

Leah Costlow

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<https://sites.google.com/view/leahmcostlow>

ACADEMIC APPOINTMENTS

Michigan State University, August 2025 - present

1855 Professor of Health Economics & Human Nutrition (Assistant Professor)

Department of Agricultural, Food, and Resource Economics

Department of Food Science and Human Nutrition

EDUCATION

PhD (2025) Food and Nutrition Policy and Programs, Tufts University Friedman School of Nutrition

MS (2021) Agriculture, Food, and Environment, Tufts University Friedman School of Nutrition

BA (2013) Liberal Arts, St. John's College

RESEARCH EXPERIENCE

Tufts University Friedman School of Nutrition

Graduate researcher, [Food Prices for Nutrition](#), 2021–2025

Research assistant, [Changing Access to Nutritious Diets in Africa and South Asia \(CANDASA\)](#), 2020


Tufts University Fletcher School of Law and Diplomacy

Research associate, [EconoFact](#), 2021–2025

Harvard Law School Center for Health Law and Policy Innovation (CHLPI)

Graduate intern, [Health Law and Policy Clinic](#), 2020

REFEREED JOURNAL ARTICLES

1. **Costlow, L.**, Herforth, A., Sulser, T.B., Cenacchi, N., and Masters, W.A. (2025). [Global analysis reveals persistent shortfalls and regional differences in availability of foods needed for health](#). *Global Food Security* 44:100825.
2. Gilbert, R.  **Costlow, L.**, Matteson, J., Rauschendorfer, J., Krivonos, E., Block, S.A., and Masters, W.A. (2024). [Trade policy reform, retail food prices and access to healthy diets worldwide](#). *World Development* 177: 106535.
3. Bai, Y., **Costlow, L.**, Ebel, A., Laves, S., Ueda, Y., Volin, N., Zamek, M., and Masters, W.A. (2022). [Retail prices of nutritious foods rose more in countries with higher COVID-19 case counts](#). *Nature Food* 3, 325–330.
4. Bai, Y., **Costlow, L.**, Ebel, A., Laves, S., Ueda, Y., Volin, N., Zamek, M., Herforth, A., and Masters, W.A. (2022). [Retail prices of nutritious foods rose more in countries with higher COVID-19 case counts](#). *Food Policy* 104: 102148.

TECHNICAL PUBLICATIONS AND WHITE PAPERS

5. Herforth, A., Venkat, A., Bai, Y., **Costlow, L.**, Holleman, C., Masters, W.A. (2022). [Methods and options to monitor the cost and affordability of a healthy diet globally](#). Background paper for *The State of Food Security and Nutrition in the World 2022*. FAO Agricultural Development Economics Working Paper 22-03. Rome, FAO.

PREPRINTS & WORKS IN PROGRESS

6. **Costlow, L.**, Martínez, E.M., Gilbert, R., Nakasone, E. Masters, W.A. (In progress, 2025). Price dynamics for foods of varied nutritional characteristics. Background paper for *The State of Food Security and Nutrition in the World 2025*. FAO Agricultural Development Economics Working Paper. Rome, FAO.
7. **Costlow, L.**, Gilbert, R., Masters, W.A., Ortenzi, F., Gonzalez, W., Beal, T. (In progress, 2025). Improving diet quality across the income spectrum in Indonesia: insights on the cost, affordability, and consumption of healthy diets.
8. **Costlow, L.**, Bai, Y., Adams, K.P., Beal, T., Dewey, K., Free C.M., Friesen, V.M., Mbuya, M.N.N., Nordhagen, S., Vasta, F., Masters, W.A. (In progress, 2025). Global costs of nutrient adequacy with improved fortification.
9. Friesen, V.M., Free C.M., Adams, K.P., Bai, Y., **Costlow, L.**, Beal, T., Dewey, K. Mbuya, M.N.N., Nordhagen, S., Vasta, F., Masters, W.A. (In progress, 2025). Impact of large-scale food fortification programs on micronutrient inadequacies and their implementation costs: a modelling analysis.
10. **Costlow, L.** Food availability and access to healthy diets worldwide. (In review, 2025). Chapter for *Handbook of Eating and Drinking*, 2nd. edition. (Ed. Herbert L. Meiselman).

