

Curriculum Vitae for
Heather L. Norman-Burgdorf, Ph.D.
Assistant Professor, Dietetics and Human Nutrition
Extension Title Series (DOE: 85% Extension; 15% Teaching)
Appointment Date: January 1, 2017

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University of Kentucky
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Education

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

Professional Experiences

- Jan. 2017-Present *Assistant Extension Professor/Extension Specialist*
Department of Dietetics and Human Nutrition
University of Kentucky, Lexington, KY.
- 2012-2016 *Graduate Research Assistant*
Department of 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

- Summer 2015 *Science Education Coordinator for Summer Camps*
Institution Unvers, Ouanaminthe, Haiti
- 2010-2011 *Biology Tutor and Undergraduate Research Assistant*
Department of Biological Sciences
Georgetown College, Georgetown, KY.

Table 1. Summary of Activities (January 2017 to Present)

Peer Reviewed Extension Publications	Extension Agent Trainings	Curriculum Development	Refereed Journal Articles
32	21	2	18
Television/Live Media Segments	Extension Homemaker Leader Lessons	Invited Talks/Presentations	Information Releases/Exclusives
24	5	28	109

PEER-REVIEWED EXTENSION PUBLICATIONS

(New = 28, Major Revision = 2, Minor Revision = 2)

Submitted

- 1) **Norman-Burgdolf, H.**, Najor, J. *How to Get Out of a Cooking Rut*. (Submitted for peer-review October 2021, Original Content)
- 2) **Norman-Burgdolf, H.**, Mullins, J., Norris, A. *Savor the Flavor: Exploring Cooking Methods*. (Submitted for peer-review June 2021, Original Content)
- 3) **Norman-Burgdolf, H.**, DeWitt, E. (2022). *Macronutrients: Why We Need a Balanced Diet*. (Submitted for peer-review May 2021, Original Content)

Published

- 4) **Norman-Burgdolf, H.**, Huff, N., Mineer, S. (2022) *Making the Most of Meals while Traveling*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS3-632; pp. 5. (Peer-Reviewed, Original Content)
- 5) Washburn, L., **Norman-Burgdolf, H.** (2021) *Possible Solutions for Everyone: Using PSE Changes to Improve Community Health*. Knoxville, TN: Cooperative Extension Service, University of Tennessee Institute of Agriculture. Pub # W986; pp. 2. (Peer-Reviewed, Original Content)
- 6) Ashurst, K., Jones, N., **Norman-Burgdolf, H.**, Kostelic, A. (2020) *Kick Kentucky Cancer: Taking Care of Your Mental Health during Cancer*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS8-124; pp. 4. (Peer-Reviewed, Original Content)
- 7) Kostelic, A., Ashurst, K., Jones, N., **Norman-Burgdolf, H.** (2020) *Kick Kentucky Cancer: Caring for Someone with Cancer*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS8-122; pp. 6. (Peer-Reviewed, Original Content)

*Denotes a Norman-Burgdolf graduate student; **Graduate student I served on committee for or co-advised;

†Undergraduate student or dietetic intern; ^Extension agent; *Co-first authors; #Corresponding author; Journal metrics determined by Web of Science unless indicated otherwise

- 8) Kostelic, A., Ashurst, K., Jones, N., **Norman-Burgdolf, H.** (2020) *Kick Kentucky Cancer: Interacting with Someone with Cancer*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS8-121; pp. 5. (Peer-Reviewed, Original Content)
- 9) Jones, N., **Norman-Burgdolf, H.**, Kostelic, A., Ashurst, K. (2020) *Kick Kentucky Cancer: Understanding the Basics of Cancer*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS8-120; pp. 4. (Peer-Reviewed, Original Content)
- 10) **Norman-Burgdolf, H.**, Lewis, K., Kostelic, A., Ashurst, K., Jones, N. (2020). *Kick Kentucky Cancer: Managing Nutrition during Cancer*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS8-123; pp.7. (Peer-Reviewed, Original Content)
- 11) **Norman-Burgdolf, H.**, Mullins, J., Norris, A. (2019). *Savor the Flavor: Building Flavor with Herbs*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS3-629; pp.4. (Peer-Reviewed, Original Content)
- 12) **Norman-Burgdolf, H.**, Mullins, J., Norris, A. (2019). *Savor the Flavor: Seasoning with Spices*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS3-630; pp.4. (Peer-Reviewed, Original Content)
- 13) **Norman-Burgdolf, H.**, Mullins, J., Norris, A. (2019). *Savor the Flavor: Cooking with Oils and Vinegars*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS3-628; pp.6. (Peer Reviewed, Original Content)
- 14) **Norman-Burgdolf, H.**, Bridge, J.^ (2018). *Sensational Salads*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS3-627; pp.4. (Peer Reviewed, Original Content)
- 15) **Norman-Burgdolf, H.**, Norris, A. (2018). *Talking Turkey: Dinner is Served*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS3-620; pp.5. (Peer Reviewed, Original Content)
- 16) **Norman-Burgdolf, H.**, Norris, A. (2018). *Talking Turkey: Prep and Safety*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS3-619; pp.5. (Peer Reviewed, Original Content)
- 17) **Norman-Burgdolf, H.** (2018), *Diabetes and Hemoglobin A1C*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS3-542; pp. 2. (Minor Revision).

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- 18) **Norman-Burgdolf, H.** (2018), *Diabetes and High Blood Pressure*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS3-543; pp. 4. (Minor Revision).
- 19) **Norman-Burgdolf, H.** (2018), *Carbohydrate Counting*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS3-546; pp. 7. (Major Revision).
- 20) **Norman-Burgdolf, H.** (2018), *Think Your Plate*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS3-548; pp. 4. (Major Revision).
- 21) **Norman-Burgdolf, H.**, Goodman, M.[^], Harris, J.[^] (2018). *Sweet Enough without All that Sugar*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS3-618; pp.6. (Peer Reviewed, Original Content)
- 22) **Norman-Burgdolf, H.** (2018). *Meal Kits: Are They Worth It?*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS3-610; pp. 5. (Peer Reviewed, Original Content)
- 23) **Norman-Burgdolf, H.** (2018). *Understanding Healthy Food Choices*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS3-604; pp. 4. (Peer Reviewed, Original Content)
- 24) **Norman-Burgdolf, H.** (2018). *Navigating the Grocery Store*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS3-605; pp.3. (Peer Reviewed, Original Content)
- 25) **Norman-Burgdolf, H.** (2018). *Modifying Recipes*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS3-606; pp. 2. (Peer Reviewed, Original Content)
- 26) **Norman-Burgdolf, H.** (2018), *Fitting Nutrition into Your Busy Lifestyle*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS3-607; pp. 2. (Peer Reviewed, Original Content)
- 27) **Norman-Burgdolf, H.** (2018), *Dining Out in a Healthy Way*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS3-608; pp. 5. (Peer Reviewed, Original Content)
- 28) **Norman-Burgdolf, H.** (2018), *Shaking Down on Salt*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS3-609; pp. 2. (Peer Reviewed, Original Content)

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- 29) **Norman-Burgdolf, H.** (2017). *Nutrition and Your Health*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS3-611; pp. 4. (Peer Reviewed, Original Content)
- 30) **Norman-Burgdolf, H.** (2017). *It Starts with Body Weight*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS3-612; pp. 5. (Peer Reviewed, Original Content)
- 31) **Norman-Burgdolf, H.** (2017). *Why Blood Sugar Matters*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS3-613; pp. 5. (Peer Reviewed, Original Content)
- 32) **Norman-Burgdolf, H.** (2017). *All About Blood Pressure*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS3-614; pp. 4. (Peer Reviewed, Original Content)
- 33) **Norman-Burgdolf, H.** (2017). *Healthy Choices for a Healthy Heart*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS3-615; pp. 4. (Peer Reviewed, Original Content)
- 34) **Norman-Burgdolf, H.** (2017). *Say Yes to Cancer Prevention*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS3-616; pp. 4. (Peer Reviewed, Original Content)
- 35) **Norman-Burgdolf, H.** (2017). *Breathe Easy with COPD*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS3-617; pp. 3. (Peer Reviewed, Original Content)

PEER-REVIEWED JOURNAL PUBLICATIONS

(Published since 2017 = 18)

Submitted

- 1) Washburn, L., **Norman-Burgdolf, H.**, Jones, N., Kennedy, L., Jarvandi, S. (2022). Exploring Extension Agent Capacity and Readiness to Adopt Policy, Systems, and Environmental Change Approaches. *Frontiers in Public Health*. (Submitted) This data was collected spring 2020. I contributed to the development of the survey instrument and study design, interpretation of findings, and extensive revisions to the manuscript draft. This manuscript was submitted in collaboration with the University of Tennessee Knoxville.
- 2) **Norman-Burgdolf, H.**[#], Lindsay, A.R., Webber, K.H., Parker, J., Adams, I.K.R., Idris, R., Hubbs-Tait, L., Chapman-Novakofski, K. (2022). Development and Piloting of a Novel Evaluation Tool for Childhood Obesity Prevention Programs. *Journal of Human Sciences and Extension*. (Submitted) This was work I led as a member of the USDA Multi-state W3005 Working Group. I collected data for this manuscript, provided the interpretation of findings, and wrote the entire manuscript draft.

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†Undergraduate student or dietetic intern; ^Extension agent; *Co-first authors; #Corresponding author; Journal metrics determined by Web of Science unless indicated otherwise

- 3) DeWitt, E., Gillespie, R., **Norman-Burgdolf, H.**, Slone, S., Cardarelli, K., Gustafson, A. (2022). Exploring the Relationship between SNAP Enrollment and Food Insecurity in Rural Appalachia. *Journal of Nutrition Education and Behavior*. (Submitted) This was data I helped collect spring 2021 as a part of the CDC High Obesity Project. I contributed to data interpretation and provided critical revisions to the final draft.

