

Curriculum Vitae for  
**Heather L. Norman-Burgdolf, Ph.D.**  
Assistant Professor, Dietetics and Human Nutrition  
Extension Title Series  
Appointment Date: January 1, 2017

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## Education

- Dec. 2016      Ph.D. in Nutritional Sciences  
Department of Pharmacology and Nutritional Sciences  
University of Kentucky, Lexington, Kentucky  
Dissertation: Novel Role of CD47 in Obesity-Associated Metabolic Dysfunctions
- May 2016      College Teaching and Learning Certificate  
The Graduate School  
University of Kentucky, Lexington, KY.
- May 2011      B.S. in Biology, Minor in Chemistry  
Georgetown College, Georgetown, KY.

## Professional Experiences

- Jan. 2017-Present      *Assistant Extension Professor/Extension Specialist*, Dietetics and Human Nutrition  
University of Kentucky, Lexington, KY.
- 2012-2016      *Graduate Research Assistant*, Pharmacology and Nutritional Sciences  
University of Kentucky, Lexington, KY.
- 2011-2012      *Nutritional Outreach & Wholeness Consumer Educator*  
Pennyrile Allied Community Services, Lexington, KY.

## Other Relevant Experiences

- June 2015      *Science Education Coordinator for Summer Camps*  
Institution Univers, Ouanaminthe, Haiti
- May-Oct. 2011      *Intern*, Office of Academic Enhancement  
Georgetown College, Georgetown, KY.
- 2010-2011      *Biology Tutor*, Department of Biological Sciences  
Georgetown College, Georgetown, KY.
- 2010      *Undergraduate Research Assistant*, Department of Biological Sciences  
Georgetown College, Georgetown, KY.

**Peer-Reviewed Publications**

- 1) **Norman-Burgdolf H**, Vanderford NL. *Preparing Future Professionals: A Career Development Course Focused on Enhancing Workforce Readiness. Nat. Biotechnol.* 2016 Jan; 34:111-113
- 2) Cui W, Maimaitiyiming H, Zhou Q, **Norman H**, Zhou C, Wang S. *Interaction of thrombospondin1 and CD36 contributes to obesity-associated podocytopathy. Biochim Biophys Acta.* 2015 Jul; 1852(7):1323-1333
- 3) Maimaitiyiming H, Clemons K, Zhou Q, **Norman H**, Wang S. *Thrombospondin1 deficiency attenuates obesity-associated microvascular complications in ApoE<sup>-/-</sup> mice. PLoS One.* 2015 Mar; 10(3): e0121403
- 4) Maimaitiyiming H\*, **Norman H\***, Zhou Q, Wang S. *CD47 deficiency protects mice from diet-induced obesity and improves whole body glucose tolerance and insulin sensitivity. Sci Rep.* 2015 Mar; 5:8846 \* **Co-first authors**
- 5) Cui W, Maimaitiyiming H, Qi X, **Norman H**, Zhou Q, Wang X, Fu J, Wang S. *Increasing cGMP-dependent cGMP-dependent protein kinase activity attenuates unilateral ureteral obstruction-induced renal fibrosis. Am J Physiol Renal Physiol.* 2014 May;306(9):F996-F1007
- 6) Cui W, Maimaitiyiming H, Qi X, **Norman H**, Wang S. *Thrombospondin 1 mediates renal dysfunction in a mouse model of high fat diet-induced obesity. Am J Physiol Renal Physiol.* 2013 Sep;305(6): F871-80; 2013
- 7) Maimaitiyiming H, Li Y, Cui W, Tong X, **Norman H**, Qi X, Wang S. *Increasing cGMP-dependent protein kinase I activity attenuates cisplatin-induced kidney injury through protection of mitochondria function. Am J Physiol Renal Physiol.* 2013 Sep;305(6):F881-90.