RESEARCH FUNDING

Total funding: \$247,585

United Nations Food and Agricultural Organization (FAO) March - June 2025.

Global and country-level price dynamics for foods of varied nutritional characteristics

Role: Co-PI (co-authored proposal, paid by FAO as consultant)

Total funding: \$58,434.

Global Alliance for Improved Nutrition (GAIN) June 2024 - December 2025.

Global costs of nutrient adequacy with improved fortification.

Role: PI (wrote proposal, paid by GAIN as consultant)

Total funding: \$5,000

Global Alliance for Improved Nutrition (GAIN) March 2023 - December 2025.

Assessing the affordability of target foods: A least-cost diet approach.

Role: Co-PI (wrote proposal, paid by GAIN as consultant)

Total funding: \$90,950

United Nations Food and Agricultural Organization (FAO) January - December 2022.

The effects of trade policy measures on the cost of healthy diets.

Role: Co-PI (co-authored proposal, paid through Tufts as a graduate researcher)

Total funding: \$91,635

FELLOWSHIPS & AWARDS

Teaching Fellow, Graduate Institute for Teaching (GIFT), Tufts University (May 2023 - May 2024)

Richard D. Weigle Prize for Best Senior Essay, St. John's College (May 2013)

Best Freshman Annual Essay, St. John's College (May 2010)

TEACHING

Tufts University Friedman School of Nutrition

Instructor of record

Environmental Economics of Food and Agriculture (MS): Spring 2024; team-taught course

Determinants of U.S. Food Policy (MS): Fall 2023; team-taught course

Teaching assistant

Environmental Economics of Food and Agriculture (MS): Spring 2022, Spring 2023, Spring 2025

Determinants of U.S. Food Policy (MS): Fall 2021, Fall 2024

Sustainability and the Food Consumer (MS): Summer 2021, Summer 2022, Summer 2023, Summer 2024

Economics of Food, Agriculture, and Nutrition (MS): Fall 2020, Spring 2021

Fundamentals of U.S. Agriculture (MS): Fall 2020

St. John's College

Teaching assistant

Sophomore Music Tutorial (BA): Fall 2012, Spring 2013

CONFERENCE PRESENTATIONS

Improving diet quality across the income spectrum in Indonesia: Insights on the cost, affordability, and consumption of healthy diets. (Track session presentation). Agricultural and Applied Economics Association Annual Meeting, Denver, CO. August 2025.

Leveraging the Cost of a Healthy Diet toolkit for research and policy insights: a case study from Tanzania. (Workshop). ANH Academy Week, June 2025. Dar es Salaam, Tanzania.

Using least-cost diets to measure food access globally: Results and implications. (Track session presentation). Agricultural and Applied Economics Association Annual Meeting, Washington, D.C. August 2023.

Trade policy and the cost of healthy diets in Africa and worldwide. (Lightning talk). Tufts Nutrition Data Symposium, Boston, MA. March 2023.

Availability of healthy diets in 174 countries, 1961-2019: A food system assessment. (Selected poster). Agricultural and Applied Economics Association Annual Meeting, Anaheim, CA. August 2022.

UNIVERSITY & COMMUNITY SERVICE

Tufts University Friedman School

MS Admissions Committee (2023–24)

Faculty Search in Nutrition, Food Systems, Climate, and Sustainability (2022–2023)

Community Service

Tutor, School on Wheels Massachusetts (2024–present)

Tutor and First Gen college mentor, Somerville High School (2024–present)

PROFESSIONAL ACTIVITIES

Agricultural and Applied Economics Association (AAEA)

Agriculture, Nutrition, and Health (ANH) Academy

American Society for Nutrition (ASN)

Referee for *Food Policy*, *Food and Nutrition Bulletin*, *Food Security*, *Humanities and Social Sciences Communications*