



Jonathan Samuel Litt

Associate Professor of Pediatrics (Neonatal and Developmental Medicine)
Pediatrics - Neonatology

CLINICAL OFFICE (PRIMARY)

- **Pediatric Neonatology**

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Bio

CLINICAL FOCUS

- Neonatal-Perinatal Medicine

ACADEMIC APPOINTMENTS

- Associate Professor - University Medical Line, Pediatrics - Neonatology
- Member, Maternal & Child Health Research Institute (MCHRI)

PROFESSIONAL EDUCATION

- Board Certification: Neonatal-Perinatal Medicine, American Board of Pediatrics (2016)
- ScD, Harvard TH Chan School of Public Health , Social and Behavioral Sciences (2014)
- MPH, Harvard TH Chan School of Public Health , Clinical Effectiveness (2011)
- Fellowship, Boston Children's Hospital , Neonatal-Perinatal Medicine (2011)
- Board Certification: Pediatrics, American Board of Pediatrics (2009)
- Residency, UCSF , Pediatrics (2008)
- MD, Case Western Reserve University School of Medicine , Medicine (2005)

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

My research program has two distinct though closely related areas of focus. The first concerns understanding pathways through which chronic health problems impact behavioral development and functional outcomes among preterm infants. I am particularly interested in how neonatal multimorbidity and associated markers of epigenetic aging can help improve risk-prediction for long-term functional outcomes. My second area of academic focus is bringing health services research and improvement science approaches to studying the delivery of high-risk infant follow-up and developing innovative models of post-discharge care. This work includes a focus on population health management, value-based care, and equity-focused quality improvement.

Teaching

STANFORD ADVISEES

Postdoctoral Faculty Sponsor

Ryan Brewster

Publications

PUBLICATIONS

- **Early Relational Health Among Children Born Preterm and With Functional Impairments Enrolled in Early Head Start** *ACADEMIC PEDIATRICS*
Guyol, G. G., Cook, K., Lombardi, C., Parker, M. G., Litt, J. S.
2026; 26 (4): 103246
- **"I Need to Pay Attention to Everything": Perspectives of Low-income Parents of Preterm Children on Early Relational Health.** *Journal of developmental and behavioral pediatrics : JDBP*
Guyol, G. G., Arenson, M., Baumann, K., Ruiz, S., Mendelsohn, A. L., Litt, J. S., Colvin, B. N., Parker, M. G.
2026
- **Early Relational Health Among Children Born Preterm and With Functional Impairments Enrolled in Early Head Start.** *Academic pediatrics*
Guyol, G. G., Cook, K. D., Lombardi, C., Parker, M. G., Litt, J. S.
2026: 103246
- **Neonatal Multimorbidity is a Poor Predictor of Health and Developmental Outcomes after Preterm Birth.** *The Journal of pediatrics*
Litt, J. S., Belfort, M. B., Edwards, E. M., Tiemeier, H.
2025: 114948
- **Stasis in Outcomes After Preterm Birth-As Good As It Gets?** *JAMA pediatrics*
Litt, J. S., Kirpalani, H. M.
2025
- **Size and Growth After NICU Discharge in Extremely Low-Birth-Weight or Extremely Preterm Infants.** *Pediatrics*
Belfort, M. B., Greenberg, L. T., Ehret, D. E., Litt, J. S., Edwards, E. M.
2025
- **Child, Parent, and Contextual Correlates of School Readiness Among Children with Low Birth Weight.** *Academic pediatrics*
Guyol, G. G., Cordova-Ramos, E. G., Elansary, M., Heeren, T. C., Litt, J. S., Parker, M. G.
2025: 102808
- **Reimagining Neonatal Follow-Up: An Equitable Model of Care Emphasizing Family and Child Function.** *Pediatric clinics of North America*
Church, P. T., Banihani, R., Litt, J. S., Msall, M.
2025; 72 (1): 93-109
- **Outcomes 50 Years After Preterm Birth: A Golden Opportunity to Reflect on Pathways Toward Thriving.** *Pediatrics*
Litt, J. S., Tiemeier, H.
2024
- **The feasibility of virtual home visits to address unmet needs after NICU discharge.** *Journal of perinatology : official journal of the California Perinatal Association*
Litt, J. S., Belmont, J., Church, P. T., Howland, J., Stewart, J. E.
2024
- **The role of neighborhood on preterm birth among a high-risk group of birthing people in Boston, MA.** *BMC pregnancy and childbirth*
Fraiman, Y. S., Rusk, S. A., Rich-Edwards, J., Wang, X., Litt, J. S.
2024; 24 (1): 755
- **Neonatal multimorbidity and the phenotype of premature aging in preterm infants.** *Pediatric research*