Published

- 4) Teets, C.*, Plonski, P., Adedokun, O., **Norman-Burgdolf, H.**# (2022). Examining the Perspectives and Experiences of Nutrition Educators Working with Clients in Substance Use Recovery Settings. *Journal of Human Sciences and Extension*. (Accepted) This manuscript was written by my graduate student, Cora Teets. This data was collected by my graduate student and the Nutrition Education Program. I provided data interpretation and critical revisions to the final draft. *Impact Factor of Journal: Not Available*
- 5) Balis, L., Gallup, S., **Norman-Burgdolf, H.**, Buck, J., Daniels, P., Remley, D., Graves, L., Jenkins, M., Price, G. (2022). Unifying Multi-State Efforts through a Nationally-Coordinated Extension Diabetes Program. *Journal of Human Sciences and Extension*. (Accepted) I was invited to contribute to this manuscript, with co-authors representing several other land-grant universities. I restructured the manuscript and contributed Extension expertise to the interpretation of findings. *Impact Factor of Journal: Not Available*
- 6) Cardarelli, K., DeWitt, E., Gillespie, R., Graham, R., **Norman-Burgdolf, H.**, Mullins, J. (2021) Policy Implications of the COVID-19 pandemic on food security in rural America: Evidence from Appalachia. *International Journal of Environmental Research and Public Health*, 18(23), 12792.
<https://doi.org/10.3390/ijerph182312792> Data was collected summer 2021 for the CDC HOP grant. I contributed to data analysis, interpretation of the findings, and critical revisions to the final draft. *Impact Factor of Journal: 3.390; Journal Ranking by Impact Factor for Public, Environmental, and Occupational Health: 42/176*
- 7) **Norman-Burgdolf, H.** #, DeWitt, E., Cardarelli, K., Gillespie, R., Slone, S., Gustafson, A. (2021) Sugar-sweetened beverage consumption among adults in rural Appalachia. *Preventive Medicine Reports*, 24, 101642.
<https://doi.org/10.1016/j.pmedr.2021.101642> This was data collected spring 2021. I substantially contributed to the design of the study, acquisition of data, interpretation of findings and creating the primary draft. *Impact Factor of Journal: 2.50; Journal Ranking by Impact Factor for Health Informatics: 34/95 (provided by Scopus)*
- 8) Plasencia, J., **Norman-Burgdolf, H.**, Weatherspoon, L. (2021) Cultural Sensitivity in Dietetics Education. *NACTA Journal*, 65, 376-382.
https://uknowledge.uky.edu/foodsci_facpub/41/ I provided critical revisions and expertise in data interpretation. *Impact Factor of Journal: Not Available*

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- 9) Breazeale, N., **Norman-Burgdorf, H.**, Counts, K.**, Williams, L.B. (2021). Process Evaluation of the National Diabetes Prevention Program through Kentucky Cooperative Extension: Perceptions of Adopters and Potential Adopters. *Journal of Human Sciences and Extension*, 9(3), 189-205. <https://www.jhseonline.com/article/view/1116/941> I co-developed the moderator guide for this qualitative study and provided context for Extension within findings and discussion. *Impact Factor of Journal: Not Available*
- 10) Gillespie, R., DeWitt, E., **Norman-Burgdorf, H.**, Dunaway, B.**, Gustafson, A. (2021) Community-based Efforts Aim to Improve the Food Environment Within a High Obese Rural Appalachian County. *Nutrients*, 13(7), 2200. <https://doi.org/10.3390/nu13072200> I contributed rural community and nutrition expertise in interpretation of findings and provided critical revisions to the final draft. *Impact Factor of Journal: 5.719; Journal Ranking by Impact Factor for Nutrition and Dietetics: 17/88*
- 11) Luecking, C.T., Combs, L.M., **Norman-Burgdorf, H.** (2021) Alternative Community Nutrition Experiential Learning Opportunities for Dietetic Interns during COVID-19. *NACTA Journal*, 65, 90-95. https://uknowledge.uky.edu/foodsci_facpub/36/ This paper includes data collected summer 2020 from UK. I contributed to study design, co-development of the data collection tool, interpretation of findings and drafting manuscript. *Impact Factor of Journal: Not Available*
- 12) **Norman-Burgdorf, H.**#, Rieske-Kinney, L. (2021) Healthy Trees – Healthy People: A Model for Engaging Citizen Scientists in Exotic Pest Detection in Urban Parks. *Urban Forestry & Urban Greening*, 60, 127067. <https://doi.org/10.1016/j.ufug.2021.127067> I contributed to the development of data collection tools, substantial contribution to the study design, data acquisition, analysis, interpretation of findings, and writing the manuscript. *Impact Factor of Journal: 4.539; Journal Ranking by Impact Factor for Environmental Studies: 35/125*
- 13) Washburn, L., **Norman-Burgdorf, H.**, Franck, K.L., Kennedy, L., Sneed, C.T. (2021). Integrating PSE Work into FCS Extension Programming: Lessons Learned from a Multi-State Training. *Journal of Human Sciences and Extension*, 9(1), 194-207. <https://www.jhseonline.com/article/view/1031> These findings were from a multi-state Extension training. I contributed interpretation of findings and critical manuscript revisions. *Impact Factor of Journal: Not Available*
- 14) Mullins, J., Walters, J., Najor, J., Mikuska, J., Courtney, A., **Norman-Burgdorf, H.** (2021). Evaluation of a social marketing approach to healthy, home-cooked family meals for low-income mothers of young children. *Translational Behavioral Medicine*, 10(6), 1312-1321. <https://doi.org/10.1093/tbm/ibaa037> I contributed critical revisions and restructured the manuscript including new interpretations of findings. *Impact Factor of Journal: 3.046; Journal Ranking by Impact Factor for Public, Environmental, and Occupational Health: 54/176*

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- 15) **Norman-Burgdorf, H.**, Li, D., Sullivan, P., Wang, S. (2020). CD47 differentially regulates white and brown fat function. *Biology Open*, 9(12). <https://doi.org/10.1242/bio.056747> This data was collected during my doctoral studies in the College of Medicine. I contributed substantially to data acquisition and interpretation of findings. *Impact Factor of Journal: 2.422; Journal Ranking by Impact Factor for Biology: 46/93*
- 16) Cardarelli, K., DeWitt, E., Gillespie, R., **Norman-Burgdorf, H.**, Jones, N., Mullins, J. (2020). “We’re like, the most unhealthy people in the country”: employing an equity lens to reduce barriers to healthy food access in rural Appalachia. *Preventing Chronic Disease*, 17(e165), 1-10. <http://dx.doi.org/10.5888/pcd17.200340> I co-developed the moderator guide for the focus groups reported in this paper, contributed to analysis, interpretation of findings, and drafting the manuscript. *Impact Factor of Journal: 2.830; Journal Ranking by Impact Factor for Public, Environmental, and Occupational Health: 62/176*
- 17) Kennedy, L., Sneed, C.T., Franck, K.L., **Norman-Burgdorf, H.**, Washburn, L., Jarvandi, S., Mullins, J. (2020). Policy, Systems, and Environmental Change: A Planning Tool for Community Implementation. *Journal of Extension*. 58(4). https://uknowledge.uky.edu/foodsci_facpub/20/ These findings were from a multi-state Extension training. I contributed interpretation of findings and critical manuscript revisions *Impact Factor of Journal: Not Available*
- 18) Sneed, C.T., Franck, K.L., **Norman-Burgdorf, H.**, Washburn, L., Kennedy, L., Jarvandi, S., Mullins, J.. (2020). Two States, One Mission: Building PSE Capacity of County Extension Educators. *Journal of Extension*, 58(4). https://uknowledge.uky.edu/foodsci_facpub/21/ These findings were from a multi-state Extension training. I contributed interpretation of findings and critical manuscript revisions *Impact Factor of Journal: Not Available*
- 19) **Norman-Burgdorf, H.**[#], DeWitt, E., Vanderford, N., Plasencia, J. (2020). Communication of Professional Readiness in Dietetics and Human Nutrition Undergraduates: A Pilot Study. *NACTA Journal*, 64(1), 58-65. https://uknowledge.uky.edu/foodsci_facpub/29/ Data was collected in 2018. I contributed to the study design and co-developed the data collection tools. I participated in acquisition of the data, interpretation of the findings, and drafting of the manuscript. *Impact Factor of Journal: Not Available*
- 20) DeWitt, E., Gillespie, R., **Norman-Burgdorf, H.**, Cardarelli, K., Slone, S., Gustafson, A. (2020). Rural SNAP Participants and Food Insecurity: How Can Communities Leverage Resources to Meet the Growing Food Insecurity Status of Rural and Low-Income Residents?. *International Journal of Environmental Research and Public Health*, 17(17), 6037. <https://doi.org/10.3390/ijerph17176037> This data was collected fall 2019 for the CDC HOP project. I contributed to data acquisition, interpretation of the findings, and critical revisions to the manuscript draft. *Impact Factor of Journal: 3.390; Journal Ranking by Impact Factor for Public, Environmental, and Occupational Health: 42/176*

