

Nipa Kamdar, PhD, RN, FNP-BC

Contact: nipa.p.kamdar@gmail.com

As a nurse scientist with more than a decade of field experience serving under-resourced communities as a nurse practitioner, I recognize the impact social determinants have on health and well-being. My research focuses on addressing social needs in effort to reduce health inequities.

A. Education

1. Undergraduate Education: University of Michigan, Ann Arbor, MI. Degree: BSN, 9/1996 to 5/2000
2. Graduate Education: University of North Carolina, Chapel Hill, NC. Degree: MSN, 9/2000 to 5/2003. Advisor: Rosemary Nelson-Gray, PhD.
3. Graduate Education: University of Texas Health Science Center, Houston, TX. Degree: PhD, 9/2015 to 5/2018. Advisor: Janet Meininger, PhD.
4. Postdoctoral Fellowship: University of Houston, 8/2018 to 6/2020
5. Postdoctoral Fellowship: VA Health Services Research Fellowship, Michael E. DeBakey VAMC, 9/2018 to 5/2021

B. Academic Appointments:

- a. Adjunct Clinical Faculty, University of Texas Health Science Center, Houston, Cizik School of Nursing 1/1/2015 to present.
- b. Instructor, Baylor College of Medicine, Houston, 11/2020 to present

C. Other advanced training/experience:

1. Qualitative Methods in Health Services Research, April, 2019
2. VA Office of Nursing Scholarship Grant Writing Workshop, July 2019
3. "Talking with Pictures": Photovoice by Laura Lorenze, PhD, August 2019
4. Human-Centered Service Design course by IDEO, September, 2019
5. Qualitative Study Design by ResearchTalk, Inc., September 2020

D. Other information

1. Honors or awards

- a. Center for Innovations in Quality, Effectiveness and Safety Citizenship Award, September 2020
- b. University of Texas Health Science Center School of Nursing Faculty Award of Excellence, 2018
- c. Doctoral Student Writing Award, University of Texas Health Science Center, Houston, 2018
- d. Named top 150 Houston nurses for Houston Chronicle Salute to Nurses, 2018
- e. Delivered Farewell Address at University of Texas Health Science Center Commencement, 2018
- f. Robert Wood Johnson Future of Nursing Scholar (Full scholarship and annual stipend for 3-years doctoral program.), 2015 - 2018
- g. Outstanding Master's Degree Student Award (UNC- Chapel Hill, School of Nursing), 2003

- h. Johnston Scholar (a competitive, prestigious graduate academic scholarship at the University of North Carolina, Chapel Hill. Full scholarship for the 2-year graduate program.), 2001-2003
- i. Shipman Scholar (a competitive, prestigious undergraduate academic scholarship at the University of Michigan, Ann Arbor that covered nearly all of my 4 year out-of-state tuition & 100% housing for 4 years), 1996-2000

2. Board Eligibility/Certification

- a. Advanced Practice Registered Nurse- Nurse Practitioner, TX, License # AP116576

3. Other non-academic positions:

- a. Facility Liaison, Center for Innovations in Quality, Effectiveness, and Safety, Houston, TX, March 2020-current

I. Research Information

A. Research Support

Current:

- 1. a. Seeking food assistance: Food insecure Veterans experiences navigating through systems
 - b. VA HSR&D
 - c. Principal Investigator
 - d. 04/01/2021-10/1/2022
 - e. 90% salary support
 - f. VA HSR&D merit pilot
 - g. Total funding: \$200,000
 - h. Funding support to be transferred to BCM: none

Past:

- 1. a. Associations between food insecurity and chronic diseases and healthcare use among Veterans
 - b. BCM
 - c. Principal Investigator
 - d. 10/2020 – 6/2021
 - e. 0% salary support
 - f. IQuEst Citizenship Award
 - g. Total funding \$50,000
 - h. Funding support to be transferred to BCM: none
- 2. a. Assessing the Needs of Veterans with Type 2 Diabetes During the COVID-19 Pandemic: A Veteran-Engaged Qualitative Approach
 - b. South Central MIRECC
 - c. Co-I (PI – Mark Kunik, MD, MPH)
 - d. 10/2020 – 10/2021
 - e. 0% salary support
 - f. South Central MIRECC Pilot Study Program
 - g. Total funding \$42,874
 - h. Funding support to be transferred to BCM: none

