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Postdoctoral Research Associate (Demographer & Statistician)
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Research Area Inclusive ageing, ethnicity, pension inclusivity, social epidemiology, public health, mental health, longevity, global health, social policy and health policy.

Employment history

April 2025 to present	<u>Postdoctoral Research Associate, Department of Public Health, Policy & Systems, Institute of Population Health, University of Liverpool.</u>	United Kingdom, L69 3GF
	I collaborate with Dr Elizabeth Camacho and Professor Ben Barr on project jointly funded by the <u>NIHR and NHS Mersey Care</u> , which aims to evaluate the role of telehealth interventions in mitigating systemic pressures across health and social care services.	
March 2023- March 2025	<u>Research Fellow (Quantitative), Centre for Research on Ageing, School of Economic, Social and Political Sciences, University of Southampton</u>	United Kingdom, SO17 1BJ
	Worked on the <u>ESRC project</u> “ Inclusive Ageing: Promoting inclusivity in pension protection and other forms of saving among men and women from black and minority ethnic communities in the UK: a mixed methods study ” under the supervision of Prof Athina Vlachantoni, (Professor at University of Southampton, UK).	
November 2021- March 2023	Visiting researcher & Postdoc researcher (short-term) , Spitzer Department of Social Work, Ben-Gurion University of the Negev	Israel, 8410501

Education

July 2018-May 2022	Ph.D. in Population Studies, Centre for the Study of Regional Development, School of Social Sciences, Jawaharlal Nehru University	New Delhi, India, 110067
(Ph.D. Awarded on December 9, 2022)	Ph.D. Dissertation Title: "Trends and Determinants of Mortality among the Elderly in India" under the supervision of Prof. Nandita Saikia, (Professor at Department of Public Health & Mortality Studies, International Institute for Population Sciences (I.I.P.S.), Mumbai-India 400088).	
August 2016-July 2018	M.Phil. in Population Studies, Centre for the Study of Regional Development, School of Social Sciences, Jawaharlal Nehru University	New Delhi, India, 110067
	M.Phil. Dissertation Title: “Mortality Inequality at older Ages among major states of India: Decomposition and Forecasting Approaches” under the supervision of Prof. KS James, (Director & Senior Professor at International Institute for Population Sciences, Mumbai-India 400088).	
July 2015-May 2016	Master of Population Studies, International Institute for Population Sciences A minus Grade	Mumbai, India, 400088
July 2013-June 2015	M.Sc. in Statistics & Computing, DST-CIMS, Institute of Science, Banaras Hindu University 8.63 CGPA	Varanasi, India, 221005
August 2010-May 2013	B.Sc. in Statistics (Hons.), Department of Statistics, St. Xavier’s College 70% (Awarded with Gold Medal)	Ahmedabad, Gujarat, India-380009