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- 21) Harden, S. M., Washburn, L., Berg, A., Pena-Purcell, N., **Norman-Burgdolf, H.**, & Franz, N. (2020). A Brief Report on a Facilitated Approach to Connect Cooperative Extension Southern Region State-Level Health Specialists. *Journal of Human Sciences and Extension*, 8(1), 191-205. <https://www.jhseonline.com/article/view/1007> This manuscript was written in collaboration with other Extension faculty at southeastern US land-grant universities as a result of a multi-state networking meeting. I contributed critical revisions to the manuscript draft. *Impact Factor of Journal: Not Available*
- 22) **Norman-Burgdolf, H.**, Vanderford, N. L. (2016). Preparing future professionals by enhancing workforce readiness. *Nature biotechnology*, 34(1), 111-113. <https://doi.org/10.1038/nbt.3459> This work was completed while a doctoral student in the College of Medicine. *Impact Factor of Journal: 54.908; Journal Ranking by Impact Factor for Biotechnology and Applied Microbiology: 2/159*
- 23) Cui, W., Maimaitiyiming, H., Zhou, Q., **Norman, H.**, Zhou, C., & Wang, S. (2015). Interaction of thrombospondin1 and CD36 contributes to obesity-associated podocytopathy. *Biochimica et Biophysica Acta (BBA)-Molecular Basis of Disease*, 1852(7), 1323-1333. <https://doi.org/10.1016/j.bbadis.2015.03.010> This work was completed while a doctoral student in the College of Medicine. *Impact Factor of Journal: 5.187; Journal Ranking by Impact Factor for Biochemistry and Molecular Biology: 85/295*
- 24) Maimaitiyiming, H., Clemons, K., Zhou, Q., **Norman, H.**, & Wang, S. (2015). Thrombospondin1 deficiency attenuates obesity-associated microvascular complications in ApoE^{-/-} mice. *PloS one*, 10(3), e0121403. <https://doi.org/10.1371/journal.pone.0121403> This work was completed while a doctoral student in the College of Medicine. *Impact Factor of Journal: 3.240; Journal Ranking by Impact Factor for Multidisciplinary Sciences: 26/72*
- 25) Maimaitiyiming, H.⁺, **Norman, H.⁺**, Zhou, Q., & Wang, S. (2015). CD47 deficiency protects mice from diet-induced obesity and improves whole body glucose tolerance and insulin sensitivity. *Scientific reports*, 5(1), 1-10. <https://doi.org/10.1038/srep08846> This work was completed while a doctoral student in the College of Medicine. *Impact Factor of Journal: 4.380; Journal Ranking by Impact Factor for Multidisciplinary Sciences: 17/72*
- 26) Cui, W., Maimaitiyiming, H., Qi, X., **Norman, H.**, Zhou, Q., Wang, X., ... & Wang, S. (2014). Increasing cGMP-dependent protein kinase activity attenuates unilateral ureteral obstruction-induced renal fibrosis. *American Journal of Physiology-Renal Physiology*, 306(9), F996-F1007. <https://doi.org/10.1152/ajprenal.00657.2013> This work was completed while a doctoral student in the College of Medicine. *Impact Factor of Journal: 3.377; Journal Ranking by Impact Factor for Physiology: 30/81*
- 27) Cui, W., Maimaitiyiming, H., Qi, X., **Norman, H.**, & Wang, S. (2013). Thrombospondin 1 mediates renal dysfunction in a mouse model of high-fat diet-induced obesity. *American*

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Journal of Physiology-Renal Physiology, 305(6), F871-F880.

<https://doi.org/10.1152/ajprenal.00209.2013> This work was completed while a doctoral student in the College of Medicine. *Impact Factor of Journal: 3.377; Journal Ranking by Impact Factor for Physiology: 30/81*

- 28) Maimaitiyiming, H., Li, Y., Cui, W., Tong, X., **Norman, H.**, Qi, X., & Wang, S. (2013). Increasing cGMP-dependent protein kinase I activity attenuates cisplatin-induced kidney injury through protection of mitochondria function. *American Journal of Physiology-Renal Physiology*, 305(6), F881-F890. <https://doi.org/10.1152/ajprenal.00192.2013> This work was completed while a doctoral student in the College of Medicine. *Impact Factor of Journal: 3.377; Journal Ranking by Impact Factor for Physiology: 30/81*

GRANT ACTIVITY

Extramural Grant-Funded Projects

- 1) Smalls, B. (PI), **Norman-Burgdolf, H.** (Co-PI), Barr, M. (Co-PI). Addressing Intergenerational Obesity and Promoting Healthy Eating and Physical Activity Among Individuals Living with Diabetes in Rural Kentucky. \$600,000. American Diabetes Association. 07/01/2022-06/20/2025. (Extramural Funded Project, National Award) **Pending**; FTE 5%; Provide implementation support through Cooperative Extension and contribute to project data training, collection, and outcome dissemination
- 2) Smalls, B. (PI), **Norman-Burgdolf, H.** (Co-PI), Barr, M. (Co-PI), Lacy, B. (Co-PI), Thompson, K. (Co-PI), Davis, A. (Co-PI). Policy and Health Implications of the Availability of Cooperative Extension to Address Cardiometabolic Conditions in a Heterogenous Rural State. \$3,040,204. NIH-R01-RFA-AG-23-004. December 1, 2022 – November 30, 2027. (Extramural Funded Project, National Award) **Pending**; FTE 10%; Provide implementation support through Cooperative Extension and contribute to project evaluation and dissemination to Extension stakeholders and policy makers
- 3) Plasencia, J. (PI), Brewer, D. (Co-PI), Grubbs, A. (Co-PI), Osorio, J. (Co-PI), **Norman-Burgdolf, H.** (Co-PI), Miller, C. (Co-PI). Bridge Scholars Program – Bridging Disease Prevention through Nutrition-Focused Education in Community Clinics. \$500,000, USDA-NIFA-AFRI United States Department of Agriculture – AFRI Integrated Standard Grant. May 1, 2020 – April 30, 2025. (Extramural Funded Project, National Award). FTE 1%; Serve as mentor and oversee research projects completed by Bridge Scholars related to Cooperative Extension
- 4) **Norman-Burgdolf, H.** (PI), DeWitt, E., & Ross, T. UK Barnstable Brown Diabetes Center and UK Cooperative Extension Dissemination of the of the National Diabetes Prevention Program. \$84,550, United Healthcare, October 1, 2019 – December 31, 2022. (Extramural Funded Project, National Award). FTE 3%; Oversee implementation, reporting, and evaluation of Diabetes Prevention Programming by County Agents in conjunction with UK Healthcare Barnstable Brown Diabetes Center

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- 5) **Norman-Burgdorf, H.** (PI), Brewer, D. (Co-PI), Pennell, K. (Co-PI), Hunter, J. (Co-PI). Plate It Up! Kentucky Proud: Sustainability Project. \$50,000, Kentucky Department of Agriculture, U.S. Department of Agriculture Specialty Crop Block Grant Program. October 1, 2019 – September 30, 2022. (Extramural Funded Project) FTE 3%; Oversee grant administration and evaluation and serve as the Chair of the Plate it up! Kentucky Proud Administrative Committee
- 6) **Norman-Burgdorf, H.** (PI), Brewer, D. (Co-PI), Hunter, J. (Co-PI). Plate It Up! Kentucky Proud: Mobile Kitchen Project. \$50,000, Kentucky Department of Agriculture, U.S. Department of Agriculture Specialty Crop Block Grant Program. October 1, 2018 – September 30, 2021. (Extramural Funded Project) FTE 3%; Oversee grant administration and evaluation and serve as the Chair of the Plate it up! Kentucky proud Administrative Committee
- 7) **Norman-Burgdorf, H.** (PI), Hunter, J. (Co-PI). Plate It Up! Kentucky Proud: Recipe Development and Education for Those Experiencing Hunger. \$25,000, Kentucky Department of Agriculture, U.S. Department of Agriculture Specialty Crop Block Grant Program. October 1, 2017 – September 30, 2021. (Extramural Funded Project) FTE 3%; Oversee grant administration and evaluation and serve as the Chair of the Plate it up! Kentucky Proud Administrative Committee
- 8) Hunter, J.L. (PI), Gustafson, A. (Co-PI), Koo, J. (Co-PI), **Norman-Burgdorf, H.** (Co-PI), Cardarelli, K. (Co-PI). CDC High Obesity Program. \$2,985,926, Center for Disease Control and Prevention, September 30, 2018 – September 29, 2023. (Extramural Funded Project, National Award). FTE 10%; Oversee Extension programming, contribute to project evaluation and reporting
- 9) Rieske-Kinney, L. (PI), **Norman-Burgdorf, H.** (Co-PI). Healthy Trees – Healthy People: A Tool to Improve Human and Urban Tree Health. \$37,539, USDA Farm Bill. June 2018-May 2019. (Extramural Funded Project, National Award) Provided significant contribution to program delivery, program evaluation, and grant reporting
- 10) Rieske-Kinney, L. (PI), Webber, K. (Co-PI), **Norman-Burgdorf, H.** (Co-PI). Healthy Trees – Healthy People: A Tool to Increase Physical Activity and Improve Human and Urban Tree Health. \$34,396, USDA Farm Bill. April 2017-April 2018. (Extramural Funded Project, National Award) Provided significant contribution to program delivery, program evaluation, and grant reporting

Internal Grant-Funded Projects

- 1) Harris, R., **Norman-Burgdorf, H.**, Hege, A., Tweens Nutrition and Fitness Coalition. Fresh Stop Markets' Youth Food Justice Leadership to Support Child/Family Food Systems' Engagement. \$5,000, *The Food Connection at the University of Kentucky Student Opportunity Grants*. June 2017-June 2018.

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- 2) Plasencia, J., DeWitt, E., **Norman-Burgdolf, H.** Enhancing Transferable Skills in Undergraduate Dietetics and Human Nutrition Students. \$2115, *University of Kentucky School of Human Environmental Sciences Research Activity Award*. January-June 2018.
- 3) **Norman-Burgdolf, H.**, Enhancing Diabetes Education through FCS Extension. \$500, *Kentucky Extension Homemaker's Association Annual Mini-Grant Fund*. May 2017-May 2018.

