

Bernice Chu, MSPH, RD

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Registered Dietitian, science writer, and former National Academies Senior Program Officer with more than a decade of experience translating nutrition and health research into federal policy. Directed consensus studies for the Social Security Administration and Department of Veterans Affairs, and built the nutrient and cost model behind the National Academies' 2017 review of the WIC food packages. Founder of Sit the Moon, an evidence-based postpartum nutrition website.

EXPERIENCE

Sit the Moon

Founder and Consultant

Washington, DC

03/26 – Present

- Research and write all content for an evidence-based website bridging traditional Chinese postpartum confinement (*zuo yue zi*) and modern nutritional science, including a free postpartum nutrition guide and a library of original recipes.
- Offer science writing and editing for clinicians, policymakers, and the public, including literature and systematic reviews, fact-checking, and unifying expert voices into one.
- Offer classes and curriculum development in postpartum nutrition and cultural postpartum practices for new parents and for doulas, midwives, dietitians, and other practitioners.

National Academies of Sciences, Engineering, and Medicine

Senior Program Officer

Report Review Officer

Program Officer

Associate Program Officer

Research Associate

Washington, DC

07/24 – 05/25

07/20 – 12/20

10/18 – 07/24

10/16 – 10/18

11/14 – 10/16

Nutrition Research (Food and Nutrition Board)

- Built the interactive nutrient and cost model the Committee to Review WIC Food Packages used to test food package scenarios, integrating USDA nutrient data, Nielsen Homescan purchase data, and state-level cost data. The model was central to recommendations that were nutritionally beneficial and cost neutral.
- Screened tens of thousands of abstracts and extracted data from hundreds of studies for the committee's systematic review; visited WIC clinics nationwide to interview staff and participants.
- Recommendations informed the WIC cash-value benefit increase (Public Law 117-43) and USDA's 2024 final rule revising the WIC food packages.

Study Leadership (Board on Health Care Services)

- Managed the full consensus study lifecycle for a dozen reports for the Social Security Administration and Department of Veterans Affairs, from statement of task and committee formation through drafting, response to review, and briefings for sponsors and Congress.
- Led staff teams of 3–5, assigning work, giving feedback, and training new and experienced staff.
- Wrote substantial portions of each report, unifying multiple authors into one voice.
- Co-directed three concurrent studies in 2019; developed proposals with federal sponsors securing multi-million-dollar study funding.

Report Review and Institutional Initiatives

- Oversaw a portfolio of consensus report reviews as Report Review Officer, producing summaries of key review issues with monitors and coordinators.
- Led a mixed-methods evaluation of the Academies' 50-year-old report review criteria and secured leadership approval for updated criteria now used Academies-wide.
- Presented a case study of an expedited review process for rapid COVID-19 reports at the 2021 Academies leadership meeting; served on the institutional committee developing guidelines for AI use in Academies work.

Moveable Feast

Program Evaluator

Baltimore, MD

11/13 – 11/14

- Designed and directed a mixed-methods evaluation of health outcomes in a home-delivered, food-as-medicine meals program for people with chronic illness; co-wrote a white paper and presented findings at the Fighting Hunger in Maryland conference.

Johns Hopkins Hospital and Bloomberg School of Public Health

Clinical Nutrition Intern; Research Assistant; Teaching Assistant

Baltimore, MD

06/13 – 05/14

NATIONAL ACADEMIES REPORTS

Visual Field Assessment and Disability Evaluation. 2025. doi.org/10.17226/29124

Long-Term Health Effects Stemming from COVID-19 and Implications for the Social Security Administration. 2024. doi.org/10.17226/27756

Advances in the Diagnosis and Evaluation of Disabling Physical Health Conditions. 2023. doi.org/10.17226/26941

Selected Immune Disorders and Disability. 2022. doi.org/10.17226/26595

Evaluating Hearing Loss for Individuals with Cochlear Implants. 2021. doi.org/10.17226/26057

Selected Health Conditions and Likelihood of Improvement with Treatment. 2020. doi.org/10.17226/25662

An Approach to Evaluate the Effects of Concomitant Prescribing of Opioids and Benzodiazepines on Veteran Deaths and Suicides. 2019. doi.org/10.17226/25532

Evaluation of the Disability Determination Process for Traumatic Brain Injury in Veterans. 2019. doi.org/10.17226/25317

Health-Care Utilization as a Proxy in Disability Determination. 2018. doi.org/10.17226/24969

Review of WIC Food Packages: Improving Balance and Choice: Final Report. 2017. doi.org/10.17226/23655

Review of WIC Food Packages: Proposed Framework for Revisions: Interim Report. 2016. doi.org/10.17226/21832

Review of WIC Food Packages: An Evaluation of White Potatoes in the Cash Value Voucher: Letter Report. 2015. doi.org/10.17226/20221

EDUCATION AND CREDENTIALS

Johns Hopkins Bloomberg School of Public Health

2014

Master of Science in Public Health, Human Nutrition concentration

College of William & Mary

2011

Bachelor of Science, Global Health and Nutrition; Environmental Science

Registered Dietitian

2014

Academy of Nutrition and Dietetics

AWARDS

Academies Award — given to 1% of National Academies staff for initiative and impact

2019

Above and Beyond Award — National Academies

2017