



Mary de Boer

Postdoctoral Scholar, Infectious Diseases

Bio

BIO

I am a maternal and child nutrition researcher with expertise in nutritional epidemiology, implementation science, and environmental health. My work focuses on understanding heterogeneity in health outcomes among pregnant women in low- and middle-income countries — specifically, why evidence-based interventions fail to reach or benefit the most vulnerable subgroups. I use mixed methods combining traditional nutritional epidemiology with spatial analysis, multilevel and structural equation modeling, latent class analysis, and qualitative approaches to understand both biological and structural drivers of that heterogeneity. I come to academic research after 14 years as a field-based public health practitioner in Sub-Saharan Africa and Central Asia within the USAID Foreign Service.

HONORS AND AWARDS

- Nancy Stephens Scholarship, Johns Hopkins Department of International Health (2025)
- Arole Taylor Community Health Fellowship, Johns Hopkins Department of International Health (2024-2025)
- Barbara and Richard Hall Student Award for Excellence in Nutrition Science, Johns Hopkins Department of International Health (2024)
- Ambassador's Meritorious Honor Award, US Embassy Kyrgyz Republic (2021)
- Mission Eagle Award, US Embassy Rwanda (2017)
- Embassy Franklin Award, US Embassy Rwanda (2016)
- Secretary of State's Superior Honor Award, US Embassy Senegal (2016)
- Ambassador's Meritorious Honor Award, US Embassy Senegal (2015)
- Ambassador's Meritorious Honor Award, US Embassy Senegal (2014)
- Secretary of State's Superior Honor Award, US Embassy Senegal (2014)
- Himmelweit Scholar Award for the Most Meritorious Master's Thesis Dissertation, London School of Economics Institute of Social Psychology (2010)
- American Friends of the LSE Scholarship, American Friends of the London School of Economics (2009-2010)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Member, American Society for Nutrition (2022 - present)
- Member, American Foreign Service Association (2011 - present)

PROFESSIONAL EDUCATION

- PhD, Johns Hopkins Bloomberg School of Public Health , International Health: Human Nutrition (2025)
- MSc, London School of Economics & Political Science , Health, Community & Development (2010)
- BA, Pomona College , English Literature (2007)

STANFORD ADVISORS

- Stephen Luby, Postdoctoral Faculty Sponsor

Publications

PUBLICATIONS

- **Exploring the interplay of family dynamics and pregnancy supplement adherence among married women of reproductive age: a qualitative study from rural Bangladesh** *BMJ OPEN*
Mondal, P., de Boer, M., Rahman, A., Khaled, N., Zavala, E., Haque, R., Ali, H., Siddiqua, T., Afsana, K., Christian, P., Thorne-Lyman, A. L., Kalbarczyk, A.
2026; 16 (5): e115088
- **Bridging Gender Gaps in Global Health: Insights from the Gender and Health Applied Learning Institute.** *Annals of global health*
de Boer, M., Banchoff, K., Morgan, R., Kalbarczyk, A.
2025; 91 (1): 57
- **Dietary diversity as a modifier of the effect of supplementation with multiple micronutrients during pregnancy on low birth weight in a randomized controlled trial in Bangladesh.** *The American journal of clinical nutrition*
de Boer, M., Thorne-Lyman, A. L., Shamim, A. A., Wu, L. S., Shaikh, S., Ali, H., West, K. P., Christian, P.
2025; 122 (3): 762-769
- **Measuring feasibility: complex questions need complex tools.** *BMJ global health*
de Boer, M., Kalbarczyk, A., Islam, M. N., Rodríguez, D. C., Sarker, M., Christian, P., Lyman, A. T.
2025; 10 (6)
- **Developing cadres of gender specialists in global public health to meet increasing demand.** *Frontiers in sociology*
Kalbarczyk, A., Banchoff, K., Perry, K., de Boer, M., Morgan, R.
2025; 10: 1501764
- **A formative study of the sociocultural influences on dietary behaviours during pregnancy in rural Bangladesh.** *Maternal & child nutrition*
Khaled, N., Kalbarczyk, A., Zavala, E., Rahman, A., de Boer, M., Chakraborty, B., Rahman, H., Ali, H., Haque, R., Ayesha, K., Siddiqua, T. J., Afsana, K., Christian, et al
2024; 20 Suppl 6 (Suppl 6): e13713
- **Acceptability of a balanced energy protein (BEP) supplement for pregnant women in Bangladesh.** *Maternal & child nutrition*
Zavala, E., Rahman, A., Kalbarczyk, A., de Boer, M., Khaled, N., Chakraborty, B., Rahman, H., Ali, H., Haque, R., Ayesha, K., Siddiqua, T. J., Afsana, K., Christian, et al
2024; 20 Suppl 6 (Suppl 6): e13587
- **Assessing implementation outcomes for launching balanced energy protein supplementation: A formative study in rural Bangladesh.** *Maternal & child nutrition*
Kalbarczyk, A., de Boer, M., Khaled, N., Chakraborty, B., Rahman, A., Zavala, E., Rahman, H., Ali, H., Haque, R., Ayesha, K., Siddiqua, T. J., Afsana, K., Christian, et al
2024; 20 Suppl 6 (Suppl 6): e13606