

# RAHUL MALHOTRA

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## Employment History

Institution/ Organization	Position/Title	Duration
Duke-NUS Medical School, Singapore	Centre for Ageing Research and Education, Head of Research	August 2015 - present
	Program in Health Services and Systems Research, Assistant Professor (Tenure Track)	July 2015 - present
	Program in Health Services and Systems Research, Assistant Professor (Research Track)	January 2012 - June 2015
	Program in Health Services and Systems Research, Senior Research Fellow	July 2010 - December 2011
	Program in Health Services and Systems Research, Research Fellow	June 2008 - June 2010
Duke University, Durham, NC, USA	Department of Community and Family Medicine, Research Analyst	September 2007 - April 2008
Maulana Azad Medical College, Delhi, India	Department of Community Medicine, Senior Resident	August 2004 - July 2006
St. Stephens Hospital, Delhi, India	Department of Community Health, Senior Resident	June 2004 - August 2004
Maulana Azad Medical College, Delhi, India	Department of Community Medicine, Resident	May 2001 - April 2004

## Academic qualifications

### Master of Public Health

2007

Harvard University, School of Public Health, Boston, MA, USA  
*Presidential Scholarship (Harvard University), Inlaks Scholarship (Inlaks Foundation)*  
*Thesis: Determinants of Initiation of Breast Feeding in India: Secondary Data Analysis of the National Family Health Survey 1998-99 (NFHS-2) Data*

### Doctor of Medicine (M.D.) in Community Medicine

2004

University of Delhi  
Maulana Azad Medical College, Delhi, India  
*Thesis: Study of food handlers working in food service establishments within the premises of Maulana Azad Medical College and associated hospitals (Awarded Gold Medal for Best Thesis)*

### Bachelor of Medicine, Bachelor of Surgery (M.B.B.S.)

2000

University of Delhi  
Maulana Azad Medical College, Delhi, India

## Relevant publications

1. **Malhotra R**, Taneja DK, Dhingra VK, Rajpal S, Mehra M. Awareness regarding tuberculosis in a rural population of Delhi. *Indian J Community Med* 2002; 27 (2): 62-68.
2. Dhingra VK, Rajpal S, Taneja DK, Kalra D, **Malhotra R**. Health care seeking pattern of tuberculosis patients attending an urban TB clinic in Delhi. *J Commun Dis* 2002; 34 (3): 185–192.
3. Lal P, **Malhotra R**, Dutta S, Purty AJ, Rotti SB. Epidemiological profile of scorpion sting cases admitted in JIPMER hospital. *Indian Pract* 2003; 56 (5): 309-311.
4. Kishore J, Pagare D, **Malhotra R**, Singh MM. Qualitative study of wild polio cases in high risk districts of Uttar Pradesh, India. *Natl Med J India* 2003; 16(3): 131-134.
5. Lal P, **Malhotra R**, Gautam V, Mehra M. Assessment of functioning of pulse polio kendras and house-to-house activity in Delhi: Is there any scope for improvement? *J Commun Dis* 2003; 35 (4): 266–72.
6. Lal P, Ray TK, Gautam VK, **Malhotra R**, Mehra M. Influence of socio demographic and maternal factors on birth weight in a village of Delhi. *Indian Pract* 2004; 57(10): 645-647.
7. **Malhotra R**, Uppal Y, Misra A, Taneja DK, Gupta VK, Ingle GK. Increasing access to cataract surgery in a rural area – a support strategy. *Indian J Public Health* 2005; 49(2): 63-67.
8. Malhotra C, Singh MM, Garg S, **Malhotra R**, Dhaon BK, Mehra M. Pattern and Severity Of Injuries In Victims Of Road Traffic Crashes Attending A Tertiary Care Hospital Of Delhi. *Anil Aggrawal's Internet J for Med Tox*, 2005; Vol. 6, No. 2 (July - December 2005).  
[http://www.anilaggrawal.com/ij/vol\\_006\\_no\\_002/papers/paper006.html](http://www.anilaggrawal.com/ij/vol_006_no_002/papers/paper006.html); Published Aug 16, 2005
9. **Malhotra R**, Lal P, Prakash SK, Daga MK, Kishore J. Study of hand hygiene and enteroparasite infestation among food handlers working in a medical college of North India. *Indian J Pathol Microbiol* 2006; 49(2): 296-301.
10. Lal P, **Malhotra R**, Ahuja C, Ingle GK. Internet use among medical students and residents of a medical college of North India. *Indian J Community Med* 2006; 31 (4):293-4.
11. Lal P, Singh MM, **Malhotra R**, Ingle GK. Perception of risk and potential occupational exposure to HIV/AIDS among medical interns in Delhi. *J Commun Dis* 2006; 38(4): 345-350.
12. Uppal Y, Garg S, Gupta VK, Mishra B, Rahi M, **Malhotra R**. Healthcare seeking behaviour for reproductive morbidity among men residing in an urban slum of Delhi. *Health Popul Perspect Issues* 2006; 29(3): 161-166.
13. Sharma N, **Malhotra R**, Taneja DK, Saha R, Ingle GK. Comparative reach of various media used for Information, Education and Communication (IEC) in Revised National Tuberculosis Control Programme (RNTCP) in Delhi: Policy implications. *Health Popul Perspect Issues* 2006; 29(4): 198-211.
14. Malhotra C, **Malhotra R**, Singh MM, Garg S, Ingle GK. A study of tobacco use among street children of Delhi. *Indian J Community Med* 2007; 32 (1):58-59.
15. Uppal Y, Garg S, Mishra B, Gupta VK, **Malhotra R**, Singh MM. Prevalence of reproductive morbidity amongst males in an urban slum of north India. *Indian J Community Med* 2007; 32 (1): 54-57.

