

# MUNIA AFROZ

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## RESEARCH INTERESTS

Public health nutrition, nutrition science communication and education, implementation and translational research, nutrition advising, malnutrition, adolescent health and nutrition, dietary patterns, refugees/immigrants nutrition, maternal and child nutrition

## PROFESSIONAL RESEARCH EXPERIENCES

**Employer:** BRAC James P Grant School of Public Health (BRAC JPGSPH), BRAC University

**Position:** Senior Research Associate

**Duration:** March 2025-present

*Promoted from Research Associate in recognition of strong performance, increased responsibility, and leadership capabilities. Currently serving as project focal point in multiple research projects focusing on nutrition and health system strengthening, with expanded managerial and coordination responsibilities.*

**Major responsibilities:**

**Project Management:**

- Oversee the full project cycle, including planning, stakeholder engagement, IRB communications, and deliverable submission.

**Stakeholder Engagement and Coordination:**

- Coordinate stakeholder and technical committee meetings; communicate with donors, ensure documentation and timely follow-up on action items.

**Research Tools Development and Reporting:**

- Draft and review research tools, qualitative frameworks, project reports (inception and field completion, key indicators reports), and contribute to manuscript development.

**Team Supervision and Mentorship:**

- Supervise and mentor junior research staff, including Research Assistants, Interns, and Field Coordinators, providing guidance on data collection, quality assurance, and team management.

**Field Supervision and Quality Assurance:**

- Provide oversight during field visits and ensure fidelity to research protocols and ethical standards.

**Recruitment and Capacity Building:**

- Manage the recruitment process for field teams, including job description development, exam question development, and interview facilitation.
- Provide training on both qualitative and quantitative data collection.

**Conference Participation and Research Communication:**

- Participate in international conferences, in-house seminars, early career researcher forums, and national dissemination events.
- Facilitated a short course on “**Introduction to nutrition data collection and management**”.
- Currently working as the **Communication Focal** for the regional conference *Delivering for Nutrition 2025*, cohosted by BRAC JPGSPH.

**Position:** Research Associate

**Duration:** March 2023-March 2025

*Promoted from Research Assistant in recognition of exceptional performance and capacity to independently manage research implementation and analysis across multiple studies.*

**Major responsibilities:**

**Research Implementation**

- Co-coordinated and supported the implementation of diverse studies, including nutrition-specific and nutrition-sensitive interventions, maternal and neonatal health impact evaluations, operational research, and systematic reviews.

**Data Management and Analysis**

- Processed and analyzed large-scale quantitative datasets; managed all stages of qualitative data (transcription, coding, extraction).
- Developed data extraction matrices, codebooks, and conducted thematic analysis using standard qualitative frameworks.

#### **Proposal and Report Writing**

- Contributed to in drafting grant proposals, research protocols, analysis plans, manuscripts, and technical reports.

#### **Tool Development**

- Designed and reviewed quantitative and qualitative data collection instruments, observation checklists, consent/assent forms, and IRB submission packages.

#### **IEC Material Development**

- Developed content for Information, Education and Communication (IEC) materials, including video scripts, human stories, and visual process maps to support intervention awareness and uptake.

#### **Communication and Coordination**

- Engaged with donors, stakeholders, and implementing partners; facilitated internal and external coordination with research teams.
- Supported dissemination of research findings through stakeholder workshops, seminars, and national conferences.

#### **Mentorship and Capacity Building**

- Mentored three interns on systematic and scoping reviews; trained and supervised 50+ Research Assistants in both quantitative and qualitative research methods.

#### **Supervision and Field Oversight**

- Oversaw field teams during data collection, ensuring adherence to research protocols and high-quality data.

**Position:** Teaching Fellow, MPH program, BRAC JPGSPH

**Duration:** July 2024-January 2025

**Course Coordinator:** Stephen Luby, Professor of Medicine, Stanford University; Dr. Santhia Ireen, Deputy Director, Education and Research, BRAC JPGSPH

#### **Major responsibilities:**

-Worked as a teaching fellow for the Epidemiology of Infectious Diseases course (in a class of 34 students); assisted in scoring performance, facilitated outbreak investigation exercise, maintained regular communication with course coordinators, MPH team, and students, checked copies, and finalized marks.

-**Mentored three MPH students** during their Summative Learning Project (SLP)/thesis (one of them awarded for best overall performance).

**Position:** Research Assistant

**Duration:** March 2021-March 2023

#### **Major responsibilities:**

##### **Field research support and qualitative data handling:**

- Supported qualitative field research by supervising small data collection teams.
- Assisted in the development of study tools and consent forms.
- Prepared field notes and drafted field research reports.
- Transcribed, translated, and extracted qualitative data for analysis.