Unfunded Extramural-Grant Projects

- 1) Rafie, C. (PI), Bobroff, L. (Co-PI), **Norman-Burgdolf, 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-Burgdolf, 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*. (Extramural Funded Project)
- 3) Gustafson, A. (PI), Jilcott-Pitts, S. (Co-PI), **Norman-Burgdolf, H.** (Co-PI). Geo-targeted text message intervention to improve dietary intake and purchasing of local food. \$600,000, *USDA-NIFA-AFRI-006772 United States Department of Agriculture – AFRI Integrated Standard Grant*. (Extramural Funded Project, National Award).
- 4) Combs, L. (PI), **Norman-Burgdolf, H.** (Co-PI). Moving the Classroom into the Community: Creative Collaborations between Students and Cooperative Extension. \$4,000, *Innovative Teaching Award – Association of Public and Land-grant Universities*. (Extramural Funded Project, National Award).
- 5) **Norman-Burgdolf, H. (PI)**, Luecking, C.T. (Co-PI). Plate it up! Kentucky Proud: Priming Kentucky Proud Palates from Birth. \$50,000, *Kentucky Department of Agriculture Specialty Crop Block Grant Program*. (Extramural Funded Project).
- 6) Gustafson, A. (PI), Jilcott-Pitts, S. (Co-PI), **Norman-Burgdolf, H.** (Co-PI), Haynes-Maslow, L. (Co-PI), Sneed, C. (Co-PI), Anderson, B. (Co-PI). Online grocery shopping intervention to improve dietary intake and purchasing of local food. \$1,000,000, *USDA-NIFA-AFRI-006772 United States Department of Agriculture – AFRI Integrated Standard Grant*. (Extramural Funded Project, National Award).
- 7) Smalls, B. (PI), Kiviniemi, M. (Co-PI), Douthitt, K. (Co-PI), **Norman-Burgdolf, H.** (Co-PI), Thompson, K. (Co-PI). Caring for Grandfamilies: Evaluating the Role of Social Support in Grandparents Living with T2DM. \$600,000, *NIH-R21-PAR-19-222 Small Grants for New*

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Investigators to Promote Diversity in Health-Related Research. July 1, 2022 – June 30, 2025. (Extramural Funded Project, National 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*. Spring 2019.
- 2) Sena, K. (PI), Campbell, M. (Co-PI), **Norman-Burgdorf, H.** (Co-PI). "Hemlock Hustle": Facilitating Human and Environmental Health Education at Robinson Forest. \$40,000, *University of Kentucky Sustainability Challenge Grant*. Spring 2018.

PROFESSIONAL PRESENTATIONS

Poster Presentations

(Since 2017 = 12)

- 1) Washburn, L., **Norman-Burgdorf, H.**, Kennedy, L., Jones, N., Jarvandi, S. (2022, May). *Exploring FCS Agent Capacity and Readiness to Adopt Policy, Systems, and Environmental Change Approaches*. National Health Outreach Conference. Kansas City, MO.
- 2) DeWitt, D., **Norman-Burgdorf, H.**, Gillespie, R., Slone, S. (2021, October). *SNAP Participation does not ameliorate food insecurity in a rural Appalachian county*. American Public Health Association Annual Meeting. Denver, CO. Virtual format (due to COVID-19).
- 3) Combs, L., Luecking, C.L., **Norman-Burgdorf, H.** (2021, October). *Impact of Alternate Community Nutrition Experiences for Dietetic Interns during COVID-19*. Food & Nutrition Conference and Expo. Virtual format (due to COVID-19).
- 4) Counts, K**, Breazeale, N., **Norman-Burgdorf, H.**, Williams, L. (2021, February). *Process Evaluation of the National Diabetes Prevention Program through Kentucky Cooperative Extension: Perceptions of Adopters and Potential Adopters*. Southern Rural Sociological Association 52nd Annual Meeting. Virtual format (due to COVID-19).
- 5) Gillespie, R., DeWitt, E., Cardarelli, K., **Norman-Burgdorf, H.** (2020, October). *Association between shopping behavior of SNAP recipients in an impoverished highly obese rural Appalachian county*. American Public Health Association Annual Meeting, Virtual format (due to COVID-19).
- 6) DeWitt, E., **Norman-Burgdorf, H.**, Gillespie, R., Cardarelli, K. (2020, October). *Generational differences in dietary behaviors and food-related practices among rural*

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- obese adults in Appalachia*. American Public Health Association Annual Meeting, Virtual format (due to COVID-19).
- 7) Stephenson, T., Brewer, D., **Norman-Burgdorf, H.**, Syeda, A., Fowler, M., Oo, K., Koempel, A. (2020, July). *Recipe Sampling at Farmer's Market: Implications on self-reported fruit and vegetable intake, dermal carotenoid scores, and intent to prepare*. Society for Nutrition Education and Behavior Annual Meeting, Virtual format (due to COVID-19).
 - 8) Gillespie, R., DeWitt, E., **Norman-Burgdorf, H.**, Jones, N. (2020, June). *Role of Incentive Influence on Food Purchasing Behavior in an Impoverished Rural Food Environment*. International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Virtual format (due to COVID-19).
 - 9) Jones, N., **Norman-Burgdorf, H.**, Gillespie, R., DeWitt, E. (2020, June). *Perceived Barriers and Its Effect on Physical Activity in Geographically Isolated Rural Communities*. International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Virtual format (due to COVID-19).
 - 10) **Norman-Burgdorf, H.**, Jones, N., DeWitt, E., Gillespie, R. (2020, June). *Impact of PSE Strategies on Health Behaviors in a Rural Setting: Baseline Findings from a Prospective Cohort Study*. International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Virtual format (due to COVID-19).
 - 11) Durr, C.**, **Norman-Burgdorf, H.**, Mullins, J., Plasencia, J. (2019, July). *Cultural Sensitivity in Cooperative Extension Nutrition Programming in Kentucky*. Society of Nutrition Education and Behavior Annual Meeting, Philadelphia, PA.
 - 12) Bressler, J.*, **Norman-Burgdorf, H.**, Mullins, J., Brewer, D., Cardarelli, K. (2019, April). *Evaluating the Experiences of FCS Cooperative Extension Agents Use of Policy, System, and Environmental Strategies to Reduce Obesity in Rural Counties*. Center for Clinical and Translational Science Spring Conference, University of Kentucky, Lexington, KY.
 - 13) **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.
 - 14) **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.

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- 15) **Norman-Burgdolf, H.**, Wang, S. (2015, October). CD47 Plays a Novel Role in Adipocyte Function. Gill Heart Cardiovascular Research Day, University of Kentucky, Lexington, KY.
- 16) **Norman-Burgdolf, H.**, Wang, S. (2015, June). CD47 Plays a Novel Role in Regulating Adipocyte Lipolysis. American Diabetes Association 75th Annual Scientific Sessions, Boston, MA.
- 17) **Norman-Burgdolf, 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.
- 18) **Norman-Burgdolf, 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.
- 19) **Norman-Burgdolf, 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 74th Annual Scientific Sessions, San Francisco, CA.
- 20) **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.

Oral Presentations

(Total since 2017 = 28)

Invited

(Since 2017 = 16)

- 1) **Norman-Burgdolf, H.** (2022, January). *Plate it up! Kentucky Proud: Increasing the Consumption of Specialty Crops One Recipe Card at a Time*. Kentucky Fruit and Vegetable Conference. Bowling Green, KY.
- 2) Luecking, C., **Norman-Burgdolf, H.** (2021, December) *Make Every Bite Count throughout the Lifespan: Dietary Guidelines 2020-2025 for Older Adults*. University of Kentucky Office of Lifelong Learning Donovan Forum Series, Virtual format (due to COVID-19).
- 3) Cardarelli, K., **Norman-Burgdolf, H.** (2021, May). *Are my findings publishable?* Centers for Disease Control and Prevention Division of Nutrition, Physical Activity, and Obesity National Training, Virtual format (due to COVID-19).

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- 4) **Norman-Burgdolf, H.** (2021, March). *Policy, Systems, and Environmental Work through Family & Consumer Sciences Extension at the University of Kentucky*. NC State Cooperative Extension PSE Academy. Virtual format (due to COVID-19)
- 5) **Norman-Burgdolf, H.** (2020, September). *Bench to the Community: A Nutritional Scientist's Journey*. University of Illinois Graduate Student Seminar FSHN597. Virtual format (due to COVID-19).
- 6) **Norman-Burgdolf, H.** (2019, November). *Translating Research into a Career in Nutritional Sciences*. Georgetown College Science Honors Research and Career Seminar. Georgetown, KY.
- 7) **Norman-Burgdolf, H.** (2019, June 22). *Adipose Tissue as an Inflammatory Organ*. Health Meets Food: The Culinary Medicine Conference. New Orleans, LA.
- 8) **Norman-Burgdolf, H.** (2019, June 21). *Adipose Tissue as an Inflammatory Organ*. Health Meets Food: The Culinary Medicine Conference. New Orleans, LA.
- 9) **Norman-Burgdolf, H.** (2018, October). *Why is healthy food expensive?: It's not!*. Georgetown College Kinesiology and Health Studies NEXUS Seminar. Georgetown, KY.
- 10) **Norman-Burgdolf, H.** (2018, March). *Navigating Alt-Ac Careers*. University of Kentucky Department of Sociology Seminar Series. Lexington, KY.
- 11) **Norman-Burgdolf, H.** (2017, November). *Nutrition and Obesity: Adipocytes to the Socioecological Model*. American Medical Student Association Public Health Scholars Program. Webinar.
- 12) **Norman-Burgdolf, H.** (2017, October). *Translating Research into a Career in Nutritional Sciences*. Georgetown College Science Honors Research and Career Seminar. Georgetown, KY.
- 13) **Norman-Burgdolf, H.** (2017, July). *Understanding Food Label Claims*. KACTE Summer Conference Family and Consumer Sciences Best Practices and Partner Roundtables. Louisville, KY.
- 14) **Norman-Burgdolf, H.** (2017, July). *Daily Strategies for Living Well: Nutrition*. Parents Without Partners, Inc. 58th International Convention. Lexington, KY.
- 15) **Norman-Burgdolf, H.** (2017, April). *Transition: Student to Professional*. University of Kentucky Department of Pharmacology and Nutritional Sciences Spring Professional Development Workshop. Lexington, KY.
- 16) **Norman-Burgdolf, H.** (2017, January). *Alternative Careers: The New Norm?*. University of Kentucky Department of Pharmacology and Nutritional Sciences Annual Conference. Lexington, KY.

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- 17) **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.