**Peer-Reviewed Extension Publications (New = 10)**

- 1) **Norman-Burgdolf, H.** (2017). *Mastering Food Choices.* Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. pp.4. (*In Review*, Original Content)
- 2) **Norman-Burgdolf, H.** (2017). *Navigating the Grocery Store.* Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. pp.3. (*In Review*, Original Content)
- 3) **Norman-Burgdolf, H.** (2017). *Recipe Modification Practice.* Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. pp.2. (*In Review*, Original Content)
- 4) **Norman-Burgdolf, H.** (2017). *Super Star Chef Builds a Healthy Body: Nutrition and Health.* Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. pp.3. (*In Review*, Original Content)

- 5) **Norman-Burgdolf, H.** (2017). *Super Star Chef Builds a Healthy Body: Obesity*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. pp.5. (In Review, Original Content)
- 6) **Norman-Burgdolf, H.** (2017). *Super Star Chef Builds a Healthy Body: Diabetes*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. pp.4. (In Review, Original Content)
- 7) **Norman-Burgdolf, H.** (2017). *Super Star Chef Builds a Healthy Body: High Blood Pressure*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. pp.4. (In Review, Original Content)
- 8) **Norman-Burgdolf, H.** (2017). *Super Star Chef Builds a Healthy Body: Heart Disease*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. pp.4. (In Review, Original Content)
- 9) **Norman-Burgdolf, H.** (2017). *Super Star Chef Builds a Healthy Body: Cancer*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. pp.4. (In Review, Original Content)
- 10) **Norman-Burgdolf, H.** (2017). *Super Star Chef Builds a Healthy Body: COPD*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. pp.3. (In Review, Original Content)

## Grant Activity

### Extramural Grant-Funded Projects

- 1) Rieske-Kinney, L. (PI), Webber, K. (Co-PI), **Norman-Burgdolf, H.** (Co-PI). Healthy Trees – Healthy People: A Tool to Increase Physical Activity and Improve Human and Urban Tree Health. \$34,396.00, USDA Farm Bill. April 2017-April 2018. (Extramural Funded Project, National Award)
  - a. Provided significant contribution to program delivery, program evaluation, and grant reporting

### Internal Grant-Funded Projects

- 1) **Norman-Burgdolf, H.**, Enhancing Diabetes Education through FCS Extension. \$500.00, *Kentucky Extension Homemaker's Association Annual Mini-Grant Fund*. May 2017-May 2018.
- 2) Harris, R., **Norman-Burgdolf, H.**, Hege, A., Tweens Nutrition and Fitness Coalition. Fresh Stop Markets' Youth Food Justice Leadership to Support Child/Family Food Systems' Engagement. \$5,000.00, *The Food Connection at the University of Kentucky Student Opportunity Grants*. June 2017-June 2018.
- 3) Plasencia, J., DeWitt, E., Norman-Burgdolf, H. Enhancing Transferable Skills in Undergraduate Dietetics and Human Nutrition Students. \$2115.00, *University of Kentucky School of Human Environmental Sciences Research Activity Award*.

### Unfunded Internal-Grant Projects

- 1) Sena, K. (PI), Agouridis, C. (Co-PI), Barton, C. (Co-PI), Campbell, M. (Co-PI), **Norman-Burgdorf, H.** (Co-PI). “Hemlock Hustle”: Facilitating Human and Environmental Health Education at Robinson Forest. \$43,912.94, *University of Kentucky Sustainability Challenge Grant*.

### Unfunded Extramural-Grant Projects

- 1) Rafie, C. (PI), Bobroff, L. (Co-PI), **Norman-Burgdorf, H.** (Co-PI), Peritore, N. (Co-PI), Jarvandi, S. (Co-PI), Frank, K. (Co-PI), Head, D. (Co-PI). Scaling the National Diabetes Prevention Program through FCS Extension in Underserved Areas. \$1,500,000, *Centers for Disease Control and Prevention*, September 1, 2018-August 31, 2023. (Extramural Funded Project).
- 2) Bates, J. (PI), **Norman-Burgdorf, H.** (Co-PI), Remley, D. (Co-PI), Spaeth, C. (Co-PI), Murphy, E. (Co-PI), MacArthur, S. (Co-PI). Grilling with Dad: Tools for Preventing Childhood Obesity and Choosing a Healthy Lifestyle. \$2,486,986, *USDA NIFA AFRI*. (**Pending**)

