



## Ashira Weinreich

Masters Student in Community Health and Prevention Research, admitted Autumn 2025

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### Bio

#### BIO

Ashira is a National Science Foundation Graduate Research Fellow (NSF-GRFP), completing her MS in Community Health and Prevention Research at Stanford University (2025 - June 2026), and a Community Engaged Scholar at Stanford's Haas Center for Public Service. Her research examines how diverse bio-cultural systems inform community health in times of sociocultural and ecological change. By linking cyclical patterns in health practices with seasonality, nutrient intake, and medicinal plant use, Ashira explores how village communities adapt to climatic and environmental variability. As a Fulbright Research Fellow in Nepal (2024-2025), Ashira interviewed community members, organized and facilitated workshops in 12 villages ranging in elevation from 6,500ft to 13,000ft, engaging over 200 villagers. She believes that anticipatory capacity is important in developing resilience in Nepal's high-altitude Himalayan regions. Ashira is committed to a collaborative, community-centered approach to research, emphasizing the importance of reciprocity and giving back to the community.