# RITA HAMAD

Stanford University
1070 Arastradero Road
Palo Alto, CA 94304
rhamad@stanford.edu

## EDUCATION

1999-2003 **Harvard University**
A.B. (magna cum laude), Chemistry

2005-2010 **UC Berkeley – UCSF Joint Medical Program**
M.D., M.S. in Health and Medical Sciences
Thesis: "Evaluating Health Outcomes for Microcredit Clients"

2006-2007 **University of California, Berkeley**
M.P.H., Interdisciplinary Program

2010-2013 **Contra Costa Regional Medical Center**
Residency in Family Medicine

2014-present **Stanford University**
Ph.D. candidate, Epidemiology (expected Fall 2016)
Dissertation: "Identifying the Causal Effects of Early Life Socioeconomic Exposures on Health over the Life Course"
Committee: Steve Goodman (chair), Jay Bhattacharya, Tom Boyce, Mark Cullen

## CURRENT EMPLOYMENT

2013-present Instructor, Division of General Medical Disciplines, Stanford University

2013-present Physician, Stanford Family Medicine, Stanford University

## PROFESSIONAL AFFILIATIONS

2015-present Stanford Center for Population Health Sciences

2015-present Stanford Center for Poverty and Inequality

2015-present Statens Serum Institut, Copenhagen, Denmark

## PEER-REVIEWED PUBLICATIONS

1. **Hamad R**, Mark JR, Bhattacharya J. "Nutritional Outcomes and Poverty during the Great Recession." Under review.

2. **Hamad R**, Brown DS, Basu S. "Understanding the influence of individual- and county-level socioeconomic factors on individual tobacco and alcohol use." Under review.

3. **Hamad R**, Tuljapurkar S, Rehkopf DH. "Racial and socioeconomic variation in genetic markers of telomere length." Under review.

4. **Hamad R**, Cohen AK, Rehkopf DH. "Changing national guidelines is not enough: The impact of 1990 IOM recommendations on gestational weight gain among U.S. women." Published online ahead of print at *International Journal of Obesity*, doi: 10.1038/ijo.2016.97, 20 May 2016.

5. **Hamad R**, Walter S, Rehkopf DH. "Telomere length and health outcomes: a two-sample genetic instrumental variables analysis." *Experimental Gerontology* 82: 88-94, 2016.

6. White JS, **Hamad R**, Li X, Basu S, Ohlsson H, Sundquist J, Sundquist K. "Long-term effects of neighbourhood deprivation on diabetes risk: quasi-experimental evidence from a refugee dispersal policy in Sweden." *The Lancet Diabetes & Endocrinology* 4(6): 517-524, 2016.

7. **Hamad R**, Rehkopf DH. "Poverty and child development: a longitudinal study of the impact of the earned income tax credit." *American Journal of Epidemiology* 183(9): 775-784, 2016.

8. **Hamad R**, Modrek S, Cullen MR. "The effects of job insecurity on healthcare utilization: findings from a panel of U.S. workers." *Health Services Research* 51(3): 1052-1073, 2016.

9. **Hamad R**, Rehkopf DH, Kuan KY, Cullen MR. "Predicting later life health status and mortality using state-level socioeconomic characteristics in early life." *Social Science & Medicine - Population Health* 2: 269-276, 2016.

10. Basu S, **Hamad R**, White JS, Modrek S, Rehkopf DH, Cullen MR. "The EARN-Health trial: protocol for a randomized controlled trial to identify health effects of a financial savings program among low-income U.S. adults." *BMJ Open* 5(10): e009366, 2015.

11. **Hamad R**, Fernald LC. "Microcredit participation and women's health: results from a cross-sectional study in Peru." *International Journal for Equity in Health* 14: 62, 2015.

12. **Hamad R**, Rehkopf DH. "Poverty, pregnancy, and birth outcomes: a study of the earned income tax credit." *Paediatric and Perinatal Epidemiology* 29(5): 444-452, 2015.