### **Professional Meeting Presentations/Posters**

- 1) **Norman-Burgdorf H**, Turpin C, Wang S. (2016, November). Adipocyte Differentiation is Inhibited in Primary Brown Adipocytes Lacking CD47 Through a cMyc-dependent Mechanism. Gill Heart Cardiovascular Research Day, University of Kentucky, Lexington, KY.
- 2) **Norman-Burgdorf H**, Wang S. (2016, June). CD47 Deficiency Protects Against Diet-Induced Fatty Liver Through Suppression of ROS Generation and Increased eNOS Activation. Society of Postdoctoral Scholars Research Symposium, University of Kentucky, Lexington, KY.
- 3) **Norman-Burgdorf H**, Wang S. (2015, October). CD47 Plays a Novel Role in Adipocyte Function. Gill Heart Cardiovascular Research Day, University of Kentucky, Lexington, KY.
- 4) **Norman-Burgdorf H**, Wang S. (2015, June). CD47 Plays a Novel Role in Regulating Adipocyte Lipolysis. American Diabetes Association 75<sup>th</sup> Annual Scientific Sessions, Boston, MA.
- 5) **Norman-Burgdorf H**, Wang S. (2015, May). CD47 Plays a Novel Role in Regulating Adipocyte Lipolysis. Barnstable Brown Diabetes Obesity Center Research Day, University of Kentucky, Lexington, KY.
- 6) **Norman-Burgdorf H**, Meimeitiyimin H, Wang S. (2014, October). CD47 Deficiency Preserves Brown Adipose Tissue Phenotype in High-Fat Diet-Induced Obesity Mouse Model. Gill Heart Cardiovascular Research Day, University of Kentucky, Lexington, KY.
- 7) **Norman-Burgdorf H**, Meimeitiyimin H, Wang S. (2014, June). CD47 Deficiency Reduces Adipose Tissue MCP1/CCR2-Dependent Macrophage Infiltration in a Diet-Induced Obesity Model. American Diabetes Association 74<sup>th</sup> Annual Scientific Sessions, San Francisco, CA.

- 8) **Norman-Burgdolf H**, Meimeitiyimin H, Wang S. (2014, May). CD47 Deficiency Protects Mice from High-Fat Diet-induced Obesity and Inflammation. Barnstable Brown Diabetes Obesity Center Research Day, University of Kentucky, Lexington, KY.

### Invited Oral Presentations

- 1) **Norman-Burgdolf, H.** (2017, November). *Nutrition and Obesity: Adipocytes to the Socioecological Model*. American Medical Student Association Public Health Scholars Program. Webinar.
- 2) **Norman-Burgdolf, H.** (2017, October). *Translating Research into a Career in Nutritional Sciences*. Georgetown College Science Honors Research and Career Seminar. Georgetown, KY.
- 3) **Norman-Burgdolf, H.** (2017, September). *Expanding the National Diabetes Prevention Program through FCS Extension in Kentucky*. University of Kentucky School of Human Environmental Sciences Research Seminar. Lexington, KY.
- 4) **Norman-Burgdolf, H.** (2017, July). *Understanding Food Label Claims*. KACTE Summer Conference Family and Consumer Sciences Best Practices and Partner Roundtables. Louisville, KY.
- 5) **Norman-Burgdolf, H.** (2017, July). *Daily Strategies for Living Well: Nutrition*. Parents Without Partners, Inc. 58<sup>th</sup> International Convention. Lexington, KY.
- 6) **Norman-Burgdolf H.** (2017, April). *Transition: Student to Professional*. University of Kentucky Department of Pharmacology and Nutritional Sciences Spring Professional Development Workshop. Lexington, KY.
- 7) **Norman-Burgdolf H.** (2017, January). *Alternative Careers: The New Norm?*. University of Kentucky Department of Pharmacology and Nutritional Sciences Annual Conference. Lexington, KY.
- 8) **Norman-Burgdolf H.** (2016, April). *Being Proactive & Realistic: Additional Experiences Beyond and within Graduate Training*. University of Kentucky Department of Pharmacology and Nutritional Sciences. Lexington, KY.
- 9) **Norman-Burgdolf H.** (2015, October). *CD47 plays a novel role in adipocyte function*. Gill Heart Cardiovascular Research Day, University of Kentucky, Lexington, KY.
- 10) **Norman-Burgdolf H.** (2015, May). *CD47 deficiency protects mice from diet-induced obesity and improves whole body glucose tolerance and insulin sensitivity*. Barnstable Brown Diabetes Obesity Center Research Day 2015, University of Kentucky, Lexington, KY.
- 11) **Norman-Burgdolf H.** (2015, April). *Preparing Graduate Students for the Future*. University of Kentucky Department of Pharmacology and Nutritional Sciences. Lexington, KY.

