Stanford

Nathalie Lambrecht

Postdoctoral Scholar, General Internal Medicine

Bio

BIO

Dr. Nathalie J. Lambrecht is a nutritional epidemiologist and food systems scholar working to promote the health of people and our planet. She is currently a Planetary Health Postdoctoral Fellow, affiliated with the Center for Innovation in Global Health and the Center for Human and Planetary Health at Stanford University. During this fellowship, she will evaluate agroecological strategies that can increase resilience against climate-related shocks for improved child nutrition and planetary health.

From 2021 to 2024, Dr. Lambrecht was a postdoctoral researcher in the Climate Change and Health Working Group at the Charité – Universitätsmedizin Berlin Institute of Public Health and the Potsdam Institute for Climate Impact Research (PIK) in Germany. Dr. Lambrecht completed her PhD in Nutritional Sciences at the University of Michigan School of Public Health.

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Stanford Global Health Postdoctoral Affiliate, Center for Innovation in Global Health (CIGH) (2024 - present)
- Member, Planetary Health Alliance (2022 - present)
- Member, American Society of Tropical Medicine and Hygiene (2021 - present)
- Member, Agriculture, Nutrition, and Health Academy (2021 - present)
- Member, American Society for Nutrition (2017 - present)

PROFESSIONAL EDUCATION

- Doctor of Philosophy, University of Michigan Ann Arbor (2021)
- Bachelor of Science, Saint Mary's College Of California (2014)

STANFORD ADVISORS

- Michele Barry, Postdoctoral Faculty Sponsor

LINKS

- Personal Website: https://nathaliejlambrecht.com/

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Dr. Lambrecht's research aims to address malnutrition and environmental degradation from two angles: (1) evaluating climate-resilient agricultural strategies to improve global food security, nutrition, and health, and (2) assessing approaches to promote consumption of healthy and sustainable diets.

Climate-resilient agriculture for human health: Across various countries in Sub-Saharan Africa and South Asia, Dr. Lambrecht investigates small-scale crop and livestock agroecology as a win-win strategy to benefit human nutrition, the environment, and households' resilience to climate change. Her current work aims to understand whether integrated crop-livestock rearing can buffer the potential negative impacts of climate shocks on children's growth in Ethiopia, Tanzania, Malawi, and Uganda. During her PhD, Dr. Lambrecht examined linkages between household livestock ownership and anemia in children in southern Ghana, investigating the hypothesis that rearing livestock could alleviate anemia by providing a source of micronutrient-rich animal-source foods, yet could also exacerbate anemia by exposing children to zoonotic pathogens. Dr. Lambrecht has also worked on a large-scale homestead food production trial in Bangladesh, examining impacts on agricultural production, and children's and women's diets and health.

Healthy and sustainable diets: Shifting diets towards sustainable and healthy plant-forward dietary patterns is essential for mitigating climate change, reducing biodiversity loss and habitat destruction, and reducing non-communicable chronic diseases. Dr. Lambrecht is a lead researcher of the NURISHD (NURsing home and hospital food service – Implementation of Healthy and Sustainable Diets) study. This research project examines the environmental footprint and nutritional quality of food service in German healthcare institutions and evaluates the feasibility of shifting dietary patterns toward the Planetary Health Diet.

Publications

PUBLICATIONS

- **Impact pathways of a homestead food production programme on women's dietary diversity in Bangladesh.** *Nature food*
  Lambrecht, N. J., Sparling, T. M., Mayer, A., Waid, J. L., Wendt, A. S., Ali, M., Gabrysch, S.
  2026
- **Temperatures around conception affect metabolic health in adulthood** *COMMUNICATIONS MEDICINE*
  Munz, T. S., Pradella, F., Lambrecht, N. J., Gabrysch, S., van Ewijk, R.
  2026; 6 (1)
- **Impact of a homegardening intervention on crop diversity: results from a cluster-randomized trial in Bangladesh** *FOOD SECURITY*
  Kehlenbeck, K., Waid, J. L., Lambrecht, N. J., Wendt, A. S., Ali, M., Gabrysch, S.
  2026
- **Dietary quality and environmental footprint of health-care foodservice: a quantitative analysis using dietary indices and lifecycle assessment data.** *The Lancet. Planetary health*
  Portner, L. M., Schlenger, L., Gabrysch, S., Lambrecht, N. J.
  2025: 101274
- **Connecting planetary boundaries and planetary health: a resilient and stable Earth system is crucial for human health.** *Lancet (London, England)*
  Myers, S. S., Masztalerz, O., Ahdoot, S., Gabrysch, S., Gupta, J., Haines, A., Kleineberg-Massuthe, H., Lambrecht, N. J., Landrigan, P. J., Mahmood, J., Pörtner, L. M., Rohr, J., Traidl-Hoffmann, et al
  2025
- **Impacts of a Homestead Food Production Intervention on Anaemia and Micronutrient Deficiencies Among Women and Children in Rural Bangladesh: A Cluster-Randomized Controlled Trial.** *Maternal & child nutrition*
  Wendt, A. S., Waid, J. L., Muller-Hauser, A. A., Lambrecht, N. J., Huda, T. M., Kyei, N. N., Gabrysch, S.
  2025: e70043
- **Effect of a Homestead Food Production and Food Hygiene Intervention on Biomarkers of Environmental Enteric Dysfunction in Children Younger Than 24 Months in Rural Bangladesh: A Cluster-Randomized Controlled Trial** *AMERICAN JOURNAL OF TROPICAL MEDICINE AND HYGIENE*
  Mueller-Hauser, A. A., Huda, T., Sobhan, S., Lambrecht, N. J., Waid, J. L., Wendt, A. S., Ali, S., Rahman, M., Gabrysch, S.
  2023; 109 (5): 1166-1176