3. a. How low-income Veterans get food to the table: Study of home food environment
- b. William T. Grant Foundation
- c. Principal Investigator
- d. 08/1/18-12/01/20
- e. 0% salary support
- f. Foundational grant
- g. Total funding \$110,000
- h. Funding to be transferred to BCM: none

B. National Scientific Participation

1. Journal editorial boards
 - Reviewer, *Translational Behavioral Medicine*
 - Reviewer, *Health Behavior Research*
 - Reviewer, *Family and Community Health*
 - Reviewer, *Qualitative Health Research*
2. Review panels: None
3. Professional Societies:
 - American Public Health Association, 2018-current
 - Sigma Theta Tau International
 - Southern Nurses Research Society, 2018-current
4. Elected positions:
 - Awards Chair for Zeta Phi Chapter (Sigma Theta Tau), 2020-2022
5. Invited lectures: None
6. Shared research findings with Senior Advisors US House Rules about research 5/12/2021

C. Publications

1. Full papers
 - a. Published in peer review journals. Underlining indicates trainee author.
1. **Kamdar, N.** (2017). Child Obesity: Analysis of a Population Health Problem. *Journal of Nursing Doctoral Students Scholarship*, 5(1), 27-37.
2. Reesor, L., Canales, S., Alonso, Y., **Kamdar, N. P.**, & Hernandez, D. C. (2018). Self-reported health predicts Hispanic women's weight perceptions and concerns. *American Journal of Health Behavior*, 42(4), 61-69.
3. **Kamdar, N.**, Rozmus, C. L., Grimes, D. E., & Meininger, J. C. (2018). Ethnic/Racial Comparisons in Strategies Parents Use to Cope with Food Insecurity: A Systematic Review of Published Research. *Journal of Immigrant and Minority Health*, 1-14.
4. **Kamdar, N.**; Hughes, S.; Chan, W.; Power, T.; Meininger, J. (2019). Indirect Effects of Food Insecurity on Body Mass Index through Feeding Style and Dietary Quality among Low-Income Hispanic Preschoolers. *Journal of Nutrition Education and Behavior*. 51(7),876-884.

5. Arney, J. B., Odom, E., Brown, C., Jones, L., **Kamdar, N.**, Kiefer, L., ... & Woodard, L. D. (2019). The value of peer support for self-management of diabetes among veterans in the Empowering Patients In Chronic care intervention. *Diabetic Medicine*.
<https://doi.org/10.1111/dme.14220>
6. Woodard, L., **Kamdar, N.**, Hundt, N., Gordon, H., Hertz, B., Amspoker, A., ... Naik, A. (2019). Empowering patients in chronic care to improve diabetes distress and glycaemic control: Protocol for a hybrid implementation-effectiveness clinical trial. *Endocrinology, Diabetes & Metabolism*, 3(1), n/a–n/a. <https://doi.org/10.1002/edm2.99>
7. Daundasekara, S.S., **Kamdar, N.**, Greer, A., Dao, A., McKyer, E. L. J., & Hernandez, D. C. (2019). Diet quality as a mediator of the relation between income-to-poverty status and overweight/obesity among adults: Moderating effect of sex. *Health Behavior Research*, 2 (4) <https://doi.org/10.4148/2572-1836.1056>
8. **Kamdar N**, Lester HF, Daundasekara SS, Greer AE, Hundt NE, Utech A, Hernandez DC. Food insecurity: Comparing odds between working-age veterans and nonveterans with children. *Nursing Outlook*. 2021 Mar-Apr;69(2):212-220. doi: 10.1016/j.outlook.2020.08.011. Epub 2020 Oct 16. PMID: 33070980.
9. **Kamdar N**, True G, Lorenz L, Loeb A, Hernandez DC. Getting Food to the Table: Challenges, Strategies, and Compromises Experienced by Low-Income Veterans Raising Children. *J Hunger Environ Nutr*. Published online December 7, 2020:1-21. doi:10.1080/19320248.2020.1855284
10. **Kamdar, N.**; Horning, M.; Geraci, J.; Uzdavines, A.; Helmer, D.;Hundt, N. Risk for depression and suicidal ideation among food insecure US veterans: data from the National Health and Nutrition Examination Study. *Social Psychiatry and Psychiatric Epidemiology*. 2021 Mar. doi: 10.1007/s00127-021-02071-3.
***Selected for VA Publication Brief, published April 2021**
11. Greer, A. E., Faber, M., Smith, G., Pendley, S., & **Kamdar, N.** (2021). Objectively measured chronic disease risk among food pantry patrons. *Public Health Nursing*..
12. Downey, S; Helmer, D; **Kamdar, N.** (IN PRESS). Shannon's ETS (Expiration of Term of Service) Experience. *Journal of Veteran Studies*.
13. Horning ML, Alver B, Porter L, Lenarz-Coy S, **Kamdar N.** Food insecurity, food-related characteristics and behaviors, and fruit and vegetable intake in mobile market customers. *Appetite*. 2021 Jun 14;166:105466. doi: 10.1016/j.appet.2021.105466. Epub ahead of print. PMID: 34139297.
14. **Kamdar, N.**; Hernandez, D. (In Press). Photo-elicitation: Reflections on a method to study food insecurity among low-income, post-9/11 veterans. *Public Health Nursing*.