Publications

- [Policy briefings](#): Akhtar, S. N., Mocnik, S., Yin, Y., & Vlachantoni, A. (2025). Financial preparedness for later life among the Chinese community in the UK. (Policy Briefings 82). Centre for Population Change, University of Southampton.
- Ahmed, W., Muhammad, T., Akhtar, S.N. et al. Association of early and late onset of chronic diseases with physical frailty among older Indian adults: study based on a population survey. BMC Public Health 25, 688 (2025). <https://doi.org/10.1186/s12889-025-21706-7>
- [Policy briefings](#): Vlachantoni, A., Akhtar, S. N., Mocnik, S., & Yin, Y. (2024). Pension protection among men and women from UK Pakistani and Bangladeshi communities (Policy Briefings 80). Centre for Population Change, University of Southampton.
- [Policy briefings](#): Yin, Y., Aparicio, F., McGowan, T., Akhtar, S. N., Mocnik, S., & Vlachantoni, A. (2024). Pupil attitudes to ageing, pensions and saving for later life (Policy Briefings 77). Centre for Population Change, University of Southampton.
- Muhammad, T., Akhtar, S. N., Ali, W., & Maurya, C. (2024). Cross-lagged relationships between exposure to intimate partner violence, depressive symptoms and suicidal thoughts among adolescent and young married women. Journal of affective disorders. <https://doi.org/10.1016/j.jad.2024.05.088>
- Economic Dependency, Chronic Illness, and Insurance Coverage among the Elderly: A Comparative Study Between EAG and Non-EAG States of India (Author(s): Akhtar, S.N.*, Saikia, N.) Book Chapter: In: Handbook of Aging, Health and Public Policy. Springer, Singapore. https://doi.org/10.1007/978-981-16-1914-4_202-1
- Akhtar SN, Saikia N, Muhammad T (2023) Self-rated health among older adults in India: Gender specific findings from National Sample Survey. PLoS ONE 18(4): e0284321. <https://doi.org/10.1371/journal.pone.0284321>
- Ahmed, W., Muhammad, T., Maurya, C., & Akhtar, S. N. (2023). Prevalence and factors associated with undiagnosed and uncontrolled heart disease: A study based on self-reported chronic heart disease and symptom-based angina pectoris among middle-aged and older Indian adults. Plos one, 18(6), e0287455. <https://doi.org/10.1371/journal.pone.0287455>
- Usman, M., Anand, E., Akhtar, S. N., Umenthala, S. R., Anwar, T., & Unisa, S. (2022). Prevalence and correlates of alcohol and tobacco consumption among research scholars: evidence from a cross-sectional survey of three Indian universities. Drugs, Habits and Social Policy, (ahead-of-print). doi.org/10.1108/DHS-09-2021-0053
- Khan, M.R., Malik, M.A., Akhtar, S.N. et al. Multimorbidity and its associated risk factors among older adults in India. BMC Public Health 22, 746 (2022). <https://doi.org/10.1186/s12889-022-13181-1>
- Akhtar, S. N., & Saikia, N. (2022). Differentials and predictors of hospitalisation among the elderly people in India: evidence from 75th round of National Sample Survey (2017-2018). Working with Older People. Available at : <https://doi.org/10.1108/WWOP-11-2021-0055>
- Ali, I., Akhtar, S. N., Chauhan, B. G., Malik, M. A., & Singh, K. D. (2020). Health Insurance Support on Maternal Health Care: Evidence from Survey Data in India. Journal of Public Health. Available at: <https://doi.org/10.1093/pubmed/fdac025>
- Malik MA, Akhtar SN, Albsoul RA, Alshyyab MA (2021) Conflict driven displacement and child health: Evidence based on mother's nationality from Jordan Population and Family Health Survey. PLoS ONE 16:e0257080. <https://doi.org/10.1371/journal.pone.0257080>
- Malik MA, Akhtar SN (2020) Sanitation and Diarrheal Morbidity: Evidence from Afghanistan. Asian J Health Sci Available at: doi <https://doi.org/10.15419/ajhs.v6i2.479>
- Manzoor Ahmad Malik, Saddaf Naaz Akhtar, Eram Naaz. (2022). Inequalities and Policy Gaps in Maternal Health: Evidence from Empowered Action Group States in India. Int J Health Policy Plann 1(1), 36-43. DOI: 10.33140/IJHPP
- Akhtar, S. N., & Dhillon, P. (2017). Prevalence of diagnosed diabetes and associated risk factors: Evidence from the large-scale surveys in India. Journal of Social Health and Diabetes, 5(1), 28. Available at: doi 10.4103/2321-0656.194001

Data Handling

Understanding Society (UK household longitudinal Study), English Longitudinal Study of Ageing (ELSA), Family Resource Survey data of UK, Office for National Statistics (ONS), British Household Panel Survey (BHPS), UK's Work-life History-BHPS, Longitudinal Aging Survey of India (LASI), Global Burden of Diseases (GBD), Sample Registration System (SRS), National Sample Survey Organizations (NSSO), District Level Household & Facility Survey (DLHS), Census-India, Annual Health Survey (AHS), Demographic Health Survey (DHS), Human Mortality Database (HMD), COVID19 data.

Software skills

R, STATA, SPSS, Q-GIS, Geoda, MS-Office, and Nvivo.