Litt, J. S., Belfort, M. B., Everson, T. M., Haneuse, S., Tiemeier, H.
2024

- **Community Considerations for Aggressive Intensive Care Therapy for Infants <24+0 Weeks of Gestation** *JOURNAL OF PEDIATRICS*
Guillen, U., Zupancic, J. A. F., Litt, J. S., Kaempf, J., Fanaroff, A., Polin, R. A., Martin, R., Eichenwald, E., Wilson-Costello, D., Edwards, A., Hallman, M., Buehrer, C., Fanaroff, et al
2024; 268: 113948
- **NICU Language, Everyday Ethics, and Giving Better News: Optimizing Discussions about Disability with Families** *CHILDREN-BASEL*
Church, P., Dahan, M., Rule, A., Janvier, A., Stewart, J. E., Maypole, J. S., Fehlings, D., Litt, J. S., Banihani, R.
2024; 11 (2)
- **Ensuring Optimal Outcomes for Preterm Infants after NICU Discharge: A Life Course Health Development Approach to High-Risk Infant Follow-Up.** *Children (Basel, Switzerland)*
Litt, J. S., Halfon, N., Msall, M. E., Russ, S. A., Hintz, S. R.
2024; 11 (2)
- **To Achieve Equitable, Integrated Care for Children, Family-Centered Work Must Focus on Systems** *FAMILIES SYSTEMS & HEALTH*
Rosenfeld, L., Litt, J. S.
2023; 41 (4): 547-549
- **Does faster weight trajectory lead to improved neurodevelopmental outcomes in ELBW infants with bronchopulmonary dysplasia?** *JOURNAL OF PERINATOLOGY*
Munoz, F. A., Carter, E., Edwards, E. M., Jerome, M., Litt, J. S.
2024; 44 (2): 301-306
- **Organizational Health Literacy as a Tool for Health Equity: Application in a High-Risk Infant Follow-Up Program** *CHILDREN-BASEL*
Rosenfeld, L. E., Mccullagh, K., King, C. J., Torres, M., Litt, J. S.
2023; 10 (10)
- **Outcomes assessments should reflect the dynamic and contextual nature of early childhood development** *PEDIATRIC RESEARCH*
Litt, J. S., Church, P.
2024; 95 (3): 613-614
- **High-Risk Infant Follow-Up After NICU Discharge Current Care Models and Future Considerations** *CLINICS IN PERINATOLOGY*
Litt, J. S., Campbell, D. E.
2023; 50 (1): 225-238
- **Racial Inequity in High-Risk Infant Follow-Up Among Extremely Low Birth Weight Infants** *PEDIATRICS*
Fraiman, Y. S., Edwards, E. M., Horbar, J. D., Mercier, C. E., Soll, R. F., Litt, J. S.
2023; 151 (2)
- **Impaired pulmonary function mediates inattention in young adults born extremely preterm** *ACTA PAEDIATRICA*
Litt, J. S., Johnson, S., Marlow, N., Tiemeier, H.
2023; 112 (2): 254-260
- **Implications of racial/ethnic perinatal health inequities on long-term neurodevelopmental outcomes and health services utilization** *SEMINARS IN PERINATOLOGY*
Fraiman, Y. S., Barrero-Castillero, A., Litt, J. S.
2022; 46 (8): 151660
- **Change in neurodevelopmental outcomes for extremely premature infants over time: a systematic review and meta-analysis** *ARCHIVES OF DISEASE IN CHILDHOOD-FETAL AND NEONATAL EDITION*
Kaempf, J. W., Guillen, U., Litt, J. S., Zupancic, J. A. F., Kirpalani, H.
2023; 108 (5): F458-F463
- **Increased Breastfeeding Proportion Is Associated with Improved Gross Motor Skills at 3-5 Years of Age: A Pilot Study** *NUTRIENTS*
D'Souza, E. E., Vyas, R., Sisitsky, M., Feldman, H. A., Gagoski, B., Litt, J., Larsen, R. J., Kuchan, M. J., Lasekan, J. B., Sutton, B. P., Grant, P., Ou, Y., Morton, et al
2022; 14 (11)

