

EDUCATION

Doctor of Philosophy, Population Health Science
Public Health Nutrition

Master of Public Health in Nutritional Science
Dietetics Concentration

Bachelor of Science in Public Health
Bloomington, IN
Minor in Nutrition

May 2026 – Present

September 2023 – Present

April 2024 – May 2025

November 2018 - May 2019

October 2017 - December 2018

January 2018 – May 2018

January 2015 - May 2016

Department of Applied Health Science, Indiana University School of Public Health, Bloomington, IN

PROFESSIONAL EXPERIENCE

Data and Evaluation Advisor (pro bono)

Massachusetts Department of Transitional Assistance, Boston, MA

May 2026 – Present

Consultant and Lead Author

UNICEF USA, New York, NY (remote)

[September 2025] – May 2026

Nutrition Incentive Program Manager

Marion County Public Health Department, Indianapolis, IN

October 2021 – October 2023

Cardiovascular Registered Dietitian

Marion County Public Health Department, Indianapolis, IN

February 2020 – September 2021

Dietetic Intern, University of Michigan, School of Public Health

Ann Arbor, MI

July 2019 – February 2020

Early Childhood Obesity Prevention Intern, Colorado Department of Public Health and Environment

Denver, CO

June 2018 - August 2018

Healthy School Corps (AmeriCorps), Indiana University, School of Public Health

Bloomington, IN

September 2016 - August 2017

Nutrition Policy Intern, Early Childhood Nutrition Programs, Food Research and Action Center

Washington, DC

June 2016 – August 2016

PEER-REVIEWED PUBLICATIONS

1. Hammad, N., **Sheinberg, E.**, Al Saeidi, N., Madan, P., Xiao, Y., Leung, C.W. (Under Review) “Less like a Harvard student”: A qualitative study exploring food insecurity among graduate students in health sciences. *Journal of the Academy of Nutrition and Dietetics*.
2. Dougan, S., Jackson, K.E., Hamad, R., Gosliner, W., Dang, K., **Sheinberg, E.**, Fernald, L.C.W. (2026). Safety net program participation and churning during the COVID-19 pandemic: a longitudinal analysis of low-income California families. *SSM – Population Health*. <https://doi.org/10.1016/j.ssmph.2026.101932>
3. **Sheinberg, E.**, Schmidt, L., Mande, J., Martinez-Steele, E., Tobias, D., Leung, C. (2026). The intersection of diet quality and ultra-processed food intake: Using evidence-based categories to characterize differences in cardiometabolic profiles. *American Journal of Public Health*. e1-e11; <https://doi.org/10.2105/AJPH.2026.308494>
4. **Sheinberg, E.**, Tucker, A.C., Uriarte, A., Weston, C.M., Antonacci, C.C., Laska, M.N., Wolfson, J.A., Leung, C.W. (2026). Understanding the association of food insecurity and nutrition insecurity with diet quality: A cross-sectional analysis of two national samples. *The American Journal of Clinical Nutrition*. 123(2):101141. <https://doi.org/10.1016/j.ajcnut.2025.101141>
5. **Sheinberg, E.**, Insolera, N., Hammad, N., Uriarte, A., Weston, C., Laska, M., Wolfson, J., and Leung C. (2025). New and recurring food insecurity during and after the COVID-19 pandemic in a nationally representative sample. *JAMA Health Forum*. 6(9): e253603. [doi:10.1001/jamahealthforum.2025.3603](https://doi.org/10.1001/jamahealthforum.2025.3603)

6. **Gahan, E.**, Hansotte, E., Lindstrom, E., Vaughn, S., Cummings, S. (2022). The impact of sodium reduction on overall nutrient content in Child and Adult Care Food Program Meals. *Public Health Nutrition*. 26(11). doi: 10.1017/S1368980023001167.
7. **Gahan, E.**, Farooqui, S., Leung, C.W. (2022). “You feel out of place”: A PhotoVoice study of the impact of food insecurity on college students. *Health Equity*. 6:595-602. doi: 10.1089/heq.2022.0067.
8. Hansotte, E., **Gahan, E.**, Vaughn, S., Lindstrom, K.E., Cummings, S. (2021). Sodium reduction in distributive meals through speed-scratch cooking. *Preventing Chronic Disease*. 18:E75. Doi: 10.5888/pcd18.210033.

