

# Reem Alsukait, MPH, RD

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## Education

### Tufts University

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Friedman School of Nutrition Science and Policy

PhD Candidate in Food Policy

Dissertation: The Impact of Saudi Arabia's Excise Tax Policy: A Mixed Methods Evaluation

Thesis Advisor: Dr. Sara Folta

Boston, MA

Expected Fall 2019

### Tufts University

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School of Medicine

Master of Public Health

Boston, MA

May 2014

### King Abdulaziz University

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Bachelor of Science in Clinical Nutrition

Registered Dietitian (License.: 09-R-A-0287251)

Jeddah, Saudi Arabia

June 2009

## Work Experience

### Research Manager | Tufts University

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- Managed the implementation of two community-based nutrition and physical activity intervention programs designed to reduce the risk of heart disease among African American women in the greater Boston area.
- Managed all aspects of the study including participant recruitment, staff training, data collection and management.
- Lead author on manuscript describing results from the study (to be submitted to a peer-reviewed journal).

Boston, MA

Dec 2016 -

May 2018

### Graduate Teaching Assistant | Tufts University

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Friedman School of Nutrition Science and Policy

- Served as the lead teaching assistant for two graduate-level statistical analysis courses. Held office hours for two classes of 20+ graduate students to help answer their data analysis questions using STATA.
  - Nutrition Data Analysis
  - Regression for Health Professionals
- Planned and co-instructed a semester-long master's level student in a directed study.
  - Qualitative Methods Analysis.

Boston, MA

Sep 2015 -

May 2018

## Data Analyst

### The GREEN Project

Boston, MA

May 2015 -

May 2016

- Completed a data analysis project looking at the association between level of food processing and calories in children's lunchboxes.
- Used a hierarchical linear regression analysis to compare the percentage of calories in each processing group pre-post intervention
- Used written and oral communication skills to present results in two conference presentations and co-authored a manuscript titled: "Processed and Packed: What Do Kids Bring to School?"

## Oral Presentations and Talks

### MiSK Talks at The Plaza Hotel

New York, NY

March 28, 2018

- Title: "The Tax That Could Save Your Life: Towards Evidence-Based Policies in Saudi Arabia"

### Global Health and Innovations Conference at Yale University

New Haven, CT

April 16-17, 2016

- Session: Young Leaders in Global Health
- Title: "Technical Support Matters for Mobile Health App Use Among Community Health Workers: A Multi-Country Analysis"

## Poster Presentations

### Obesity Week Conference

Nashville, TN

Nov 11-14, 2018

- Title: "Soda Tax in Saudi Arabia: Policy Process and Implementation"

### Society of Behavioral Medicine Annual Meeting

Washington, DC

March 6-9, 2019

- Title: "Feasibility and pilot test of a culturally adapted cardiovascular disease prevention curriculum for African American Women"

## Manuscripts

- Blondin, S., **Alsukait, R.**, Bleiweiss-Sande, R., Economos, C., Tanskey, L., Goldberg, J (2018). *Processed and Packed: how refined are the foods that children bring to school for snack and lunch?* (under review)
- **Alsukait, R.**, Wilde, P., Bleich, S., Sing, G., Folta, S. (2019). *Beverage Excise Tax Policy Process and Implementation: Case Study from Saudi Arabia.* (under review).

## Professional Memberships

- Member of the **American Society for Nutrition**.
- Member of the **Agricultural and Applied Economics Association**.
- Member of the **American Public Health Association**
- Member of the **Society of Behavioral Medicine**.
- Member of the **Association for Public Policy Analysis & Management**

## Leadership Experience and Awards

- Member of the **Association for Women in Science** 2018-2019 mentoring circles.
- Member of the **Friedman Student Council** (2015-2016).
- Member of the **Public Health Student Senate** (2012-2013).
- Member of the 2017 **Arab Conference at Harvard** organizing committee
- Recipient of King Saud University **Scholarship** valued at over \$ 259,088.
- Recipient of Tufts **Scholarly Travel Funding** valued at \$1700.