16. **Malhotra R**, Lal P, Prakash SK, Daga MK, Kishore J. Profile of food handlers working in food service establishments located within the premises of a medical college in Delhi, India. *Public Health* 2007;121(6): 455-61.
17. Lal P, Malhotra C, Nath A, **Malhotra R**, Ingle GK. Career aspirations and apprehensions regarding medical education among first year medical students in Delhi. *Indian J Community Med* 2007; 32 (3): 217-218.
18. Rajpal S, Mittal A, Dhingra VK, **Malhotra R**, Gupta R, Malhotra C, Taneja DK. Knowledge, attitude and practices regarding tuberculosis and DOTS among interns in Delhi, India. *J Coll Physicians Surg Pak* 2007; 17(8): 457-61.
19. Lal P, **Malhotra R**, Khurana S, Malhotra C. Prenatal sex determination: Knowledge, beliefs and practices among pregnant women of a rural area of Delhi. *Indian Pract* 2007; 60(10): 626-629.
20. Sharma N, **Malhotra R**, Taneja DK, Saha R, Ingle GK. Awareness and perception about tuberculosis in the general population of Delhi. *Asia Pac J Public Health* 2007;19(2):10-15.
21. **Malhotra R**, Malhotra C, Sharma N. Should there be mandatory testing for HIV prior to marriage in India: A viewpoint. *Indian J Med Ethics* 2008; 5(2): 70-74.
22. **Malhotra R**, Noheria A, Amir O, Ackerson LK, Subramanian SV. Determinants of termination of breastfeeding within the first two years of life in India: Evidence from the National Family Health Survey-2 (NFHS-2). *Matern Child Nutr* 2008; 4(3): 181-193.
23. **Malhotra R**, Lal P, Prakash SK, Daga MK, Kishore J. Evaluation of a health education intervention on knowledge, and attitudes of food handlers working in a medical college in Delhi, India. *Asia Pac J Public Health* 2008; 20(4): 277-286.
24. **Malhotra R**, Hoyo C, Østbye T, Hughes G, Schwartz D, Tsolekile L, Zulu J, Puoane T. Determinants of Obesity in an urban township of South Africa. *South Afr J Clin Nutr* 2008; 21(4): 315-320.
25. Chauhan H, Lal P, Kumar V, **Malhotra R**, Ingle GK. Awareness status about HIV/ AIDS among Indian railway's employees and their family members. *J Commun Dis* 2008 Dec; 40(4):295-9.
26. Malhotra S, Uppal Y, Taneja DK, Khurana C, **Malhotra R**. Utilizing paramedical worker for screening visual status of adults in a village of Delhi. *Indian J Public Health* 2009; 53(4): 223-225.
27. Østbye T, **Malhotra R**, Chan A. Thirteen dimensions of health in elderly Sri Lankans: Results from a National Sri Lanka Aging Survey. *J Am Geriatr Soc* 2009; 57(8): 1376-1387.
28. **Malhotra R**, Chan A, Østbye T. Prevalence and correlates of clinically significant depressive symptoms among elderly people in Sri Lanka: findings from a national survey. *Int Psychogeriatr* 2010; 22(2): 227-236.
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30. Østbye T, Chan A, **Malhotra R**, Kothalawala J. Adult children caring for their elderly parents: Results from a national survey of ageing in Sri Lanka. *Asian Population Studies*. 2010; 6(1): 83-97.