In-Progress

1. Antonacci, C.C., Uriarte, A., **Sheinberg, E.**, Weston, C.W., Green, C., Hedderman, T., Laska, M.N., Leung, C.W., Wolfson, J.A. (In Progress) “It was just chaos”: State SNAP Directors’ Experiences Implementing and De-implementing COVID-era SNAP Waivers
2. **Sheinberg, E.**, Uriarte, A., Tisch, A., Waselewski, M., Brandt, E.J., Wolfson, J.A., Chang, T., Leung, C.W. (In Progress). Youth Perspectives on Supplemental Nutrition Assistance Program Policy Changes due to House Resolution One

Reports

Sheinberg, E., Leung, C., Corallo, K., Day Leong, A. (2026). Nourished From the Start: The Role of SNAP in Promoting Healthy Childhoods. *UNICEF USA*, New York, NY.

PRESENTATIONS and POSTERS

Presentations:

1. **Sheinberg, E.**, Antonacci, C.C., Uriarte, A., Weston, C.W., Laska, M.N., Wolfson, J.A., Leung, C.W. *Policy and Systems-Level Drivers of SNAP Participant Experiences when Applying and Recertifying During COVID-19: A Qualitative Study*. (Oral Presentation). American Society of Nutrition, Nutrition 2026. Washington, D.C., June 2026.
1. **Sheinberg, E.**, Tucker, A.C., Wolfson, J.A., Leung, C.W. *Self-Rated Diet, but not Nutrition Security Predicts Diet Quality*. (Oral Presentation). American Public Health Association Annual Conference. Washington, D.C., November 2025.
2. **Gahan, E.** *Token, checks, or cards: The impact of scip in a SNAP-matching nutrition incentive program at farmers markets*. (Workshop presentation). Health Eating Incentives Workshop. Auburn, AL. October 2023.
3. **Gahan, E.**, Cox, T. *Trifecta! Achieving Triple Wins in Older Adult Meal Program with Better Nutrition, Less Labor, and Great Flavor*. (Conference presentation). National Association of Nutrition and Aging Services Programs. Virtual. June 2022.
4. **Gahan, E.**, Tinker-Martin, T. *Healthy Food, Healthy Bodies: Using Food Service Guidelines in Park and Recreation Departments*. (Conference presentation). National Recreation and Parks Association Annual Conference. Nashville, TN. September 2021.
5. Hutson, R, **Gahan, E.**, Dellaport, J. *Social Return on Investment (SROI) Workshop*. (Conference Workshop). Association of Maternal & Child Health Programs Annual Conference. San Antonio, TX. September 2019.

6. **Gahan, E.** *Barrier Busters: Unconditional Cash Transfers as a Strategy to Promote Economic Self-Sufficiency.* (Conference presentation). Data for Public Good Symposium. Ann Arbor, MI. February 2019.
7. **Gahan, E.** *Will Work for Food: The Effect of Non-Standard Parental Work Schedules on Childhood Obesity.* (Conference Presentation). Hutton Honors College Student Thesis Conference. Bloomington, IN. April 2016.

Poster Presentations

2. **Sheinberg, E.,** Antonacci, C.C., Uriarte, A., Weston, C.M., Laska, M.N., Wolfson, J.A., Leung, C.W. *Navigating Change: A Qualitative Analysis of SNAP Participants' Experiences of Program Waivers during the COVID-19 Pandemic.* American Public Health Association Annual Conference. Washington, D.C., November 2025.
3. **Sheinberg, E,** Tucker, A.C., Laska, M.N., Wolfson, J.A., Leung, C.W. *Food Insecurity and Nutrition Insecurity Predicts Diet Quality in a National Sample of SNAP Participants.* American Society of Nutrition, Nutrition 2025. Orlando, FL, May 2025.
4. **Sheinberg, E,** Schmidt, L., Mande, J., Tobias, D. and Leung, C. *Moving Towards Nutrition Security: Differences in Sociodemographic, Dietary and Cardiometabolic Profiles using Evidence Based Diet Quality Categories.* American Society for Nutrition, Nutrition 2024. Chicago, IL. June 2024.
5. **Gahan, E.,** Leung, C.W., Farooqui, S. *Water for Dinner: Coping Mechanisms Food Insecure Students Use to Address Hunger.* The Community of Food, Society & Justice Conference. Ann Arbor, MI. October 2019.