##### **Quantitative and qualitative data collection:**

- Conducted 2000+ quantitative interviews using Kobo Toolbox and 170+ qualitative interviews, including IDIs (80+), KIIs (50+), and FGDs (50+), with beneficiaries, government stakeholders, project partners, and donors.
- Collected data for impact evaluations of nutrition programs, WASH project baselines, and NCD surveillance in Bihari and Rohingya camps, slums, and remote areas.
- Used a computerized dietary recall system (intake24) for multiple-pass 24-hour recalls over six months in 10 remote villages.

## TRAININGS & COURSES

- 2025: 10-month course on “**Intake Dietary Assessment Course 3**” by Intake (May, 2025-ongoing)
- 2025: Short course on “**Introduction to Epidemiology**” by National Heart Foundation Hospital and Research Institute (NHFHRI) and Oxford Population Health, University of Oxford, UK
- 2025: Short course on “**South and Southeast Asia Climate and Health Responders**” by World Health Organization (WHO)
- 2025: Short course on “**Regulatory Policies to Prevent Obesity and Diet-related Noncommunicable Diseases**” by PAHO (ongoing)
- 2025: Short course on “**Systematic Review and Meta Analysis**” in Health Research by Centre for Professional Skills Development in Public Health (CPSD), BRAC JPGSPH
- 2023: Course on “**Winning Funds for Your Global Health Research**” by Author AID, funded by the National Institute for Health and CARE Research (NIHR, UK)
- 2023: Course on “**Publishing Your Global Health Research**” by Author AID, funded by the National Institute for Health and CARE Research (NIHR, UK)
- 2022: Training on “**Quantitative & Qualitative Research**” by Centre for Non-communicable Diseases and Nutrition, BRAC JPGSPH

## EDUCATION

- 2021- **Master of Public Health**; School of Health and Life Sciences, North South University, Bangladesh  
**Major:** Epidemiology **3.88/4.00 (Summa Cum Laude)**  
**Relevant Coursework:** Epidemiology, Biostatistics, Data Management & Analysis, Research Methodology, Public Health Nutrition, Public Health Aspects of Nutritional Deficiency, Maternal & Child Health, etc.  
**Research Experience (Thesis):** *Infant and Young Child Feeding (IYCF) Practices and Associated Factors among Mothers of Children Aged 0-23 Months in the Ultra-Poor Urban Slums in Dhaka City.*  
**Supervisor:** Dr. Md. Delwer Hossain Hawlader, Associate Professor.
- 2018- **Bachelor of Science**; Bangladesh College of Home Economics, University of Dhaka, Bangladesh  
**Major:** Food and Nutrition **3.65/4.00 (First class 4<sup>th</sup>)**  
**Relevant Coursework:** Nutritional Science, Human Nutrition & Dietetics, Clinical & Therapeutic Nutrition, Applied Nutrition, Metabolism, Biochemistry, Organic Chemistry, Biochemical & Industrial Techniques in Nutrition, Nutritional Problems & Epidemiology, Statistics, etc.  
**Research Experience:** *A Cross-Sectional Survey on Hypertension and Its Risk Factors among People in Selected Hospitals in Dhaka City.* **Supervisor:** Sangita Sarkar, Assistant Professor.  
**Internship:** Assessment of the nutritional status of 50 patients with metabolic disorders and preparing diet plans and dietary guidelines at Bangabandhu Sheikh Mujib Medical University (BSMMU).

## AWARDS

- **Summa Cum Laude** award, MPH (North South University)
- **Hons' Scholarship** based on B.Sc. result (University of Dhaka)
- **Primary scholarship** (Government awarded)

## EXTRA-CURRICULAR ACTIVITIES

October 2023: **Volunteer**; International Food Policy Research Institute (IFPRI)

- Successfully organized an International Conference (Delivering for Nutrition (D4N) in South Asia, 2023) in Nepal as an organizing team member (Co-host: BRAC James P Grant School of Public Health). Worked in the registration booth and took notes for various sessions.

August 2017: **Data collector**; Bangladesh Institute of Research and Training on Applied Nutrition

- Interviewing: Interviewed & collected dietary data from 50+ adolescent girls from 5 renowned schools and colleges in Dhaka city.
- Anthropometric measurement: Measured anthropometric measurements (height, weight, waist circumference, etc.).

March-April 2018: **Core volunteer**; Bangladesh Institute of ICT in Development

- Conducted a survey on dietary habits among adolescent girls and boys in rural and urban areas, reaching 400+ mothers in Dhaka and Manikganj.
- Coordinated with facilitators and 250+ participants to distribute learning materials and essential documents; assisted the coordinator in organizing workshops.
- Volunteered for Nutrition Olympiad Bangladesh 2018, supported in registration, guest assistance, and logistics maintenance.