13. Modrek S, **Hamad R**, Cullen MR. "Psychological well-being during the Great Recession: changes in mental healthcare utilization in an occupational cohort." *American Journal of Public Health* 105(2): 304-310, 2015.

14. **Hamad R**, Pomeranz JL, Siddiqi A, Basu S. "Large-scale automated analysis of news media: a novel computational method for obesity policy research." *Obesity* 23(2): 296-300, 2015.

15. **Hamad R**, Modrek S, Kubo J, Goldstein BA, Cullen MR. "Using big data to capture overall health status: properties and predictive value of a claims-based health risk score." *PLOS One* 10(5): e0126054, 2015.

16. Moseson H, **Hamad R**, Fernald LC. "Microcredit participation and child health: results from a cross-sectional study in Peru." *Journal of Epidemiology and Community Health* 68: 1175-1181, 2014.

17. **Hamad R**, Fernald LC. "Microcredit participation and nutrition outcomes among women in Peru." *Journal of Epidemiology and Community Health* 66(6):e1, 2012.

18. **Hamad R**, Fernald LC, Karlan D. "Health education for microcredit clients in Peru: a randomized controlled study." *BMC Public Health* 11(1): 51, 2011.

19. **Hamad R**, Fernald LC, Karlan D, Zinman J. "Social and economic correlates of depressive symptoms and perceived stress in South African adults." *Journal of Epidemiology and Community Health* 62(6), 2008.

20. Fernald LC, **Hamad R**, Ozer E, Karlan D, Zinman J. "Small individual loans and mental health: a randomized controlled trial among South African adults." *BMC Public Health* 8(1): 409, 2008.

## INVITED COMMENTARIES AND MEDIA COVERAGE

1. **Hamad R**, Rehkopf DH. "Hamad and Rehkopf respond to 'Income and health: financial credits as instruments.'" *American Journal of Epidemiology* 183(9): 790-291, 2016.

2. Interview with Joseph, Andrew. "Where refugees settle matters for their health." *STAT News*, 27 Apr 2016. Available at https://www.statnews.com/2016/04/27/refugees-diabetes.

3. Interview with Brown, Troy. "Refugees: neighborhood deprivation ups type 2 diabetes risk." *Medscape*, 27 Apr 2016. Available at http://www.medscape.com/viewarticle/862582.

4. Interview with Newby, Kris. "5 Questions: Rita Hamad on why living in poor neighborhoods could be bad for your health." *Stanford Medicine Newsletter*, 27 Apr 2016. Available at http://med.stanford.edu/news/all-news/2016/04/5-questions-rita-hamad-on-neighborhoods-and-health.html.

5. **Hamad R**. "Social policy is health policy: addressing the 'causes of the causes' of health disparities." *Harvard Health Policy Review*; 1 Dec 2015. Available at http://hhpronline.org/social-policy-is-health-policy-addressing-the-causes-of-the-causes-of-health-disparities.

6. Interview by Newman, Sophia. "Can urban planning solve the health problems that poverty causes." *Next City*, 21 Oct 2015. Available at https://nextcity.org/daily/entry/can-urban-planning-solve-the-health-problems-that-poverty-causes.

7. Interview by Newby, Kris. "Early career awards fast track studies on poverty and health." *Stanford Medicine Newsletter*, 24 Sep 2015. Available at http://med.stanford.edu/news/all-news/2015/09/early-career-awards-fast-track-studies-on-poverty-and-health.html.

## PROFESSIONAL REPORTS

Crookston B, Gray B, Gash M, Chanani S, **Hamad R**. "Assessing well-being of financial service provider clients with the Progress Out of Poverty index and the Food Security Scale." *Freedom from Hunger* 2014.