31. Joshi VD, Lim JFY, **Malhotra R**, Østbye T, Wong M. Validity and reliability of the Expectations Regarding Aging (ERA-12) instrument among middle-aged Singaporeans. *Ann Acad Med Singapore*. 2010; 39(5): 394-398.
32. Ng CL, Goh SY, **Malhotra R**, Østbye T, Tai ES. Minimal difference between aerobic and progressive resistance exercise on metabolic profile and fitness in older adults with diabetes mellitus: a randomised trial. *J Physiother*. 2010; 56(3):163-170.
33. **Malhotra R**, Chan A, Malhotra C, Østbye T. Prevalence, awareness, treatment and control of hypertension in the elderly population of Singapore. *Hypertens Res*. 2010; 33 (12): 1223-1231.
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35. Chan A, Malhotra C, **Malhotra R**, Østbye T. Living arrangements, social networks and depressive symptoms among older men and women in Singapore. *Int J GeriatrPsychiatry*. 2011; 26(6):630-639.
36. Gupta M, Ingle GK, **Malhotra R**, Malhotra C, Lal P. Use of digital images in the undergraduate Community Medicine examination. *South East Asian J of Medical Education*. 2011; 5(1): 44-46.
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38. Malhotra C, Chan A, **Malhotra R**, Østbye T. Fifteen dimensions of health among community-dwelling older Singaporeans. *Curr Gerontol Geriatr Res*. Vol. 2011, Article ID 128581, 9 pages, 2011. doi:10.1155/2011/128581
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41. Malhotra C, **Malhotra R**, Østbye T, Matchar D, Chan A. Depressive symptoms among informal caregivers of older adults: Insights from the Singapore Survey on Informal Caregiving. *Int Psychogeriatr*. 2012; 24(8): 1335-46.
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44. Østbye T, **Malhotra R**, Chan A. Variation in and correlates of body mass status of older Singaporean men and women: Results from a national survey. *Asia Pac J Public Health*. 2013; 25(1):48-62.
45. **Malhotra R**, Malhotra C, Chan A, Østbye T. Life-course socioeconomic status and obesity among older Singaporean Chinese men and women. *J Gerontol B Psychol Sci Soc Sci*. 2013; 68(1): 117-127.