## TECHNICAL SKILLS

**Statistic modeling:** Descriptive statistical analysis, linear regression, logistic regression, difference in difference (DiD), propensity score matching

**Programming & Software:** Stata, SPSS, Mendeley, Zotero, Rayyan, Delves, Dedoose, Microsoft Office

**Communication skills: Languages:** Bangla (native), English (**IELTS: 7.5**), Hindi (beginner).

## PUBLICATIONS

**More Information:** [OrcidID](#)

- 2025 **Afroz M**, Akter F, Hawlader MDH, et al. *Infant and young child feeding practices and factors associated with early initiation of breastfeeding among ultra-poor slum mothers of Bangladesh*. Nutrition and Health. 2025;0(0). doi:[10.1177/02601060251339562](https://doi.org/10.1177/02601060251339562)
- 2025 **Afroz M**, Rahman S, Akter F, Shamim AA, Raza WA, Chaudhery DN, Mridha MK. *Factors Associated with Stunting among Children Aged 0-59 Months in South Asia: A Systematic Review*. Under review in: Nutrition Research Reviews. Protocol accepted in: Prospero [[https://www.crd.york.ac.uk/prospero/display\\_record.php?RecordID=545942](https://www.crd.york.ac.uk/prospero/display_record.php?RecordID=545942)].
- 2025 Rahman A, Hussain T, **Afroz M**, Rahman S, Mridha MK, Shamim AA, Akter F. *Ultra-processed food and risk of gastric cancer: A systematic review*. Under review in: BMJ Global Health. Protocol accepted in: Prospero [<https://www.crd.york.ac.uk/PROSPERO/view/CRD42024504965>].
- 2025 Dasgupta D, Sujon M, **Afroz M**, Mazumder S, Suman S, Khan M F. *Impact of Birth Spacing and Maternal-Child Risk Factors on Childhood Stunting, Wasting, Underweight, and their Coexistence in South Asia*. Submitted to: Public Health

## CONFERENCE PRESENTATIONS

- 2024 **Afroz M**, Rahman S, Akter F, Shamim AA, Mridha MK. *Factors Associated with Stunting among Children Aged 0-59 Months in South Asia: A Systematic Review*. presented at the Delivering for Nutrition in South Asia, 2024 conference, Sri Lanka. [https://southasia.ifpri.info/files/2024/12/11.-Munia-Afroz\\_Rapidfire.pdf](https://southasia.ifpri.info/files/2024/12/11.-Munia-Afroz_Rapidfire.pdf) [https://youtu.be/Km8OFcDJMj8?si=3SefT2qGUD3\\_22GM](https://youtu.be/Km8OFcDJMj8?si=3SefT2qGUD3_22GM) [Rapid fire presentation-poster]

2023 **Afroz M**, Akter F, Hawlader MDH, Hossain MM, Rahman S, Aktar B, Hasan M, Hanif AAM, Awal A, Mridha MK. *Infant and Young Child Feeding Practices and Factors Associated with Early Initiation of Breastfeeding in Ultra-Poor Slum Population of Bangladesh*. presented at the Delivering for Nutrition in South Asia, 2023 conference, Nepal. <https://poshan.ifpri.info/files/2023/11/7.-Munia-Afroz.pdf> [Rapid fire presentation-poster]

## RESEARCH PROJECTS

Sl.	Research project title	Donor	Duration	Role
<b>Ongoing</b>				
1	Adaptation of the WHO South-East Asia Region Sodium Benchmarks for Packaged Foods in Bangladesh	World Health Organization, Bangladesh	2025	Co-I
2	Bangladesh Nutrient Profile Model: A Tool to Classify Foods and Non-alcoholic Beverages High in Saturated Fatty acids, Trans-fatty acids, Free sugars and Salt (HFSS Foods)	World Health Organization, Bangladesh	2025 to 2026	Co-I
3	Baseline and Endline Evaluation for Strengthening Community Clinics and Char-based Healthcare Access with Remote Maternal Services	BRAC	2025 to 2027	Co-I
4	Realizing Gender Equality, Attitudinal Change & Transformative Systems in Nutrition (REACTS-IN) project	World Vision Canada	2024 to 2026	Senior Research Associate
<b>Completed</b>				
1	Factors contributing to stunting reduction in Bangladesh (systematic review part)	The World Bank	2024	Research Associate
2	Impact evaluation of the project titled 'Implementation of the WHO's framework for working with individuals, families, and communities (IFC) to improve maternal and newborn health in Bangladesh	Enfants du Monde	2021 to 2025	Research Associate
3	Impact Evaluation of the UNICEF Multisector Integrated Program for Improved Nutrition in Urban Slums (2nd Round-PE)	UNICEF Bangladesh	2022	Research Associate
4	Process documentation on building Rohingya refugee and host community resilience in Cox's Bazar, Bangladesh	UNICEF Bangladesh	2022 to 2024	Research Associate
5	Understanding the Patterns and Determinants of Health in South-Asian People- South Asia Biobank	NIHR, UK	2018–2021 and 2021-2026	Research Assistant
6	Baseline Assessment of The Integrated Health, Water, Sanitation, and Hygiene Services Under the Rehabilitation Program for Upliftment of Ultra-Poor Slum Dwellers in Mohammadpur and Mirpur in Dhaka City and Saidpur in Nilphamari District in Bangladesh	Islamic Development Bank and BRAC	2021	Research Assistant