b. Under review.

1. Arredondo, K., Touchett, H., **Kamdar, N.**, Bryan, J.L. (Under Review). Optimizing Postdoctoral Fellowships During and Post-COVID-19 Pandemic.

2. Other full papers

- a. Published without review: None

3. Abstracts

1. **Kamdar, N.**; Aljawarneh, Y.; Lewis, M.; Vincent, H. (2017, May). Behavior Predictive of Texting While Driving in American Adolescents. Poster session presented at the Texas Children's Hospital Advanced Practice Providers Conference, Houston, TX.
2. **Kamdar, N.**; Hernandez, D.C.; Thompson, D.I.; Hughes, S.O. (2018, April). Influence of Food Security on Food Parenting Practices in Parents of Children Ages 2-10 in English-Speaking, Developed Countries: An Integrative Review. Poster session presented at the Texas Academy of Nutrition and Dietetics Annual Conference, Houston, TX.
3. **Kamdar, N.** (2018, October). Nutritional Quality of Vending Machines: A Student-Led, Evidence- Based Intervention. Oral presentation at Health and Human Performance Symposium at University of Houston.
4. **Kamdar, N.**; Hughes, S.; Chan, W.; Power, T.; Meininger, J. (2018, November). Bridging the Gap Between Food Insecurity and Subsequent Child Body Mass: Indirect Effects of Dietary Quality and Feeding Styles. Poster presentation at American Public Health Association Annual Meeting 2018, San Diego, CA.
5. **Kamdar, N.**; Hernandez, D.; Power, T., Hughes, S. (2019, August). Dietary Quality of Hispanic Mothers Mediates Effects of Food Insecurity on Child Dietary Quality Overtime. Oral/Podium Presentation at the 14th International Family Nursing Conference, Washington, D.C.
6. **Kamdar, N.**; Amspoker, A.; Odom, E.; Woodard, L.; Naik, A. (2019, October) Impact of Diabetes Distress on Hemoglobin A1c Levels in a Self-Management Diabetes Intervention. Podium Presentation at the 2019 HSR&D/QUERI National Conference, Washington, D.C.
7. **Kamdar, N.**; Daundasekara, S.; Dao, A.; Greer, A.; McKyer, L.; Hernandez, D. (2019, November) Diet quality mediates the relation between family income and overweight/obesity among adults: Differences by Sex. Oral presentation at American Public Health Association Annual Meeting, Philadelphia, PA.
8. **Kamdar, N.**; Lester, H.; Daundasekara, S.; Greer, A.; Utech, A.; Hernandez, D.C. (2019, November). Food Insecurity among US Veterans with Children: Findings from NHANES 2011-2014. Poster presentation at American Public Health Association Annual Meeting, Philadelphia, PA.
9. **Kamdar, N.**; Martin, L.; Greer, A.; True, G.; Loeb, A.; Hernandez, D.C. (Accepted, postponed to Feb 2022) Understanding Food Insecurity in Veteran Families through Photo-Elicitation. Poster discussion presentation at Southern Nursing Research Society, New Orleans, LA (changed to virtual).
10. **Kamdar, N.**, True, G., Lorenz, L., Hernandez, D., and Loeb, A. (2020, October). Challenges faced, strategies employed, and consequences felt by Veterans who struggle to get food on their table. Oral Presentation. American Public Health Association, Virtual.
11. Arredondo, K., Touchett, H., **Kamdar, N.**, Bryan, J.L. (2021). Optimizing Postdoctoral Fellowships During and Post-COVID-19 Pandemic. Department of Medicine Housestaff Virtual Research Symposium, at Baylor College of Medicine, April 2, 2021.