- 12) **Norman-Burgdolf H.** (2015, March). *Novel role of CD47 in brown adipocyte function.* Departmental Seminar, Department of Pharmacology and Nutritional Sciences, College of Medicine, University of Kentucky, Lexington, KY.
- 13) **Norman-Burgdolf H.** (2014, January) *Role of CD47 in Metabolic Syndrome.* Departmental Seminar, Graduate Center for Nutritional Sciences, College of Medicine, University of Kentucky, Lexington, KY.

### **Other Extension and Outreach Activities**

#### County Agent In-Service Trainings (New Content Development = 1; Content Delivery = 1)

- 1) *Mastering Food Choices.* Multiple Locations, February 2018. One-and-a-half-hour session presented as part of the FCS Agent Training Week, reaching 53 county extension agents. This training focuses on ways to make healthful food decisions, taking into consideration the local food environment and respecting food-based traditions within families and communities.
- 2) *Faithful Families: Eating Smart and Moving More.* Multiple Locations, February 2018. Three-hour session presented as part of FCS Agent Training Week, reaching 56 county extension agents and paraprofessionals. This in-service training introduced the program and included training to facilitate the program in their own county. The training focused on promoting healthy eating, physical activity, and policy/system/environmental changes in faith-based communities.

#### Extension Agent Resources

##### *Curriculum Resources (New Curriculum = 1)*

- 1) **Norman-Burgdolf, H.** (2018). *Mastering Food Choices: A 6-Session Curriculum.* Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. [Facilitator's Guide, Participant Handout, Activities, Publications for 6 sessions] (Peer Reviewed, Original Content)

### **Media Outreach**

#### Regional and National Media (Total = 1)

- 1) **Norman-Burgdolf, H.** (2018, January). *Brain Food: Promoting a Healthy Brain through Nutrition.* Kentucky Living Magazine.

#### Television and Live Social Media Segments (Total = 7)

- 1) **Norman-Burgdolf, H.** & Najor, J. (2018, January). *Ask the Expert: Sugar! Sugar! Sugar! Staying Sweet with Less.* [Facebook Live]. Lexington, KY: Family & Consumer Sciences, Cooperative Extension Service, University of Kentucky College of Agriculture.

- 2) **Norman-Burgdolf, H.**, Philpott, A. (Anchor). (2018, January). *Debunking the Myth: Healthy Eating is Costly*, [Promoted News Segment]. In WKYT News at 6:00. Lexington, KY: WKYT 27 Broadcasting
- 3) **Norman-Burgdolf, H.**, Bryant, B. (Anchor), & Bailey, B. (Anchor). (2017, December). *Making the Holidays Healthier*, [News Segment]. In WKYT Midmorning at 10:00. Lexington, KY: WKYT 27 Broadcasting
- 4) **Norman-Burgdolf, H.**, Jones, N., & Solove, K. (Anchor). (2017, November). *Making the Holidays Healthier*. [News Segment]. In ABC 36 Good Day Kentucky at 9:00. Lexington, KY: WTVQ 36 Broadcasting.
- 5) Jones, N. & **Norman-Burgdolf, H.** (2017, November). *Ask the Expert: Healthier Holidays*. [Facebook Live]. Lexington, KY: Family & Consumer Sciences, Cooperative Extension Service, University of Kentucky College of Agriculture.
- 6) **Norman-Burgdolf, H.** & Dolinar, E. (Anchor). (2017, November). *Myths about Diabetes*, [News Segment]. In ABC 36 Good Day Kentucky at 9:00. Lexington, KY: WTVQ 36 Broadcasting.
- 7) **Norman-Burgdolf, H.** & Dolinar, E. (Anchor). (2017, September). *Cost of Convenience at the Grocery Store*, [News Segment]. In ABC 36 Good Day Kentucky at 9:00. Lexington, KY: WTVQ 36 Broadcasting.
- 8) **Norman-Burgdolf, H.** & Stauffer, A. (2017, June). *Ask the Expert: Brain Health*. [Facebook Live]. Lexington, KY: Family & Consumer Sciences, Cooperative Extension Service, University of Kentucky College of Agriculture.
- 9) Mullins, J. & **Norman-Burgdolf, H.** (2017, February). *Ask the Expert: Sustainable Eating and Plant-Based Diets*. [Facebook Live]. Lexington, KY: Family & Consumer Sciences, Cooperative Extension Service, University of Kentucky College of Agriculture.

### Print Media

#### *Agent Exclusives (Total = 11)*

The Agricultural Communications Services Unit provide Agent Exclusives to all county agents. These exclusives are newspaper articles written in conjunction with Extension Specialists that can be reprinted locally. All Agent Exclusives are archived by Agricultural Communication Services at <http://warehouse.ca.uky.edu/agc/exclusives/exclusive.asp?year=2017&srchRadio=FCS>.