46. Ansah JP, Matchar DB, Love SR, **Malhotra R**, Do YK, Chan A, Eberlein R. Simulating the impact of long-term care policy on family eldercare hours. *Health Serv Res*. 2013; 48(2 Pt 2):773-91.
47. Koh H, Ee TX, **Malhotra R**, Allen JC, Tan TC, Østbye T. Predictors and adverse outcomes of inadequate or excessive gestational weight gain in an Asian population. *J Obstet Gynaecol Res*. 2013; 39(5):904-913.
48. Finkelstein EA, Tan YT, **Malhotra R**, Lee CF, Goh SS, Saw SM. A cluster randomized controlled trial of an incentive-based outdoor physical activity program. *J Pediatr*. 2013; 163(1):167-172.
49. Wu LC, Lie D, **Malhotra R**, Allen JC, Tay JSL, Tan TC, Østbye T. What factors influence midwives' decision to perform or avoid episiotomies? A focus group study. *Midwifery*. 2013; 29(8):943-949.
50. Østbye T, **Malhotra R**, Malhotra C, Arambepola C, Chan A. Does support from foreign domestic workers decrease the negative impact of informal caregiving? Results from Singapore Survey on Informal Caregiving. *J Gerontol B Psychol Sci Soc Sci*. 2013; 68(4):609-621.
51. Finkelstein EA, Østbye T, **Malhotra R**. Body mass trajectories through midlife among adults with class I obesity. *Surg Obes Relat Dis*. Published online January 16, 2012, doi: 10.1016/j.soard.2012.01.004
52. Kouk LJ, Neo GH, **Malhotra R**, Allen JC, Beh ST, Tan TC, Østbye T. A prospective study of risk factors for first trimester miscarriage in Asian women with threatened miscarriage. *Singapore Med J*. 2013; 54(8): 425-431.
53. Chan A, Malhotra C, **Malhotra R**, Rush J, Østbye T. Health impacts of caregiving for older adults with functional limitations: Results from the Singapore Survey on Informal Caregiving. *J Aging Health*. 2013; 25(6): 998-1012.
54. **Malhotra R**, Østbye T, Riley CM, Finkelstein EA. Young adult weight trajectories through midlife by body mass category. *Obesity (Silver Spring)*. 2013; 21(9): 1923-1934.
55. Østbye T, **Malhotra R**, Stroo M, Lovelady C, Brouwer R, Zucker N, Fuemmeler B. The effect of the home environment on physical activity and dietary intake in preschool children. *Int J Obesity*. 2013; 37 (10): 1314-1321.
56. **Malhotra R**, Arambepola C, Tarun S, de Silva, Kishore J, Østbye T. Health issues of female foreign domestic workers: a systematic review of the scientific and grey literature. *Int J Occup Environ Health*. 2013; 19 (4): 261-277.
57. Wu LC, **Malhotra R**, Allen JC, Lie D, Tan TC, Østbye T. Risk factors and midwife-reported reasons for episiotomy in women undergoing normal vaginal delivery. *Arch Gynecol Obstet*. 2013; 288 (6): 1249-1256.
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61. Ansah JP, Eberlein RL, Love SR, Bautista MA, Thompson JP, **Malhotra R**, Matchar DB. Implications of long-term care capacity adjustment scenarios for an aging population: a simulation analysis. *Health Policy*. 2014; 116 (1): 105-113.
62. Finkelstein EA, Graham WC, **Malhotra R**. Lifetime Direct Medical Costs of Childhood Obesity. *Pediatrics*. 2014; 133 (5): 854-862.
63. Whitson H, **Malhotra R**, Chan A, Matchar D, Østbye T. Comorbid visual and cognitive impairment: Relationship with disability status and self-rated health among older Singaporeans. *Asia Pac J Public Health*. 2014; 26 (3): 310-319.
64. Malhotra C, **Malhotra R**, Østbye T, Subramanian SV. Maternal autonomy and child health care utilization in India. *Asia Pac J Public Health*. 2014; 26 (4): 401-413.
65. Lee C, Stroo M, Fuemmeler BF, **Malhotra R**, Østbye T. Trajectories of depressive symptoms over 2 years postpartum among overweight or obese women. *Womens Health Issues*. 2014; 24 (5): 559-566.
66. Tan SQ, **Malhotra R**, Allen JC, Tan TC. A pilot study of 2-octyl Cyanoacrylate (Dermabond™) versus conventional suture skin closures for caesarean sections. *Proceedings of Singapore Healthcare*. 2014; 23 (4):312-315.
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68. Goh G, Tan NC, **Malhotra R**, Padmanabhan U, Barbier S, Allen JC, Østbye T. Short-term trajectories of use of a caloric-monitoring mobile-phone application among patients with type 2 diabetes mellitus in a primary care setting. *J Med Internet Res*. 2015;17(2):e33 DOI: 10.2196/jmir.3938
69. **Malhotra R**, Haaland BA, Chei CL, Chan A, Malhotra C, Matchar DB. Presence of and correction for interviewer error on an instrument assessing cognitive function. *Geriatr Gerontol Int*. 2015; 15(3): 372-380.
70. Vasquez K, **Malhotra R**, Østbye T, Gan WL, Chan MF, Amin H, Khoo G, Choo L, Chew L, Thilagaratnam S. Extent and Correlates of Change in Anthropometric and Fitness Outcomes Among Participants in a Corporate Team–Based Weight Loss Challenge in Singapore: Lose to Win 2009. *Asia Pac J Public Health*. 2015; 27(2): NP425-NP436.
71. Ng CL, **Malhotra R**, Lai D, Tai ES, Østbye T. Perceived Barriers and Ideas for Weight Control Interventions in Malay Homemakers: Results from Focus Groups. *Asia Pac J Public Health*. 2015; 27(2): NP552-NP561.
72. Chan A, Raman P, Ma S, **Malhotra R**. Loneliness and all-cause mortality in community-dwelling elderly Singaporeans. *Demogr Res*. 2015; 32: 1361-1382.
73. Ansah JP, **Malhotra R**, Lew N, Chiu CT, Chan A, Bayer S, Matchar DB. Projection of young-old and old-old with functional disability: Does accounting for the changing educational composition of the

elderly population make a difference? PLoS ONE. 2015; 10(5):e0126471.

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75. Ku CW, Allen JC, **Malhotra R**, Chong HC, Tan NS, Østbye T, Lek SM, Lie D, Tan TC. How can we better predict the risk of spontaneous miscarriage among women experiencing threatened miscarriage? *Gynecol Endocrinol*. 2015; 31(8): 647-651.
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88. NCD Risk Factor Collaboration (NCD-RisC) (**Malhotra R**: Equal contributor co-author in the 'Country and Regional Data' group of NCD-RisC). Worldwide trends in blood pressure from 1975 to 2015: a pooled analysis of 1479 population-based measurement studies with 19.1 million participants. *The Lancet*. 2017; 389(10064): 37-55.
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