Accepted/Other (Since 2017 = 12)

- 18) Batey, L.*, DeWitt, E., **Norman-Burgdolf, H.** (2022, May). *Exploration of cultural factors within a rural Appalachian community that may be leveraged to address health disparities*. National Health Outreach Conference. Kansas City, MO.
- 19) Plonski, P., Jenkins, B., Durr, C., **Norman-Burgdolf, H.** (2022, February). *Supporting Substance Use Recovery with Nutrition and Gardening Education*. Association of SNAP Nutrition Education Administrators Conference. Virtual format (due to COVID-19).
- 20) **Norman-Burgdolf, H.**, Najor, J., McCulley, M., Kingsland, L. (2021, December) *Plate it up! Kentucky Proud: Past, Present, and Future*. State Extension Conference. Lexington, KY.
- 21) Plonski, P., Adedokun, L., Jenkins, B., Durr, C., **Norman-Burgdolf, H.** (2021, December) *Food, Nutrition, and Gardening Supports Substance Use Recovery*. State Extension Conference. Lexington, KY.
- 22) DeWitt, E., Gillespie, R., **Norman-Burgdolf, H.** (2021, May). *Cooperative Extension's Collaboration with Faith-based Organizations to Facilitate Policy, Systems, and Environmental Changes to Reduce Obesity in Rural Appalachia*. National Health Outreach Conference, Virtual format (due to COVID-19).
- 23) **Norman-Burgdolf, H.**, da Silva, V., Head, D., Anderson, L. (2019, August). *Dissemination of the National Diabetes Prevention Program in Community Settings: Role of the Cooperative Extension Service*. American Association of Diabetes Educators Annual Meeting. Houston, TX.
- 24) **Norman-Burgdolf, H.**, Rafie, C., Jarvandi, S., da Silva, V., Hermann, J., Berg, A., O'Neal, L. (2019, May). *Diabetes Prevention in the Diabetes Belt: Accomplishments of the Southern Region National Diabetes Prevention Program Extension Interest Group*. National Health Outreach Conference. Fort Worth, TX.
- 25) **Norman-Burgdolf, H.**, Rieske-Kinney, L. (2019, May). *Improving Human Health and Tree Health One Walk at a Time: The Healthy Trees Healthy People Project*. National Health Outreach Conference. Fort Worth, TX.
- 26) May, K., **Norman-Burgdolf, H.** (2019, May). *Saving Savvy with Grocery List and Coupon Apps*. Kentucky Extension Homemakers Association Annual State Meeting. Louisville, KY.

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- 27) **Norman-Burgdolf, H.** (2018, October). *Assessment and development of transferable skills and professional readiness in dietetics and human nutrition undergraduates.* University of Kentucky School of Human Environmental Sciences Research Seminar. Lexington, KY.
- 28) **Norman-Burgdolf, H.** (2018, September). *Nutrition in Action: Showcasing the Department of Dietetics and Human Nutrition.* University of Kentucky College of Agriculture, Food, and Environment Ag RoundUp Breakout Session. Lexington, KY.
- 29) **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.
- 30) **Norman-Burgdolf H.** (2015, October). *CD47 plays a novel role in adipocyte function.* Gill Heart Cardiovascular Research Day, University of Kentucky, Lexington, KY.
- 31) **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.
- 32) **Norman-Burgdolf H.** (2015, April). *Preparing Graduate Students for the Future.* University of Kentucky Department of Pharmacology and Nutritional Sciences. Lexington, KY.
- 33) **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.
- 34) **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.

EXTENSION (85% of Effort)

County Agent In-Service Trainings (New Content Development = 13; Content Delivery = 21)

Extension programming and/or curricula are developed or adapted by Extension Specialists for use by Extension Agents at the county level. Within Family and Consumer Sciences (FCS) Extension at the University of Kentucky, a train-the-trainer model is used for program dissemination to Extension Agents, due to the limited number of Extension Specialists serving in the area of FCS. Since 2017, I have developed programmatic content for 13 agent trainings. Trainings were delivered in multiple locations or virtually to serve all areas of the state, for a total of 21 agent trainings delivered. Most in-service trainings have an evaluation instrument and

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results for in-service training programs are very positive. The mean results are reported in Table 2 for trainings that used a common evaluation instrument.

Table 2. Mean Results Agent In-Service Trainings (Measured on a 5.0 Scale, n=402)

Measure	Mean Score
...was relevant to my county needs	4.73
...was based on credible, up-to-date information	4.80
...was well organized	4.81
...was an adequate treatment of the topic	4.79
...was easy to understand	4.81
...were well prepared	4.87
...used teaching methods appropriate for the content/audience	4.82
...were knowledgeable of the subject matter	4.87
...engaged the participants in learning	4.76
...related program content to practical situations	4.84
Overall Mean	4.81

- 1) *Mastering Food Choices*. Multiple Locations, February 2018. One-and-a-half-hour session presented as part of the FCS Agent Training Week, reaching 72 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: Thriving Communities*. Multiple Locations, February 2018. Three-hour session presented as part of FCS Agent Training Week, reaching 65 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.
- 3) *Faithful Families: Reporting and Evaluation*. Webinar, August 2018. A one-hour training focused on the reporting and evaluation component of the Faithful Families: Eating Smart and Moving More curriculum. Materials presented included program synopsis, program indicator overview, and sample success story development.
- 4) *Food Processor Nutrition Analysis Software Training*. Webinar, September 2018. A one-hour training focused on the functions of the ESHA Food Processor Nutrition Analysis Software and the capacity of the software within FCS programming. Twenty-two Extension Agents participated in the training.
- 5) *National Dining with Diabetes*. Multiple Locations, February 2019. One-and-a-half-hour session presented as part of the FCS Agent Training Week, reaching 70 county

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extension agents. This training provided content for agents related to diabetes education, partnering with community stakeholders, and addressing the diabetes crisis in Kentucky.

- 6) *Faithful Families: Thriving Communities*. Multiple Locations, February 2019. One-and-a-half-hour session presented as part of FCS Agent Training Week, reaching 49 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.
- 7) *Kentucky-Tennessee Policy, Systems, and Environment Academy*. Clarksville, TN, July 2019. One-and-a-half day training led by faculty and Extension professionals from the University of Kentucky, University of Tennessee at Knoxville, and Tennessee State University. This training focused on understanding and implementing PSE strategies within rural communities to prevent and reduce obesity prevalence as a part of FCS programming.
- 8) *Cutting Kitchen Clutter: Organization of Kitchens in the Office and On-the-Go*. Multiple Locations, February 2020. Three-hour session presented as part of FCS Agent Training Week, reaching 55 county Extension Agents and professionals. This in-service training focused on organization strategies to manage Extension kitchen supplies. Development of a portable kitchen was reviewed to prepare agents for scenarios encountered when teaching on the go.
- 9) *Policy, System, and Environmental Change: Making Change Stick!*. Multiple Locations, February 2020. Three-hour session presented as part of FCS Agent Training Week, reaching 35 County Extension Agents and professionals. This in-service training focused on understanding and implementing PSE strategies within rural communities to increase healthy eating and active living as a part of FCS programming.
- 10) *PSE Problem-Solving: Keys to Strong and Productive Partnerships Webinar*, May 2020. A one-hour virtual training providing technical support for Extension professionals incorporating policy, systems, and environmental work into traditional programming. Content included keys to effective partnerships and tools to assess effectiveness of collaborative work. Sixty-four Extension Agents participated in the training.
- 11) *PSE Problem-Solving: Building Active Communities Webinar*, August 2020. A one-hour virtual training providing technical support for Extension professionals incorporating policy, systems, and environmental work into traditional programming. Content included strategies for implementing built environment changes into programmatic work with respect to COVID-19. Forty Extension Agents participated in the training.
- 12) *Kick Kentucky Cancer Pilot Study Training Webinar*, December 2020. A three-hour virtual training providing a technical overview of the Kick Kentucky Cancer curriculum and pilot study design. Agents were introduced to the program materials and were given the

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timeline and information needed for the new program pilot. Twenty Extension Agents participated in the training.

- 13) *Plate it up! Kentucky Proud: Past, Present, & Future* Webinar, February 2021. A three-hour virtual training where Agents were provided updates on current programming initiatives and were given information about upcoming projects and resources for the Plate it up! Kentucky Proud program. Eighty-four Extension Agents participated in the training.

County/Multi-County Educational Programs (Total = 5)

Within the UK Cooperative Extension Service, Extension Specialists may be invited to present at county-level or regional events on topics that Extension Agents may not feel comfortable delivering. Often, these opportunities are multi-county events and are well-attended by community members.

- 1) **Norman-Burgdolf, H.** *Colorful Foods for Health: Brambles and Herbs*. Boyd County Cooperative Extension and Master Gardeners Herb Day Conference. Boyd County, KY. May 2021.
- 2) **Norman-Burgdolf, H.** *Six Ways to Make Your Kitchen Greener Today*. Purchase Area FCS Agent Annual Spring into Green Conference. Virtual format. March 2021.
- 3) **Norman-Burgdolf, H.** *The Gluten-Free Diet: Is it for me?*, Taylor County, KY. April 2019.
- 4) **Norman-Burgdolf, H.** *The Gluten-Free Diet: Is it for me?*, Adair County, KY. April 2019.
- 5) **Norman-Burgdolf, H.** *Brain Health: Focus on Nutrition*, Clark County, KY. April 2017.

Extension Agent Resources

Extension Homemaker Leader Lessons (Total = 5)

Within FCS Extension at the University of Kentucky, a train-the-trainer model is used for program dissemination. Extension leader lessons are developed for county agents, county homemaker groups, and other extension partner organizations by state-level specialists. Extension Specialists are highly encouraged to develop one new Extension Homemaker Leader Lesson each year. These lessons are pilot tested and peer-reviewed prior to county use and typically take on average 12-18 months to develop and pilot.

- 1) **Norman-Burgdolf, H.** *Meal Kits: Are They Worth It?*. (2018). Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. [Extension Leader Lesson Facilitator's Guide, pp. 2, Extension Leader Lesson PowerPoint Slides, Program Evaluation, Program Handouts, pp. 2] (Peer Reviewed, Original Content).