- 1) **Norman-Burgdolf, H.L.** (2017, January). Make Your Next Work Meeting Healthier.
- 2) Pratt, K., & **Norman-Burgdolf, H.L.** (2017, February). Drink Up for Good Health.
- 3) Pratt, K., & **Norman-Burgdolf, H.L.** (2017, March). Colorectal Cancer Rates Rise in Young Adults.
- 4) Pratt, K., & **Norman-Burgdolf, H.L.** (2017, April). At the Farmers Market: Asparagus.

- 5) Pratt, K., & **Norman-Burgdolf, H.L.** (2017, May). At the Farmers Market: Strawberries.
- 6) Pratt, K., & **Norman-Burgdolf, H.L.** (2017, June). At the Farmers Market: Broccoli.
- 7) Pratt, K., & **Norman-Burgdolf, H.L.** (2017, June). At the Farmers Market: Brambleberries.
- 8) Pratt, K., & **Norman-Burgdolf, H.L.** (2017, July). At the Farmers Market: Corn.
- 9) Pratt, K., & **Norman-Burgdolf, H.L.** (2017, August). At the Farmers Market: Apples.
- 10) Pratt, K., & **Norman-Burgdolf, H.L.** (2017, September). At the Farmers Market: Cauliflower.
- 11) Pratt, K., & **Norman-Burgdolf, H.L.** (2017, November). Paying for Convenience at the Grocery Store.

### *FCS Information Releases (Total = 18)*

Information releases are written and developed for use by county Extension agents in newsletters, newspapers, fact cards, websites, or any other situation in which agents may find use for programming and information dissemination. Information releases are provided to Extension agents on a quarterly basis. Eighteen information releases have been written since January 2017 and are archived by Agricultural Communication Services at <http://www2.ca.uky.edu/hes/fcs/Releases/index.php>.

### **Teaching and Advising**

#### Teaching (10% of Effort)

Spring 2018	DHN408G: Seminar in Dietetics and Human Nutrition; Students Enrolled: 38; Evaluations: Quality of Course = N/A; Quality of Teaching = N/A
Fall 2017	DHN408G: Seminar in Dietetics and Human Nutrition; Students Enrolled: 54; Evaluations: Quality of Course = 4.53; Quality of Teaching = 4.83
Spring 2017	DHN408G: Seminar in Dietetics and Human Nutrition; Students Enrolled: 59; Evaluations: Quality of Course = 4.36; Quality of Teaching = 4.68
Spring 2016	College Teaching Practicum; DHN318 Hunger, Food, & the Environment Course Mentor: Dr. Alison Gustafson, MPH, RD, LD

#### Workshops/Trainings Attended

Adding Creativity into Our Classrooms, CELT, April 2017.  
 Cheating – Curbing, Catching, and Consequences, CELT, February 2017  
 Critical Conversations in the Classroom, January 2017  
 What Works in Teaching: Engaging Large Classes/Team-based Learning, CELT, March 2016.  
 The Right Tools: Selecting Technology Strategically and Effectively, CELT, March 2016.  
 Challenging Situations In and Out of the Classroom, CELT, February 2016.  
 Making Lectures Engaging & Interactive, CELT, November 2013.



### Guest Lectures

Effective Informational Interviews; GS600 Preparing Future Professionals; February 2018.  
Glutamine, Arginine, and Nitric Oxide; NS602 Integrated Nutritional Sciences II; February 2018.  
Cooperative Extension and Community Health; EXSC-2004 Health Promotions; January 2018.  
Resumes and Cover Letters; IBS608 Special Topics in Biomedical Sciences; February 2017.  
Glutamine, Arginine, and Nitric Oxide; NS602 Integrated Nutritional Sciences II; February 2017.  
Protein Function and Regulation; NS601 Integrated Nutritional Sciences; September 2016.  
Protein: Second Largest Energy Store; NS601 Integrated Nutritional Sciences; September 2016.  
Effective Informational Interviews; GS600 Preparing Future Professionals; March 2016.  
Glutamine, Arginine, and Nitric Oxide; NS602 Integrated Nutritional Sciences II; March 2016.