**Hamad R**, Medlin C. "Emergency Medical Care Initiative." *Health Policy Monitor* 2004.

**Hamad R**, Medlin C. "Prescription Drug Reimportation." *Health Policy Monitor* 2004.

## PUBLISHED ABSTRACTS

Crookston B, Gray B, Gash M, Chanani S, **Hamad R**. "An examination of wealth and food security in four countries." *The FASEB Journal* 26(1), 2012.

**Hamad R**, Fernald L. "Evaluating reproductive health outcomes for microcredit clients." *Contraception* 78(2), 2008.

## CONFERENCE PRESENTATIONS

Racial and socioeconomic variation in genetic markers of telomere length.
- Apr 2016: Oral presentation, Population Association of America Annual Meeting, Washington, D.C.

Poverty and child development: A longitudinal study of the impact of the earned income tax credit.
- Jun 2015: Oral presentation, Society for Epidemiologic Research Annual Meeting, Denver, CO

Telomere length and health: a genetic instrumental variables analysis.
- Apr 2015: Oral presentation, Population Association of America Annual Meeting. San Diego, CA

Healthcare utilization during the Great Recession: findings from a panel of U.S. workers and families.
- Aug 2014: Oral presentation, American Sociological Association Annual Meeting. San Francisco, CA
- Jun 2014: Oral presentation, American Society of Health Economists Conference. Los Angeles, CA

Telomeres, health, and socioeconomic status: in search of causality.
- Nov 2013: Oral presentation, Stanford Prevention Research Center Seminar Series. Palo Alto, CA.

Health education for microcredit clients: a randomized controlled trial.
- Nov 2012: Oral presentation, UCB-UCSF Joint Medical Program Faculty Seminar, Berkeley, CA
- Dec 2010: Oral presentation, meeting of the Bay Area International Group, Berkeley, CA

Evaluating health outcomes for microcredit clients.

- Oct 2008: Oral presentation, American Public Health Association Annual Meeting, San Diego, CA
- Apr 2008: Round table discussion, Global Health Education Consortium, Sacramento, CA
- Apr 2008: Guest speaker, Stanford University Microfinance Working Group, Palo Alto, CA
- Mar 2008: Poster, American Medical Women's Association Annual Meeting, Anaheim, CA

## RESEARCH GRANTS

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| 2016-2020 | Principal Investigator, K08 Mentored Clinical Scientist Award, National Heart, Lung, and Blood Institute, "Assessing the Impact of Educational Interventions on Reducing Disparities in Hypertension and Related Biomarkers." |
| 2016-2017 | Co-Principal Investigator, FoodAPS Research Initiative Grant, University of Kentucky Center for Poverty Research, "Food Acquisition and Health Outcomes among New SNAP Recipients since the Great Recession," Co-PI: Jay Bhattacharya ($50,000) |
| 2016 | Co-Investigator, Pilot Seed Grant for Population Health Sciences, Stanford Center for Clinical and Translational Research and Education, "Curating NHANES Genetic Data for Sociogenomic Modeling," PI: David H. Rehkopf ($18,000) |
| 2015-2016 | Principal Investigator, Early Career Investigator Grant, Stanford Child Health Research Institute, "Media Framing and Childhood Obesity: A Novel Computational Method for Policy Research" ($35,000) |
| 2015-2017 | Co-Principal Investigator, Research Grant, American Educational Research Association, "The Impacts of Educational Duration and Quality on Health: An Instrumental Variables Analysis," Co-PI: David H. Rehkopf ($20,000) |
| 2015 | Principal Investigator, Pilot Seed Grant for Population Health Sciences, Stanford Center for Clinical and Translational Research and Education, "The Impacts of Educational Attainment on Population Health: An Instrumental Variables Analysis" ($23,000) |
| 2015 | Principal Investigator, Pilot Seed Grant for Population Health Sciences, Stanford Center for Clinical and Translational Research and Education, "The Long-Term Effects of Neighborhoods on Health Outcomes and Behaviors: A Quasi-Experimental Study," Co-PI: Justin S. White ($37,000) |
| 2015 | Co-Investigator, Pilot Seed Grant for Community Engagement, Stanford Center for Clinical and Translational Research and Education, "The Earn Trial: Improving Social Determinants of Health through a Community-Based Savings and Debt-Reduction Program," PI: Sanjay Basu ($30,900) |
| 2014-2016 | NIH KL2 Career Development Award, Stanford Center for Clinical and Translational Research and Education via Clinical and Translational Science Award, PI: Harry Greenberg |