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- 2) Goodman, M.[^], Harris, J.[^], **Norman-Burgdolf, H.** *Sweet Enough without All that Sugar.* (2019). Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. [Extension Leader Lesson Facilitator's Guide, pp.2. Extension Leader Lesson PowerPoint Slides, Program Evaluation, Marketing Materials, Program Activities pp. 3. (Peer Reviewed, Original Content)]
- 3) Bridge, J.[^], **Norman-Burgdolf, H.**, Jackson, Y. *Sensational Salads.* (2019). Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. [Extension Leader Lesson Facilitator's Guide, pp.3. Extension Leader Lesson PowerPoint Slides, Program Evaluation, Marketing Materials, Program Activities pp.4.] (Peer Reviewed, Original Content)]
- 4) May, K., **Norman-Burgdolf, H.** *Saving Savvy with Grocery List and Coupon Apps.* (2019). Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. [Extension Leader Lesson Facilitator's Guide, pp.4. Extension Leader Lesson PowerPoint Slides, Program Evaluation, Marketing Materials, Program Activities pp. 3.] (Peer Reviewed, Original Content)]
- 5) **Norman-Burgdolf, H.**, Huff, N., Mineer, S. *Making the Most of Meals While Traveling.* (2022). Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. [Extension Leader Lesson Facilitator Guide, pp.6. Extension Leader Lesson PowerPoint Slides, Program Evaluation, Marketing Materials, Program Activities pp.4.] (Peer Reviewed, Original Content)]

Curricula (New Curriculum = 2; Adapted = 2)

Extension programming and/or curricula are developed or adapted by Extension Specialists for use by Extension Agents at the county level. Newly developed programs are pilot tested and peer-reviewed prior to county use and typically take on average 18-24 months to develop and pilot.

- 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, PowerPoint Presentations, Publications for 6 sessions, Evaluations] (Peer Reviewed, Original Content)]
- 2) **Norman-Burgdolf, H.**, & Jones, N. (2018). *Faithful Families: Thriving Communities,* Lexington KY: Cooperative Extension Service, University of Kentucky College of Agriculture. **Adapted** for use in Kentucky from North Carolina State University Expanded Food and Nutrition Education Program.
- 3) **Norman-Burgdolf, H.** (2019). *National Dining with Diabetes,* Lexington KY: Cooperative Extension Service, University of Kentucky College of Agriculture. **Adapted** for use in Kentucky from Ohio State University Cooperative Extension Service.

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- 4) **Norman-Burgdolf, H.**, Kostelic, A., Jones, N., Ashurst, K. (2020). *Kick Kentucky Cancer: A 5-Session Curriculum*. Lexington KY: Cooperative Extension Service, University of Kentucky College of Agriculture. [Program Overview, Facilitator's Guides, Participant Handouts, Activities, PowerPoint Presentations, Publications for 5 sessions, Evaluations] (Peer Reviewed, Original Content)
- 5) Pickford, K.*, **Norman-Burgdolf, H.**, Brewer, D. (2022). *Sustainable Kentucky: A 5-Session Curriculum*. Lexington KY: Cooperative Extension Service, University of Kentucky College of Agriculture. [Program Overview, Glossary of Terms, Facilitator's Guides, Participant Handouts, Activities, PowerPoint Presentations, Publications for 5 sessions, Evaluations] (In preparation)

Other Resources (New = 4)

Lessons and programs within FCS Extension at the University of Kentucky may require supplemental materials or unique products that are not an Extension publication. The development of these materials provides unique opportunities for students and dietetic interns to participate in programmatic development and exposes them to the role of Cooperative Extension.

- 1) **Norman-Burgdolf, H.** (2019). *Sensational Salads: Common Salad Greens*. Family and Consumer Sciences Extension Internal Publication pp.3. (Internal FCS Publication, Original Content)
- 2) **Norman-Burgdolf, H.**, Mineer, S., Yount, (2019). *M. Kitchen-On-the-Go: A Guide for Food Demonstrations Anywhere*. Family and Consumer Sciences Extension Internal Publication pp.5. (Internal FCS Publication, Original Content)
 - a. Facilitator guide developed for agents to successfully incorporate and implement food demonstrations and tastings within any FCS Extension programming
- 3) **Norman-Burgdolf, H.**, Gillespie, R.†, McCulley, M. *Plate It Up! Kentucky Proud Meal Plans*. Family and Consumer Sciences Extension Internal Publication (Internal FCS Development, Original Content)
 - a. Development of seven meal plans that group Plate It Up! Kentucky Proud recipes by ingredient and seasonality of produce featured; includes grocery list, pantry essentials, and meal preparation tips. Provided Extension opportunity for 3 dietetics and human nutrition undergraduate students.
- 4) **Norman-Burgdolf, H.**, Najor, J, Koempel, A. *Plate It Up! Kentucky Proud Mobile Kitchen Teaching Tools*. Family and Consumer Sciences Extension Internal Publication (Internal FCS Development, Original Content)
 - a. Development of five trifold that group Plate It Up! Kentucky Proud recipes by ingredient, seasonality of produce featured, and event (e.g., potlucks and parties, kid-friendly family dinners); includes grocery list, pantry essentials, and meal preparation tips.

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MEDIA OUTREACH

Extension Specialists serve as subject-matter experts on a variety of topics. As such, we are often called on to provide research-based information to the public as a representative of both Cooperative Extension and the university as a whole. As a result of COVID-19, dissemination of material shifted to a virtual format and provided unique opportunities to share programmatic material through different media forms (e.g., Live Media Segments).

Regional and National Media (Total = 3)

- 1) **Norman-Burgdorf, H.** (2020, October). Supporting Your Immune System: What You Need to Know. *The Lane Report*.
<https://www.lanereport.com/131458/2020/10/supporting-your-immune-system-what-you-need-to-know/>
- 2) **Norman-Burgdorf, H.** (2018, August). Juice Limitations for Young Children. *WEKU Radio*. <http://www.weku.fm/post/juice-limitations-young-children>
- 3) **Norman-Burgdorf, H.** (2018, January). Brain Food: Promoting a Healthy Brain through Nutrition. *Kentucky Living Magazine*.

Television and Live Media Segments (Total = 24)

- 1) **Norman-Burgdorf, H.** (2021, February). Featured Winter Produce: Brussels Sprouts and Cabbage. [Zoom/Facebook Plate It Up! Kentucky Proud Series]. Lexington, KY: Family & Consumer Sciences, Cooperative Extension Service, University of Kentucky College of Agriculture.
- 2) **Norman-Burgdorf, H.** (2020, September). Featured Fall Produce: Apples and Honey. [Zoom/Facebook Plate It Up! Kentucky Proud Series]. Lexington, KY: Family & Consumer Sciences, Cooperative Extension Service, University of Kentucky College of Agriculture.
- 3) **Norman-Burgdorf, H.** (2020, August). Featured Summer Produce: Tomatoes and Peppers. [Zoom/Facebook Plate It Up! Kentucky Proud Series]. Lexington, KY: Family & Consumer Sciences, Cooperative Extension Service, University of Kentucky College of Agriculture.
- 4) Luecking, C. & **Norman-Burgdorf, H.** (2020, July). *Summer Melt: Keeping Cool in the Kitchen*. [Zoom/Facebook FCS Sizzlin' Summer Series]. Lexington, KY: Family & Consumer Sciences, Cooperative Extension Service, University of Kentucky College of Agriculture.
- 5) **Norman-Burgdorf, H.**, Najor, J. (2020, May). *Using Your Stocked Pantry*. [Zoom/Facebook Healthy at Home COVID-19 Series]. Lexington, KY: Family &

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Consumer Sciences, Cooperative Extension Service, University of Kentucky College of Agriculture.

- 6) **Norman-Burgdolf, H.** & Blevins, E. (Anchor). (2020, April). *Supporting Your Immune System with Nutrition*, [News Segment]. In ABC 36 Good Day Kentucky at 9:00. Lexington, KY: WTVQ 36 Broadcasting.
- 7) **Norman-Burgdolf, H.**, Najor, J. (2020, April). *Stocking Your Pantry*. [Zoom/Facebook Healthy at Home COVID-19 Series]. Lexington, KY: Family & Consumer Sciences, Cooperative Extension Service, University of Kentucky College of Agriculture.
- 8) Luecking, C. & **Norman-Burgdolf, H.** (2020, April). *Managing Stress Eating during Stressful Times*. [Zoom/Facebook Healthy at Home COVID-19 Series]. Lexington, KY: Family & Consumer Sciences, Cooperative Extension Service, University of Kentucky College of Agriculture.
- 9) Kostelic, A, Luecking, C., & **Norman-Burgdolf, H.** (2020, April). *Supporting Your Immune System with Pantry Staples*. [Zoom/Facebook Healthy at Home COVID-19 Series]. Lexington, KY: Family & Consumer Sciences, Cooperative Extension Service, University of Kentucky College of Agriculture.
- 10) Luecking, C. & **Norman-Burgdolf, H.** (2020, March). *Involving Little Ones in the Kitchen*. [Zoom/Facebook Healthy at Home COVID-19 Series]. Lexington, KY: Family & Consumer Sciences, Cooperative Extension Service, University of Kentucky College of Agriculture.
- 11) **Norman-Burgdolf, H.** & Blevins, E. (Anchor). (2019, October). *A Healthy and Happy Halloween*, [News Segment]. In ABC 36 Good Day Kentucky at 9:00. Lexington, KY: WTVQ 36 Broadcasting.
- 12) **Norman-Burgdolf, H.** & Blevins, E. (Anchor). (2019, February). *All About Sugar*, [News Segment]. In ABC 36 Good Day Kentucky at 9:00. Lexington, KY: WTVQ 36 Broadcasting.
- 13) **Norman-Burgdolf, H.** & High, D. (Anchor). (2018, October). *Managing Blood Sugar During the Holidays*, [News Segment]. In ABC 36 Good Day Kentucky at 9:00. Lexington, KY: WTVQ 36 Broadcasting.
- 14) **Norman-Burgdolf, H.** & Aull, M. (2018, August). *Ask the Expert: Back to School Edition – Packing Lunches Kids WILL Eat*. [Facebook Live]. Lexington, KY: Family & Consumer Sciences, Cooperative Extension Service, University of Kentucky College of Agriculture.
- 15) **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.

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- 16) **Norman-Burgdolf, H.**, Philpott, A. (Anchor), Dick, S. (Anchor). (2018, January). *Eating Healthy and Saving Money*, [Breaking Down the News Segment]. In WKYT News at 6:30PM. Lexington, KY: WKYT 27 Broadcasting
- 17) **Norman-Burgdolf, H.**, Philpott, A. (Anchor). (2018, January). *Is it possible to eat healthy and save money at the same time?* [Promoted News Segment]. In WKYT News at 6:00PM. Lexington, KY: WKYT 27 Broadcasting
- 18) **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
- 19) **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.
- 20) 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.
- 21) **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.
- 22) **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.
- 23) **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.
- 24) 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.