### Graduate Committee Service

Jordan McDonald, 2017  
Leslie Hildesheim, 2018  
Caroline Durr, 2018  
Madison Hilgendorf, 2018

## **Professional Development**

### Professional Meetings Attended

Southern Region Extension Health Collaborative Planning Meeting, January 2018.  
Kentucky Association of State Extension Professionals Fall Meeting, November 2017.  
American Association of Diabetes Educators Pre-Conference, August 2017.  
American Evaluation Association Summer Institute, June 2017.  
Kentucky Association of State Extension Professionals Annual Meeting, April 2017.  
American Diabetes Association 75<sup>th</sup> Annual Scientific Sessions, June 2015.  
American Diabetes Association 74<sup>th</sup> Annual Scientific Sessions, June 2014.

### In-Service Trainings Attended

College of Agriculture Promotion and Tenure Workshop, February 2018.  
School of Human and Environmental Sciences All School Conference, November 2017.  
School of Human and Environmental Sciences Retreat, August 2017.  
Ag Faculty Council New Faculty Workshop, College of Agriculture, August 2017.  
New Faculty Orientation, University of Kentucky, August 2017.  
University of Tennessee/University of Kentucky Collaborative Grant Writing Workshop, March 2017.  
College of Agriculture Promotion and Tenure Workshop, February 2017.

### Workshops/Trainings Attended

National Faithful Families Training, NC State Extension, December 2017.  
Solera Health National Diabetes Prevention Program Lifestyle Coach Training, October-November 2017.  
Thinking Critically, UK Human Resources Training & Development, September 2015.  
Excel: Filters & Functions, UK Human Resources Technology Training, August, 2015.  
Principles of Effective Writing, UK Human Resources Training & Development, February 2015.  
Grant Writing, University of Kentucky Office of Faculty Advancement, December 2014.

## **Service and Recognition**

### Outreach and Service

Southern Region Extension Health Collaborative, Focus/Fit Workgroup, 2018.  
Society of Nutrition Education and Behavior eCommunicator Weekly Reviewer, 2017-2018.  
Kentucky Extension Homemakers Faculty Advisor, 2017-2020.  
Health Literacy Kentucky Steering Committee Member, 2017-2018.  
UK CES FCS Making Healthy Lifestyle Choices Initiative Leader, 2017-2018.  
Ohio State University Family and Consumer Sciences Extension External Content Reviewer, 2017.  
FCCLA State Meeting STAR Competition Judge, 2017.

#### Extracurricular Outreach and Service

Lexington Area Parkinson's Support Group Monthly Newsletter Developer, 2016-2017.  
Ronald McDonald House Dinner Preparation Volunteer (Quarterly), 2013 – Present.

#### Awards and Honors

1st Place Poster Competition, UK Society of Postdoctoral Scholars Research Symposium, 2016.  
3rd Place Poster Competition, UK Barnstable Brown Diabetes and Obesity Research Day, 2016.  
Doctoral Student of the Year, UK Department of Pharmacology and Nutritional Sciences, 2015.  
3rd Place Student Poster Competition, UK Barnstable Brown Diabetes and Obesity Research Day, 2015.  
UK Graduate School Travel Award (\$500), 2015.  
Predoctoral Training Fellowship, NIH T32 Nutrition and Oxidative Stress (DK007778), 2013-2015.  
Georgetown College Outstanding Biology Student Award Recipient, 2011.  
Georgetown College Outstanding Student Leader Award, 2011.  
Georgetown College Norman and Martha Yocum Lytle Graduating Senior Award, 2011.  
Howard Hughes Medical Institute Research Program Grant Recipient, 2010.

#### Ad-hoc Manuscript Reviewer

Journal of Nutrition Education and Behavior, 2017.

#### Committee Service

University Appeals Board, Faculty Committee Member, 2017-2020.  
UK Department of Dietetics and Human Nutrition Graduate Faculty Council, 2017-2018  
FCS Making Healthy Lifestyle Choices Initiative, Team Leader, 2017.  
National Dining with Diabetes Curriculum Subgroup Committee Member, 2017.  
Southern Extension Region Diabetes Prevention Program Interest Group, 2017.

#### Professional Organization Membership

Society of Nutrition Education and Behavior, Food and Nutrition Extension Education Division, 2017.  
Kentucky Diabetes Network Member, 2017.  
Academy of Nutrition and Dietetics, Nutrition Education for the Public Work Group, 2015-2017.  
Kentucky Academy of Nutrition and Dietetics; 2015-2017.