assessing self-sufficiency: an analysis of national food production vs. nutritional requirements. *Pending revisions, Nature Food*
7. Patchen BK, Best CM, Boiteau JM, Solvik BS, **Vonderschmidt A**, Xu J, Cohen R, Cassano PA. Vitamin D supplementation in pregnant or breastfeeding women or young children for preventing asthma. *In review, Cochrane Database of Systematic Reviews*
8. **Vonderschmidt A**, Patchen BK, Bass K, Arnold KB, Shiroma E, Simonsick E, Hancock DB, Cassano PA. Is dietary pattern associated with rate of lung function decline? *In preparation*
9. **Vonderschmidt A**, Kennedy J, Bellows AL, Alexander P, Jaacks LM. A novel approach incorporating diet data to develop a machine learning anaemia risk prediction pipeline in the UK Biobank. *In preparation*
10. **Vonderschmidt A**, Bellows AL, Connors K, Runions R, Brandt H, Frank SM, Alexander P, Green R, Bellows AL. Dairy intake trends in the UK: a comprehensive analysis of diet, health, and environmental impacts using the National Diet and Nutrition Survey. *In preparation*
11. Kennedy J, Clark M, Stewart C, Runions R, Frank S, **Vonderschmidt A**, Scarborough P, Comrie F, McDonald A, McNeill G, Alexander P, Jaacks LM. Impact of reducing meat and dairy consumption on nutrient intake, health and the environment: A nationally representative simulation among adults living in Scotland. *In preparation*

12. Kennedy J, Runions R, **Vonderschmidt A**, Stewart C, Mathieu E, Clark M, Jaacks LM. Analysing the Environmental Impact of UK Diets: A New Methodology for Incorporating Nutritional Data with Environmental Impact Data. *In preparation*
13. Nájera Espinosa S, Zarate-Ortiz AG, Hadida G, Tereza Da Silva J, **Vonderschmidt A**, Esievo EM, Carr T, Reuzé A, Scheelbeek P. Substituting with novel plant-based alternatives maintain nutritional outcomes and lower environmental impacts in diets. *In preparation*

## Presentations

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1. Stehl J, **Vonderschmidt A** (2023). Assessing Self-Sufficiency: Analyzing the Gap Between National Food Production and Nutritional Requirements. *Lower Saxony – Scotland Joint Forum 2023*, Hannover, Germany | Oral Presentation
2. **Vonderschmidt A**, Bellows A, Jaacks LM, Alexander P, Stewart C (2023). Contribution of meat-free days, meat-free meals, and portion sizes to UK meat consumption declines. *European Public Health Conference, Dublin, Ireland* | Oral Presentation
3. Jaacks LM, Kennedy J, Runions R, Stewart C, **Vonderschmidt A**, McNeill G (2023). Disaggregating foods consumed in Scotland. *Scottish Government Lunchtime Learning Session*. Edinburgh, UK | Panel Presentation
4. **Vonderschmidt A**, Kennedy J, Blair K (2023). Meat consumption, health and sustainable livestock systems: understanding the future of meat. *LandSyMM Core Developer Meeting* | Invited Seminar/Panel Discussion
5. **Vonderschmidt A**, Bellows A, Jaacks LM, Alexander P, Stewart C (2023). Contribution of meat-free days, meat-free meals, and portion sizes to declines in meat consumption in the UK. *R(D)SVS Research Student Day* | Oral & poster Presentation
6. **Vonderschmidt A** (2022). Impact on population and environmental health of the UK National Food Strategy goal for reducing meat consumption. *Global Academy of Agriculture and Food Systems Young Researchers Seminar* | Invited Lecture
7. **Vonderschmidt A**, Bass K, Patchen BK, Arnold KB, Shiroma E, Simonsick E, Hancock DB, Cassano PA (2022). Is the Healthy Eating Index-2015 Associated With Rate of Decline in Lung Function. *American Society for Nutrition 2022 Conference* | Poster Presentation
8. **Vonderschmidt A** (2021). Quantitative Data: Coding and Analysis. *Introduction to Community Nutrition Research for Dietetic Interns (NS 6350)*, Cornell University | Invited Guest Lecture
9. **Vonderschmidt A** (2021). Processed Meat Intake and Risk of Chronic Obstructive Pulmonary Disease among Middle-aged Women (Varraso et al., 2019). *Seminar in Nutritional Sciences (NS 7030)*, Cornell University | Analytical Review  
Advising Mentor: Prof Saurabh Mehta
10. Bass K, **Vonderschmidt A**, Patchen BK, Cassano PA, (2021). Does Adherence to the HEI-2015 and AMED Predict Subsequent Rate of Lung Function Decline. *Cornell Undergraduate Research Board (CURB) Spring Symposium, Cornell University* | Poster Presentation
11. **Vonderschmidt A** (2020). Assessing the Need for Food Safety Training in Western New York State. *University of Rochester Medical Center Dietetic Intern Research Symposium* | Poster Presentation
12. **Vonderschmidt A** (2020). Assessing the Need for Food Safety Training in Western New York State. *New York Academy of Nutrition and Dietetics 2020 Conference (cancelled; COVID-19)* | Poster Presentation
13. **Vonderschmidt A** (2019). The Cultures of Nutrition in France and the United States: Differing Perspectives. *Kansas Academy of Nutrition and Dietetics 2019 Conference* | Poster Presentation
14. **Vonderschmidt A** (2019). The Cultures of Nutrition in France and the United States: Differing Perspectives. *Kansas State University Modern Languages 2019 Initials: Student Research Forum* | Poster Presentation

## Certifications

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## Proficiencies

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Language **English**, native/C2 | **French**, advanced/C1 | **German**, novice/B1  
Coding & Analysis ([GitHub](#)) **R, Python, html, SAS, Covidence & RevMan, Quanto, JMP**

Strategic | Activator | Futuristic | Communication | Individualization

(Clifton Strengths - Gallup)