HONORS and AWARDS

Academic Awards and Scholarships

Irene M. & Fredrick J. Stare Nutrition Education Fund, Harvard University	2025
Prajna Chair's Scholarship in Public Health Nutrition, Harvard University	2023, 2024
Dean's Scholarship, University of Michigan, School of Public Health	2017, 2018
Dean's List, Indiana University Bloomington, School of Public Health	
Fall 2013, Spring 2014, Fall 2014, Spring 2015, Fall 2015, Spring	

Scientific Awards

Hutton Honors College Research Award, Indiana University Bloomington	2016
Research Partnership Award, Indiana University Bloomington	2015
Teaching Internship Grant, Indiana University Bloomington	2014

RESEARCH and TRAVEL FUNDING

American Heart Association Pre-Doctoral Fellowship 2025-2027

Competitive funding to support dissertation research examining participation patterns in nutrition incentive programs and the association between nutrition incentive utilization and healthcare costs and utilization.

Role: Principal Investigator

Direct Costs: \$70,676

Rose Service-Learning Fellowship 2025

Competitive funding to support a community-based research project conducting qualitative interviews to understand the context and mechanisms associated with SNAP-matching nutrition incentive program utilization.

Role: Graduate Student Investigator
Direct Costs: \$7,000

ICPSR Travel Grant

2024

Received funding to the Panel Survey on Income Dynamics Summer workshop at the University of Michigan

Role: Graduate Student
Direct Costs: \$1,000

TEACHING

Course: Introduction to Dissemination and Implementation Science Role: Teaching Fellow Spring 2026
Harvard University T.H. Chan School of Public Health

Course: Designing and Evaluating Behavioral Interventions Targeting Diet and Physical Activity
Role: Teaching Fellow Fall 2025
Harvard University T.H. Chan School of Public Health

Course: US Social Safety Net Policies and Health Role: Teaching Fellow Fall 2024
Harvard University T.H. Chan School of Public Health

Course: Leadership and Communication Role: Teaching Fellow Fall 2024, Summer and Fall 2025
Harvard University T.H. Chan School of Public Health

Course: Nutrition and Public Health. Role: Graduate Teaching Assistant Fall 2021 and 2022
University of Michigan, School of Public Health

Course: Food Literacy for All. Role: Graduate Teaching Assistant 2019
University of Michigan, Sustainable Food Systems Initiative

PEER REVIEW

Ad-Hoc: *Health Promotion Practice, Public Health Nutrition, American Journal of Public Health*

LICENSURE AND CREDENTIALS

Registered Dietitian Nutritionist March 2020 - Present
Commission on Dietetic Registration

ACTIVITIES and LEADERSHIP

USDA SNAP Nutrition Incentive Multi-State Research Project October 2025 – Present
Co-Chair

Harvard Center for Population and Development Studies August 2024 - Present
Graduate Student Affiliate

Make Hunger History August 2024 - Present
Sheinberg – CV 5

Food Access Working Group Member Milken Institute Feeding Change, Nutrition Eligibility Criteria Expert Panel Expert Panelist	October 2025 – October 2025
Indianapolis Community Food Access Coalition Nutrition Assistance Programs Committee Member	August 2021 – July 2023
Indiana Public Health Association Health Equity Action Team Steering Committee Member	January 2021 – July 2023
Nutritional Science Student Association, Chair of Community Service	September 2017 – May 2018
Indiana University, Office of Sustainability Food Working Group, Student Intern	September 2015 – May 2016
Real Food Challenge, Indiana University Founding Co-President	September 2015 – May 2016
Student Government, Applied Health Science Undergraduate Representative	January 2014 – May 2016

COMMUNITY SERVICE

Big Sister Big Brothers Big Sisters of Eastern Massachusetts	August 2023 - Present
Health and Wellness Committee Member Southeast Neighborhood Development, Inc.	September 2020 – July 2023
Big Sister Big Brothers Big Sisters of Central Indiana	June 2020 – July 2023
Food Access and Nutrition Policy Work Group Washtenaw Food Policy Council	October 2017 – May 2019
Advocacy Volunteer Mother Hubbard's Cupboard	August 2016 - August 2017
Nutrition Education Volunteer Mother Hubbard's Cupboard	September 2014 – May 2016

PROFESSIONAL SOCIETIES

American Heart Association	June 2025 – Present
American Public Health Association	June 2024 – Present
American Society for Nutrition	June 2022 – Present