- **Assessment of Maternal Macular Pigment Optical Density (MPOD) as a Potential Marker for Dietary Carotenoid Intake during Lactation in Humans** *NUTRIENTS*
Al-Hassan, A., Vyas, R., Zhang, Y., Sisitsky, M., Gagoski, B., Litt, J. S., Larsen, R. J., Kuchan, M. J., Lasekan, J. B., Sutton, B. P., Grant, P., Ou, Y., Morton, et al
2022; 14 (1)
- **Race, language, and neighborhood predict high-risk preterm Infant Follow Up Program participation** *JOURNAL OF PERINATOLOGY*
Fraiman, Y. S., Stewart, J. E., Litt, J. S.
2022; 42 (2): 217-222
- **Follow-through care for high-risk infants during the COVID-19 pandemic: lessons learned from the Vermont Oxford Network** *JOURNAL OF PERINATOLOGY*
Litt, J. S., Mercier, C. E., Edwards, E. M., Morrow, K., Soll, R.
2021; 41 (11): 2625-2630
- **Long-term respiratory and developmental outcomes in children with bronchopulmonary dysplasia and history of tracheostomy** *JOURNAL OF PERINATOLOGY*
Annesi, C. A., Levin, J. C., Litt, J. S., Sheils, C. A., Hayden, L. P.
2021; 41 (11): 2645-2650
- **Quantification of magnetic resonance spectroscopy data using a combined reference: Application in typically developing infants** *NMR IN BIOMEDICINE*
Larsen, R. J., Gagoski, B., Morton, S. U., Ou, Y., Vyas, R., Litt, J., Grant, P., Sutton, B. P.
2021; 34 (7): e4520
- **Prevalence of problematic feeding in young children born prematurely: a meta-analysis** *BMC PEDIATRICS*
Pados, B., Hill, R. R., Yamasaki, J. T., Litt, J. S., Lee, C. S.
2021; 21 (1): 110
- **Racial and ethnic disparities in adult COVID-19 and the future impact on child health** *PEDIATRIC RESEARCH*
Fraiman, Y. S., Litt, J. S., Davis, J. M., Pursley, D. M., Pediat Policy Council
2021; 89 (5): 1052-1054
- **Quality improvement for NICU graduates: Feasible, relevant, impactful.** *Seminars in fetal & neonatal medicine*
Litt, J. S., Hintz, S. R.
2021: 101205
- **Telomere length shortening in hospitalized preterm infants: A pilot study** *PLOS ONE*
Belfort, M., Qureshi, F., Litt, J., Enlow, M., De Vivo, I., Gregory, K., Tiemeier, H.
2021; 16 (1): e0243468
- **The Inter-Relationships of Extremely Low Birth Weight, Asthma, and Behavior: A Study of Common Cause, Mediation, and Moderation** *ACADEMIC PEDIATRICS*
Litt, J. S., Minich, N., Taylor, H., Tiemeier, H.
2020; 20 (7): 975-982
- **EPICE cohort: 2-year neurodevelopmental outcomes after very preterm birth.** *Archives of disease in childhood. Fetal and neonatal edition*
Litt, J.
2020; 105 (4): 344-345
- **Community-Based Early Intervention Services for High-Risk Infants: Unanswered Questions Leave Room for Improvement** *ACADEMIC PEDIATRICS*
Litt, J. S.
2020; 20 (5): 575-576
- **Health Equity and the Social Determinants: Putting Newborn Health in Context** *PEDIATRICS*
Litt, J. S., Fraiman, Y. S., Pursley, D. M.
2020; 145 (6)
- **Predicting the outcomes of preterm neonates beyond the neonatal intensive care unit: What are we missing?** *PEDIATRIC RESEARCH*
Crilly, C. J., Haneuse, S., Litt, J. S.