## HONORS AND AWARDS

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| 2015 | Nominee, Stanford Division of General Medical Disciplines Teaching Award |
| 2008 | Dean's Prize for Student Research, UCSF |
| 2007 | Fellowship, UC Berkeley Human Rights Center |
| 2007 | Fellowship, UC Berkeley Bixby Program in Population, Family Planning, & Maternal Health |
| 2007 | Tinker Field Research Grant, UC Berkeley Center for Latin American Studies |
| 2007 | Overseas Travel Grant, American Women's Hospitals Service |
| 2007 | Perker Memorial Scholarship, UC Berkeley Public Health Alumni Association |

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| 2006 | International Health Travel Grant, Rainer Fund |
| 2003 | Grant, Harvard Committee on Human Rights Studies |
| 1999-2003 | Honorary Scholarship for scholastic achievement, Harvard College |

## PAST EMPLOYMENT

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|---|---|
| 2006-2008 | Research Assistant, Division of Community Health and Human Development<br>UC Berkeley School of Public Health |
| 2006 | Research Assistant, Center for Health Analysis of Mothers and Children of Salinas<br>UC Berkeley School of Public Health |
| 2004-2005 | Research Associate, Institute for Global Health<br>UCSF |
| 2004 | Research Assistant, Center for Research on Population and Health<br>American University of Beirut, Lebanon |
| 2003 | Intern, HIV/AIDS Department<br>World Health Organization, Geneva, Switzerland |

## TEACHING AND MENTORING

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| 2016 | Guest lecturer, "Methods to Evaluate Social Policy Impacts on Health: Two Sample Instrumental Variables Analysis," UCSF Department of Epidemiology & Biostatistics |
| 2015-present | Lecturer, Family Medicine Clerkship, Stanford University School of Medicine |
| 2015 | Faculty mentor, Intensive Course in Clinical Research, Stanford Center for Clinical and Translational Research and Education |
| 2014-present | Mentor, Leadership in Health Disparities Program, Stanford University School of Medicine |
| 2014-present | Graduate and undergraduate research mentor, Stanford University |
| 2014-present | Career advisor, Family Medicine Interest Group, Stanford University School of Medicine |
| 2013-present | Preceptor for medical students, Stanford Family Medicine |
| 2011-2012 | Graduate research mentor, UC Berkeley |
| 2010 | Undergraduate research mentor, UC Berkeley |
| 2006 | Teaching assistant, Advanced Genetics (undergraduate), UC Berkeley |

## SERVICE AND OTHER ACTIVITIES

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| **Referee** | BMJ, Health Services Research, International Journal for Equity in Health, Journal of Development Economics, Journal of Epidemiology and Community Health, Social Science and Medicine, Tropical Medicine and International Health, Women and Health |
| **Grant review** | United Kingdom Medical Research Council |
| **Memberships** | |
| 2015-present | Population Association of America |
| 2015-present | Society for Epidemiologic Research |
| 2014-present | American Society of Health Economists |

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| 2014-2015 | The Obesity Society |
| 2012-2014 | American Academy of Family Physicians |
| 2008-2010 | American Public Health Association |
| 2006-2010 | Physicians for a National Health Program |
| 2006-2010 | American Medical Women's Association |

## LICENSURE AND CERTIFICATION

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| 2013 | American Board of Family Medicine Certification |
| 2011 | California State Medical License |

**LANGUAGES**: English (native), Arabic (fluent), Spanish (proficient)