Podcasts (Total = 24)

FCS Extension established their own educational podcast during the summer of 2018. Extension Specialists and other guests participate in interview-style conversations with Extension administration. The podcast averages approximately 18,000 listens each month and episodes range from 10-15 minutes. All podcasts can be found at <https://ukfcsext.podbean.com/>.

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- 1) **Norman-Burgdolf, H.**, Hunter, J. (Host) (2021, November 29, 2021). "Reducing Your Risk of Diabetes with the Diabetes Prevention Program" [Audio blog post]. *Talking FACS*, <https://ukfcsext.podbean.com/e/reducing-your-risk-of-diabetes-with-the-diabetes-prevention-program/>
- 2) **Norman-Burgdolf, H.**, McCulley, M. (Host) (2021, November 29, 2021). "Practical Steps to a Greener Kitchen" [Audio blog post]. *Talking FACS*, <https://ukfcsext.podbean.com/e/practical-steps-to-a-greener-kitchen/>
- 3) **Norman-Burgdolf, H.**, McCulley, M. (Host) (2021, June 2, 2021). "Breaking the Mealtime Rut" [Audio blog post]. *Talking FACS*, <https://ukfcsext.podbean.com/e/breaking-the-meal-time-rut/>
- 4) **Norman-Burgdolf, H.**, Hunter, J.L. (Host) (2021, January 5, 2021). "No Recipe? No Problem!" [Audio blog post]. *Talking FACS*, <https://ukfcsext.podbean.com/e/no-recipe-no-problem/>
- 5) **Norman-Burgdolf, H.**, Hunter, J.L. (Host) (2020, September 14, 2020). "Enhancing Flavor with Oils and Vinegars" [Audio blog post]. *Talking FACS*, <https://ukfcsext.podbean.com/e/enhancing-flavors-with-oils-and-vinegars/>
- 6) **Norman-Burgdolf, H.**, Hunter, J.L. (Host) (2020, May 18, 2020). "Online Grocery Shopping" [Audio blog post]. *Talking FACS*, <https://ukfcsext.podbean.com/e/online-grocery-shopping-1589835734/>
- 7) **Norman-Burgdolf, H.**, Hunter, J.L. (Host) (2020, April 21, 2020). "Supporting Your Immune System" [Audio blog post]. *Talking FACS*, <https://ukfcsext.podbean.com/e/supporting-your-immune-system/>
- 8) **Norman-Burgdolf, H.**, Hunter, J.L. (Host) (2019, December 30, 2019). "Simple Dinner Strategies" [Audio blog post]. *Talking FACS*, <https://ukfcsext.podbean.com/e/simple-dinner-strategies-1577714546/>.
- 9) **Norman-Burgdolf, H.**, Hunter, J.L. (Host) (2019, November 11, 2019). "Using Herbs and Spices" [Audio blog post]. *Talking FACS*, <https://ukfcsext.podbean.com/e/using-herbs-and-spices-1573479171/>.
- 10) **Norman-Burgdolf, H.**, Hunter, J.L. (Host) (2019, September 23, 2019). "Fad Diets" [Audio blog post]. *Talking FACS*, <https://ukfcsext.podbean.com/e/fad-diets-aka-if-it-sounds-too-good-to-be-true-it-probably-is-1569240446/>.
- 11) **Norman-Burgdolf, H.**, Hunter, J.L. (Host) (2019, April 15, 2019). "Healthy Eating on the Go" [Audio blog post]. *Talking FACS*, <https://ukfcsext.podbean.com/e/healthy-eating-on-the-go-1555336599/>.

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- 12) **Norman-Burgdolf, H.**, Hunter, J.L. (Host) (2019, March 25, 2019). "The Science Behind the Keto Diet" [Audio blog post]. *Talking FACS*, <https://ukfcsext.podbean.com/e/the-science-behind-the-keto-diet-1553611233/>.
- 13) **Norman-Burgdolf, H.**, Hunter, J.L. (Host) (2019, March 18, 2019). "Sweet Enough without all that Sugar" [Audio blog post]. *Talking FACS*, <https://ukfcsext.podbean.com/e/sweet-enough-without-all-that-sugar-1552915388/>.
- 14) **Norman-Burgdolf, H.**, Hunter, J.L. (Host) (2019, March 11, 2019). "Probiotics and More" [Audio blog post]. *Talking FACS*, <https://ukfcsext.podbean.com/e/probiotics-and-more-1552310465/>.
- 15) **Norman-Burgdolf, H.**, Hunter, J.L. (Host) (2019, March 4, 2019). "The Gluten Free Diet" [Audio blog post]. *Talking FACS*, <https://ukfcsext.podbean.com/e/the-gluten-free-diet-1551715506/>.
- 16) **Norman-Burgdolf, H.**, Jones, N., Hunter, J.L. (Host) (2019, February 18, 2019). "All about Essential Oils" [Audio blog post]. *Talking FACS*, <https://ukfcsext.podbean.com/e/all-about-essential-oils-1550506967/>.
- 17) **Norman-Burgdolf, H.**, Hunter, J.L. (Host) (2018, December 17, 2018). "Kids in the Kitchen" [Audio blog post]. *Talking FACS*, <https://ukfcsext.podbean.com/e/kids-in-the-kitchen-1545054058/>.
- 18) **Norman-Burgdolf, H.**, Mineer, S., Hunter, J.L. (Host) (2018, November 26, 2018). "Special Edition Episode: Dining In for FCS Day" [Audio blog post]. *Talking FACS*, <https://ukfcsext.podbean.com/e/special-edition-episode-dining-in-for-fcs-day/>.
- 19) **Norman-Burgdolf, H.**, Norris, A., Hunter, J.L. (Host) (2018, November 7, 2018). "Talking Turkey" [Audio blog post]. *Talking FACS*, <https://ukfcsext.podbean.com/e/talking-turkey-1541601933/>.
- 20) **Norman-Burgdolf, H.**, Hunter, J.L. (Host) (2018, October 15, 2018). "Adventures in new Parenthood – When Should I Start Solid Foods?" [Audio blog post]. *Talking FACS*, <https://ukfcsext.podbean.com/e/adventures-in-new-parenthood-when-should-i-introduce-solid-foods-1539611608/>.
- 21) **Norman-Burgdolf, H.**, Hunter, J.L. (Host) (2018, September 24, 2018). "Healthy Eating for Busy Families" [Audio blog post]. *Talking FACS*, <https://ukfcsext.podbean.com/e/healthy-eating-for-busy-families/>.
- 22) **Norman-Burgdolf, H.**, Aull, M., McCulley, M. (Host) (2018, August 20, 2018). "Back to School Edition: Packing lunches kids will eat" [Audio blog post]. *Talking FACS*, <https://ukfcsext.podbean.com/e/back-to-school-edition-packing-lunches-your-kids-will-eat/>.

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- 23) **Norman-Burgdorf, H.**, Hunter, J.L. (Host) (2018, July 16, 2018). "Insider's Guide to Grocery Shopping" [Audio blog post]. *Talking FACS*, <https://ukfcsext.podbean.com/e/insiders-guide-to-grocery-shopping-1531501531/>.
- 24) **Norman-Burgdorf, H.**, Hunter, J.L. (Host) (2018, June 15, 2018). "Meal Kit Delivery Services: Are they right for you?" [Audio blog post]. *Talking FACS*, <https://ukfcsext.podbean.com/e/meal-kit-delivery-services-are-they-right-for-you/>.

Print Media

Agent Exclusives (Total = 29)

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: <http://warehouse.ca.uky.edu/agc/exclusives/exclusive.asp?year=2017&srchRadio=FCS>.

- 1) Strickler, J., **Norman-Burgdorf, H.** (2021, October). Help the environment by reducing food waste.
- 2) Strickler, J., **Norman-Burgdorf, H.** (2021, September). Fruit and vegetable peels contain many nutrients.
- 3) Strickler, J., **Norman-Burgdorf, H.** (2021, September). Teach kids how to snack healthy.
- 4) Pratt, K., **Norman-Burgdorf, H.**, Norris, A., Mullins, J. (2021, July). Cooking with oils and vinegars.
- 5) Pratt, K., **Norman-Burgdorf, H.** (2020, February). UK helping Kentuckians lower diabetes risks.
- 6) Pratt, K., Weisenhorn, D., **Norman-Burgdorf, H.** (2020, November). Fun ways to incorporate turkey into Thanksgiving.
- 7) Pratt, K., **Norman-Burgdorf, H.**, Luecking, C. (2020, October). Tips for healthier snacking.
- 8) Pratt, K., **Norman-Burgdorf, H.** (2020, August). When temps are up, drink up: importance of staying hydrated during summer.
- 9) Pratt, K., **Norman-Burgdorf, H.**, Larson, J. (2020, July). Alpha-gal syndrome info.
- 10) Pratt, K., & **Norman-Burgdorf, H.** (2020, January). Fad dieting problems.