- **Effect of a Homestead Food Production Program on the Prevalence of Diarrhea and Acute Respiratory Infection in Children in Sylhet, Bangladesh: A Cluster-Randomized Controlled Trial** *AMERICAN JOURNAL OF TROPICAL MEDICINE AND HYGIENE*
  Lambrecht, N. J., Mueller-Hauser, A. A., Sobhan, S., Schmidt, W., Huda, T., Waid, J. L., Wendt, A. S., Kader, A., Gabrysch, S.
  2023; 109 (4): 945-956

- **Thalassemia and hemoglobinopathy prevalence in a community-based sample in Sylhet, Bangladesh** *ORPHANET JOURNAL OF RARE DISEASES*
  Wendt, A. S., Brintrup, J., Waid, J. L., Kader, A., Lambrecht, N. J., Gabrysch, S.
  2023; 18 (1): 192

- **Wild foods contribute to women's higher dietary diversity in India** *NATURE FOOD*
  Cheek, J., Lambrecht, N. J., den Braber, B., Akanchha, N., Govindarajulu, D., Jones, A. D., Chhatre, A., Rasmussen, L.
  2023; 4 (6): 476-+

- **Limiting red meat availability in a university food service setting reduces food-related greenhouse gas emissions by one-third** *CLIMATIC CHANGE*
  Lambrecht, N. J. J., Hoey, L., Bryan, A., Heller, M., Jones, A. D. D.
  2023; 176 (6)

- **Impact of a Homestead Food Production program on poultry rearing and egg consumption: A cluster-randomized controlled trial in Bangladesh** *MATERNAL AND CHILD NUTRITION*
  Lambrecht, N. J., Waid, J. L., Wendt, A. S., Sobhan, S., Kader, A., Gabrysch, S.
  2023; 19 (3): e13505

- **Spatiotemporal variation in risk of Shigella infection in childhood: a global risk mapping and prediction model using individual participant data** *LANCET GLOBAL HEALTH*
  Badr, H. S., Colston, J. M., Nguyen, N. H., Chen, Y., Burnett, E., Ali, S., Rayamajhi, A., Satter, S. M., Trang, N., Eibach, D., Krumkamp, R., May, J., Adegnika, et al
  2023; 11 (3): E373-E384

- **Associations of bacterial enteropathogens with systemic inflammation, iron deficiency, and anemia in preschool-age children in southern Ghana** *PLOS ONE*
  Lambrecht, N. J., Bridges, D., Wilson, M. L., Adu, B., Eisenberg, J. N. S., Folson, G., Baylin, A., Jones, A. D.
  2022; 17 (7): e0271099

- **Ruminant-Related Risk Factors are Associated with Shiga Toxin-Producing Escherichia coli Infection in Children in Southern Ghana** *AMERICAN JOURNAL OF TROPICAL MEDICINE AND HYGIENE*
  Lambrecht, N. J., Wilson, M. L., Bridges, D., Eisenberg, J. N. S., Adu, B., Baylin, A., Folson, G., Jones, A. D.
  2022; 106 (2): 513-522

- **Maternal Overweight and Obesity during Pregnancy Are Associated with Neonatal, but Not Maternal, Hepcidin Concentrations** *JOURNAL OF NUTRITION*
  Jones, A. D., Shi, Z., Lambrecht, N. J., Jiang, Y., Wang, J., Burmeister, M., Li, M., Lozoff, B.
  2021; 151 (8): 2296-2304

- **Weight bias among public health trainees** *PUBLIC HEALTH NUTRITION*
  Sonneville, K. R., Rose, K. L., Lambrecht, N. J., Barry, M. R., Weeks, H. M., Leung, C. W.
  2021; 24 (6): 1566-1569

- **Perceptions and beliefs about anaemia: A qualitative study in three agroecological regions of Ghana** *MATERNAL AND CHILD NUTRITION*
  Awuah, R., Colecraft, E. K., Wilson, M. L., Adjorlolo, L., Lambrecht, N. J., Nyantakyi-Frimpong, H., Jones, A. D.
  2021; 17 (4): e13181

- **Associations between livestock ownership and lower odds of anaemia among children 6-59 months old are not mediated by animal-source food consumption in Ghana** *MATERNAL AND CHILD NUTRITION*
  Lambrecht, N. J., Wilson, M. L., Baylin, A., Folson, G., Naabah, S., Eisenberg, J. N. S., Adu, B., Jones, A. D.
  2021; 17 (3): e13163

- **The Role of Iron in the Susceptibility of Neonatal Mice to Escherichia coli K1 Sepsis** *JOURNAL OF INFECTIOUS DISEASES*
  Michels, K. R., Lambrecht, N. J., Lv, W., Schaller, M. A., Lukacs, N. W., Bermick, J. R.
  2019; 220 (7): 1219-1229

- **Assessing the Impact of Animal Husbandry and Capture on Anemia among Women and Children in Low- and Middle-Income Countries: A Systematic Review** *ADVANCES IN NUTRITION*
  Lambrecht, N. J., Wilson, M. L., Jones, A. D.
  2019; 10 (2): 331-344

- **Livestock ownership is associated with higher odds of anaemia among preschool-aged children, but not women of reproductive age in Ghana** *MATERNAL AND CHILD NUTRITION*
  Jones, A. D., Colecraft, E. K., Awuah, R. B., Boatemaa, S., Lambrecht, N. J., Adjorlolo, L., Wilson, M. L.
  2018; 14 (3): e12604

- **Neonatal monocytes exhibit a unique histone modification landscape** *CLINICAL EPIGENETICS*
  Bermick, J. R., Lambrecht, N. J., denDekker, A. D., Kunkel, S. L., Lukacs, N. W., Hogaboam, C. M., Schaller, M. A.
  2016; 8: 99