4. Books and book chapters

1. Utech, A., Going, C., **Kamdar, N.** (2021). More than Hunger: Nutrition and Food Issues In M. Llorente (Ed.), *Clinical Management of the Homeless Patient: Social, Psychiatric, and Medical Issues*. Zug, Switzerland: Springer. ISBN 978-3-030-70135-2

D. Innovation and Commercialization

1. Patents: none
2. Devices, Software, or Other Development: None
3. Evidence of Impacting Health/Scientific Policy or Clinical Practice Guidelines
 - a. Cited in testimony for a January 9th Congressional hearing on the issue of veteran hunger held by the House Veterans Affairs Subcommittee on Economic Opportunity.

4. Participation in Business Development: None

III. Teaching Information

A. Educational Leadership Roles: None

B. Didactic course work: None

C. Curriculum development work: None

D. Non didactic teaching/ training

1. N4521B Community/Public Health Nursing at Cizik School of Nursing, University of Texas Health Science Center, Houston

E. Faculty Development or Continuing Medical Education: None

F. Lectures: None

IV. Patient Care and Clinical Contributions

A. Patient care responsibilities: None

B. Clinical leadership: None

C. Voluntary Health Organization Participation: None

D. Contributions, Initiatives or Recognition Related to Patient Safety and Healthcare Quality: None

E. Contributions to health and science policy: None

V. Service Contributions

A. Administrative assignments and committees:

1. Faculty Liaison for Veteran Community Engagement Committee at IQuEst

- a. presented at National workgroup for Veteran Engagement 5/13/202

Topic: Veteran Engagement: Challenge and Opportunities

B. National, Regional or Local Participation in Professional or Voluntary Organizations:

1. VA National Ensuring Food Security, 2019 - current

2. Greater Houston Coalition for Social Determinants of Health, 2020 – current

C. Other Pertinent Information (not given above, including community service): none

1. Combined Arms, volunteering in Mobile Food Pantry Program for Veterans as program evaluator

2. Dress for Success, presentation on eating healthy on a budget April 2020

3. Serve on VA-TSMV Sponsorship program as the Regional Coordinator for VISN 17, 9 & 10. Also assist with program evaluation for social needs and development of evaluation for sponsors.

**Committee on Agriculture
U.S. House of Representatives
Information Required From Nongovernmental Witnesses**

House rules require nongovernmental witnesses to provide their resume or biographical sketch prior to testifying. If you do not have a resume or biographical sketch available, please complete this form.

1. Name: Nipa Kamdar, PhD, RN, FNP-BC

2. Organization you represent: Private Citizen

3. Please list any occupational, employment, or work-related experience you have which add to your qualification to provide testimony before the Committee: Faculty at Baylor College of Medicine, Houston TX

4. Please list any special training, education, or professional experience you have which add to your qualifications to provide testimony before the Committee: Doctorate in Nursing (2018), Master in Nursing (2003), Research on food insecurity since 2015, Research with Veterans who are food insecure since 2018

5. If you are appearing on behalf of an organization, please list the capacity in which you are representing that organization, including any offices or elected positions you hold:
n/a

PLEASE ATTACH THIS FORM OR YOUR BIOGRAPHY TO EACH COPY OF TESTIMONY.