2021; 89 (3): 426-445

- **Developmental Support for Infants With Genetic Disorders** *PEDIATRICS*
Wojcik, M. H., Stewart, J. E., Waisbren, S. E., Litt, J. S.
2020; 145 (5)
- **Optimizing High-risk Infant Follow-up in Nonresearch-based Paradigms: The New England Follow-up Network** *PEDIATRIC QUALITY & SAFETY*
Litt, J. S., Edwards, E. M., Lainwala, S., Mercier, C., Montgomery, A., O'Reilly, D., Rhein, L., Woythaler, M., Hartman, T.
2020; 5 (3): e287
- **Maternal Dietary Intake of Omega-3 Fatty Acids Correlates Positively with Regional Brain Volumes in 1-Month-Old Term Infants** *CEREBRAL CORTEX*
Morton, S. U., Vyas, R., Gagoski, B., Vu, C., Litt, J., Larsen, R. J., Kuchan, M. J., Lasekan, J. B., Sutton, B. P., Grant, P., Ou, Y.
2020; 30 (4): 2057-2069
- **Positive health: rebranding an old package with a new name?** *PEDIATRIC RESEARCH*
Litt, J. S., Tiemeier, H.
2019; 86 (6): 688-689
- **Health related quality of life (HRQoL) in mothers of premature infants at NICU discharge** *JOURNAL OF PERINATOLOGY*
Obregon, E., Litt, J. S., Patel, P., Ziyeh, T., McCormick, M. C.
2019; 39 (10): 1356-1361
- **Characterizing Early State Regulation in Preterm Infants** *JOURNAL OF DEVELOPMENTAL AND BEHAVIORAL PEDIATRICS*
Litt, J. S., Ho, T., Obregon, E., Patel, P., Ziyeh, T., McCormick, M. C.
2019; 40 (4): 293-300
- **System-Specific Patterns of Thalamocortical Connectivity in Early Brain Development as Revealed by Structural and Functional MRI** *CEREBRAL CORTEX*
Ferradal, S. L., Gagoski, B., Jaimes, C., Yi, F., Carruthers, C., Vu, C., Litt, J. S., Larsen, R., Sutton, B., Grant, P., Zollei, L.
2019; 29 (3): 1218-1229
- **Racial and Ethnic Disparities in the Use of Mother's Milk Feeding for Very Low Birth Weight Infants in Massachusetts** *JOURNAL OF PEDIATRICS*
Parker, M. G., Gupta, M., Melvin, P., Burnham, L. A., Lopera, A. M., Moses, J. M., Litt, J. S., Belfort, M. B.
2019; 204: 134+
- **Preterm infants are less likely to have a family-centered medical home than term-born peers** *JOURNAL OF PERINATOLOGY*
Litt, J. S., McCormick, M. C.
2018; 38 (10): 1391-1397
- **Early Intervention Services Improve School-age Functional Outcome Among Neonatal Intensive Care Unit Graduates** *ACADEMIC PEDIATRICS*
Litt, J. S., Glymour, M., Hauser-Cram, P., Hehir, T., McCormick, M. C.
2018; 18 (4): 468-474
- **The acceptability and feasibility of emailed parent questionnaires for medical and developmental surveillance after NICU discharge** *JOURNAL OF PERINATOLOGY*
Litt, J. S., Agni, M., Jacobi-Polishook, T., Melvin, P., McCormick, M. C., Stewart, J. E., Belfort, M. B.
2018; 38 (4): 392-401
- **Special health care needs explains the effect of extremely low birth weight on math but not language achievement** *EARLY HUMAN DEVELOPMENT*
Litt, J. S., Minich, N., Taylor, H., Hack, M.
2017; 115: 82-87
- **Reason for Referral Predicts Utilization and Perceived Impact of Early Intervention Services** *JOURNAL OF DEVELOPMENTAL AND BEHAVIORAL PEDIATRICS*
Javalkar, K., Litt, J. S.
2017; 38 (9): 706-713

- **The Outcomes of Very Preterm Infants: Is It Time to Ask Different Questions?** *PEDIATRICS*
McCormick, M. C., Litt, J. S.
2017; 139 (1)
- **Strengthening Early Intervention for Very Preterm Infants.** *Pediatrics*
McCormick, M. C., Litt, J. S.
2016; 138 (6)
- **The Impact of Special Health Care Needs on Academic Achievement in Children Born Prematurely** *ACADEMIC PEDIATRICS*
Litt, J. S., McCormick, M. C.
2016; 16 (4): 350-357
- **Predictors of caregiver satisfaction with visiting nurse home visits after NICU discharge** *JOURNAL OF PERINATOLOGY*
Awindaogo, F., Smith, V. C., Litt, J. S.
2016; 36 (4): 325-328
- **Care Coordination, the Family-Centered Medical Home, and Functional Disability Among Children With Special Health Care Needs** *ACADEMIC PEDIATRICS*
Litt, J. S., McCormick, M. C.
2015; 15 (2): 185-190
- **The Effect of the Infant Health and Development Program on Special Education Use at School Age** *JOURNAL OF PEDIATRICS*
Litt, J. S., Glymour, M., Hauser-Cram, P., Hehir, T., McCormick, M. C.
2015; 166 (2): 457-+
- **Placental pathology and neonatal thrombocytopenia: lesion type is associated with increased risk** *JOURNAL OF PERINATOLOGY*
Litt, J. S., Hecht, J. L.
2014; 34 (12): 914-916
- **Influence of Clinical and Sociodemographic Characteristics on Early Intervention Enrollment After NICU Discharge** *JOURNAL OF EARLY INTERVENTION*
Litt, J. S., Perrin, J. M.
2014; 36 (1): 37-48
- **Academic achievement of adolescents born with extremely low birth weight** *ACTA PAEDIATRICA*
Litt, J. S., Taylor, H., Margevicius, S., Schluchter, M., Andreias, L., Hack, M.
2012; 101 (12): 1240-1245
- **Prematurity: An Overview and Public Health Implications** *ANNUAL REVIEW OF PUBLIC HEALTH, VOL 32*
McCormick, M. C., Litt, J. S., Smith, V. C., Zupancic, J. A. F.
edited by Fielding, J. E., Brownson, R. C., Green, L. W.
2011; 32: 367-379
- **Learning disabilities in children with very low birthweight: Prevalence, neuropsychological correlates, and educational interventions** *JOURNAL OF LEARNING DISABILITIES*
Litt, J., Taylor, H. G., Klein, N., Hack, M.
2005; 38 (2): 130-141