Professional affiliations

NHS Data, British Society for Population Studies (BSPS), British Society of Gerontology, European Association for Population Studies (EAPS), Population Association of America (PAA), International Union for the Scientific Study of Population (IUSSP), International Institute for Population Studies Alumni Association (IIPSAA), Indian Association for the Study of Population (IASP).

Conferences & Invited talks	<ul style="list-style-type: none"> • British Society Population Studies Conference 2023 at the University of Bath, UK, Employment in later life, September 9, 2024. • Invited talk at Pension Policy Institute (Kings College London), London UK. June 19, 2024. • European Population Conference (EPC) 2024 in Edinburgh, Scotland. "Pension Protection Among Minority Ethnic Groups in the UK: The Role of Investments and Subjective Indicators". June 12-15, 2024. • Invited talk at Institute of Fiscal Studies, London, UK. November 27, 2023. • British Society Population Studies Conference 2023 at Keele University, UK, Recent life expectancy trends, September 11, 2023. • Presented at the 6th Human Mortality Database Symposium "Old and new Challenges to Longevity Prospects" to take place at the French Institute for Demographic Studies, INED, France, on June 16-18, 2022. https://www.ined.fr/fichier/s_rubrique/32430/hmd6.final.programme.fr.pdf • Invited talk at the Department of Sociology, Tel-Aviv University, Tel-Aviv, Israel. Invited by Prof. Isaac Sasson. December 12, 2021. • Presented paper in the "XXIX International Population Conference (IPC2021)", held virtually due to COVID-19 restriction. December 5-10, 2021. • Presented paper in the "Health, Morbidity, Mortality Work Group"- sponsored by 'European Association Population Studies' organized by Charles University, Alberton 6, Prague 2 September 20-22, 2021
Research activities	<ul style="list-style-type: none"> • In Receipt of State Pension, Workplace Pension, Pension Credit, Infographic from 'Building Financial Resilience for Later Life Exhibition. April 25-May 5, 2024. • On 26th March 2024, the Promoting Inclusivity in Pension Protection project team had an opportunity to talk about the research and invite participants from the Hampshire community during The Community Hour on Awaaz FM Awaaz FM. 2024 • An outreach event at Cantell School Activity, Southampton. March 18, 2024. • Conducted focus group discussion among diverse older population in the UK (Hampshire county).
Research training/workshops	<ul style="list-style-type: none"> • The RECSM Summer Methods School. Course: Causal Inference by Prof Bruno Arpino, July 1-3, 2024. • Sequence analysis for the Social Sciences at WISERD, Cardiff University, Wales. February 29, 2024. • Data in the spotlight: Census and Population Studies, UKRI. December 13, 2023. • NCRM Structural Equation Modelling Course. November 8-10, 2023. • Introduction to Quantitative Time Diary Analysis by UK data service events team. October 10 & 17, 2023. • Spatial Data Analysis with GeoDa Software. October 7-8, 2023. • Survival Analysis at Royal Statistical Society. October 4-5, 2024. • Hard-to-Reach: Applied Research Methods with Hidden, Marginal and Excluded Populations organised by Centre for Experimental Social Sciences (CESS), Nuffield College, University of Oxford, UK (in-person). August 14-18, 2023. • Participated in "The Summer Institutes in Computational Social Science" at ETH Zürich, June 16-29, 2019.
References	<ol style="list-style-type: none"> 1. Prof Athina Vlachantoni, Department of Gerontology, University of Southampton, United Kingdom. Contact: A.Vlachantoni@soton.ac.uk 2. Prof Yonatan (Jon) Anson, Spitzer Department of Social Work, Ben-Gurion University of the Negev, Beersheva, Israel. Contact: anson@bgu.ac.il 3. Prof Nandita Saikia, Department of Public Health & Mortality Studies, International Institute for population Science, Mumbai, India. Contact: nanditasaikia@iipsindia.ac.in 4. Prof K S James, Newcomb Institute, Tulane University. New Orleans, USA. Email: jkuriath@tulane.edu

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