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- 11) Pratt, K., & **Norman-Burgdolf, H.** (2019, November). Use dietary supplements wisely.
- 12) Pratt, K., & **Norman-Burgdolf, H.** (2019, May). Grilling fruits and vegetables.
- 13) Pratt, K., & **Norman-Burgdolf, H.** (2019, April). Meal prepping saves time, frustration and calories.
- 14) Pratt, K., & **Norman-Burgdolf, H.** (2018, September). Teach kids how to snack.
- 15) Pratt, K., & **Norman-Burgdolf, H.** (2018, August). Packing a fun school lunch.
- 16) Pratt, K., & **Norman-Burgdolf, H.** (2018, March). Key to preventing colon cancer may be in your gut.
- 17) Pratt, K., & **Norman-Burgdolf, H.** (2018, February). Benefits to cooking as a family.
- 18) Pratt, K., & **Norman-Burgdolf, H.** (2018, February). Family mealtime: a tasty base for healthy youth development.
- 19) Pratt, K., & **Norman-Burgdolf, H.** (2017, November). Paying for Convenience at the Grocery Store.
- 20) Pratt, K., & **Norman-Burgdolf, H.** (2017, September). At the Farmers Market: Cauliflower.
- 21) Pratt, K., & **Norman-Burgdolf, H.** (2017, August). At the Farmers Market: Apples.
- 22) Pratt, K., & **Norman-Burgdolf, H.** (2017, July). At the Farmers Market: Corn.
- 23) Pratt, K., & **Norman-Burgdolf, H.** (2017, June). At the Farmers Market: Brambleberries.
- 24) Pratt, K., & **Norman-Burgdolf, H.** (2017, June). At the Farmers Market: Broccoli.
- 25) Pratt, K., & **Norman-Burgdolf, H.** (2017, May). At the Farmers Market: Strawberries.
- 26) Pratt, K., & **Norman-Burgdolf, H.** (2017, April). At the Farmers Market: Asparagus.
- 27) Pratt, K., & **Norman-Burgdolf, H.** (2017, March). Colorectal Cancer Rates Rise in Young Adults.
- 28) Pratt, K., & **Norman-Burgdolf, H.** (2017, February). Drink Up for Good Health.
- 29) Pratt, K., **Norman-Burgdolf, H.** (2017, January). Make Your Next Work Meeting Healthier.

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FCS Information Releases (Total = 80)

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 written at a 6-8th grade reading level, are typically 250-500 words, and are provided to Extension agents on a quarterly basis. Eighty information releases have been written since January 2017, with several written in direct response to the COVID-19 pandemic and are archived on the UK FCS internal resources webpage.

TEACHING (15% of Effort)**Courses Taught 2017-Present**

<i>Course</i>	<i>Years Taught</i>	<i>Sample Class Size</i>
DHN 311 Nutritional Biochemistry	2018 – present	Fall 2020 – 69 students
NS 602 Integrated Nutritional Sciences II (Team Taught)	2017 – present	Spring 2019 – 8 students
DHN 408G Seminar in Nutrition	2017 – 2019	Spring 2018 – 38 students

Course Evaluations

The tables below provide a summary of evaluation scores for both Quality of Teaching (Table 3) and Quality of Course (Table 4) as assessed by University of Kentucky student evaluations each semester. Scores are measured on a 5.0 scale. For comparison to others in the College of Agriculture, Food, and Environment, means for Fall 2019 were as follows:

Overall Mean *Quality of Course* for the college = 4.3

Overall Mean *Quality of Teaching* for the college = 4.3

Table 3. Overall Quality of Teaching (Measured on a 5.0 Scale)

	S 17	F 17	S 18	F 18	S 19	F 19	S 20	F 20	S 21	F 21
DHN 311				4.9		4.7		4.9		4.8
NS 602	4.7		4.8		4.8		4.7		5.0	
DHN 408G	4.7	4.8	5.0		5.0					

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Table 4. Overall Quality of Course (Measured on a 5.0 Scale)

	S 17	F 17	S 18	F 18	S 19	F 19	S 20	F 20	S 21	F 21
DHN 311				4.7		4.9		4.5		4.4
NS 602	3.8		4.1		4.8		3.3		4.8	
DHN 408G	4.4	4.5	4.8		5.0					

Graduate Research Mentoring (Chair = 4, Member = 17, Principal Advisor = 3)

Table 5. Summary of Graduate Students (Details regarding employment are provided for students chaired or co-chaired)

<i>Student Name</i>	<i>Thesis/Program</i>	<i>Committee Role</i>	<i>Years</i>
Pamela Thaxton	Awareness and Usage of the Nutrition Facts Label among Adults 65 and Older in Fayette County, Kentucky: Insight into Readiness for Nutrition Education	Member	2022
Katie Pickford	Examining the Effectiveness of a novel Sustainable Eating Extension Curriculum in Kentucky: A Pilot Study	Member	2021-2022
Dolph Davis	Cardiovascular Outcomes in COVID-19 ICU Patients	Member	2021-2022
Lauren Batey	Exploration of cultural factors within a rural Appalachian community that may be leveraged to address health disparities	Chair	2021-2022
Lindley Barker	The Development of a Sustainable Eating Family and Consumer Sciences Extension Curriculum for Kentuckians	Member	2021-2022
Brynnan Dunaway	In-store Marketing Campaign to Promote the Purchase of Healthy Foods and Beverages at Convenience Stores in Rural Kentucky	Member	2020-2021
Leslie Workman	Science, Translation, and Outreach Master's Program	Principal Advisor	2020-2022
Sarah Congleton	Science, Translation, and Outreach Master's Program <i>Currently employed as the Montgomery County FCS Extension Agent in Mt. Sterling, KY</i>	Principal Advisor	2020-2021
Karli Jessie	Science, Translation, and Outreach Master's Program	Principal Advisor	2019-2021

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	<i>Currently employed as the Jessamine County FCS Extension Agent in Nicholasville, KY</i>		
Danielle Barrett	Leveraging Technology to Implement Curriculum: An Innovative Approach to Community Outreach in Cooperative Extension Programming; Ed.D. Program at Morehead State University	Member	2020-2021
Nasreen Omran	Exploring the Relationships between Cultural Values and Diet Patterns among Mexican and Cuban Immigrants in Kentucky	Member	2020-2021
Kara Coldiron	Interactive Effect of a Text Message Intervention and Connectivity among Rural Adolescents on Dietary Habits in Kentucky and North Carolina	Member	2019
Alexa Kuziel	Text Message Nudges Intervention and Dietary Changes	Member	2018-2019
Cora Teets	Understanding the Experiences of Nutrition Educators Working within Substance Use Recovery Settings <i>Currently employed as a Site Leader and Lab Coordinator with Wild Health in Lexington, KY</i>	Chair	2019-2021
Caroline Blincoe	Procuring Produce in a Rural, Appalachian County: A Thematic Analysis of Community Member Experiences <i>Currently employed as a Registered Dietitian at Transcend E.D. in Charlotte, NC</i>	Chair	2019-2021
Austyn Erikson	Examining Cultural Influences on Dietary Behaviors among Mexican Americans	Member	2019-2020
Morgan Fowler	Plate It Up! Kentucky Proud: Increasing fruit and vegetable intake and assessment using VeggieMeter	Member	2019-
Ashley Mattingly	Pilot Study for Educational Intervention to Increase Environmental Health Literacy in Rural Kentucky Youth during Summer Camp	Member	2019-2020
Kayla Dudick	Cardiac Effect of Obesity during Pregnancy in C57BL/6J Mice	Member	2019-2020
Jordan Bressler	Evaluating the Experiences of FCS Cooperative Extension Agents Use of Policy, Systems, and Environmental Strategies to Reduce Obesity in Rural Counties <i>Currently employed as a WIC Dietitian at the Fairfield County Health Department in Lancaster, OH</i>	Chair	2018-2019

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Caroline Durr	Cultural Sensitivity in Cooperative Extension Nutrition Education Programming in Kentucky	Member	2018
Madison Hilgendorf	Assessing Malnutrition in Liver Disease Patients Being Evaluated for Transplant Using the Nutrition Focused Physical Exam	Member	2018
Julie Martin	Determining Consumer Preference for Vanilla Ice Cream for Manufacturers	Member	2018
Jordan McDonald	Finding the Link Between Social Connectivity and Dietary Intake among Rural Adolescents in North Carolina and Kentucky	Member	2017

Directed Student Learning (excluding theses and dissertations)

Katie Marshall, Mentor, October 2020-May 2021

DHN Supervised Practice Dietetic Interns (19 interns), May-June 2020

Grace Anderson, DHN591 Independent Study, October 2019-May 2020

Claire Crosby, Mentor, May 2019-May 2020

Zack Meuth, Undergraduate Research Assistant, September 2017-May 2018

Teaching-Related Workshops Attended

Diversifying Syllabi and Curricula, CELT, April 2021

Equity and Inclusion in Online Classrooms, CELT, March 2021

Critical Compassion and the Pedagogy of People, CELT, February 2021

A Discussion about Leading Large Classrooms, CELT, March 2018.

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; March 2022.

Effective Informational Interviews; GS600 Preparing Future Professionals; March 2021.

Beyond Ramen, UK Adulting 101 Summer Course; July 2020.

Faithful Families; DHN603 Advanced Community Program Development; October 2018.

Effective Informational Interviews; GS600 Preparing Future Professionals; 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.

Effective Informational Interviews; GS600 Preparing Future Professionals; March 2016.

FACULTY DEVELOPMENT ACTIVITIES

National Meetings/Trainings Attended

Association of SNAP Nutrition Education Association Annual Conference, February 2022

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CDC Division of Nutrition, Physical Activity, and Obesity National Training, May 2021.
 National Health Outreach Conference, May 2021.
 USDA Overview of AFRI Food Safety, Nutrition, & Health Program Area Webinar, March 2021.
 American Association of Diabetes Educators, August 2019.
 Health Meets Food: The Culinary Medicine Conference, June 2019.
 National Health Outreach Conference, May 2019.
 CDC Division of Nutrition, Physical Activity, and Obesity National Training, May 2019.
 Southern Region Extension Health Collaborative Planning Meeting, January 2018.
 National Faithful Families Training, December 2017.
 Solera Health National Diabetes Prevention Program Lifestyle Coach Training, November 2017.
 American Association of Diabetes Educators Pre-Conference, August 2017.
 American Evaluation Association Summer Institute, June 2017.
 American Diabetes Association 75th Annual Scientific Sessions, June 2015.
 American Diabetes Association 74th Annual Scientific Sessions, June 2014.

Other Professional Development Meetings/Trainings Attended

College of Agriculture Promotion and Tenure Workshop, February 2022.
 University of Kentucky Promotion and Tenure Beginnings, December 2021.
 College of Agriculture Promotion and Tenure Workshop, February 2021.
 KASEP Fall Meeting, November 2020.
 KASEP Spring Meeting, April 2019.
 University of Kentucky Promotion and Tenure Beginnings, November 2018.
 College of Agriculture Promotion and Tenure Workshop, February 2018.
 School of Human and Environmental Sciences All School Conference, November 2017.
 KASEP Fall Meeting, 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.
 KASEP Spring Meeting, April 2017.
 University of Tennessee/University of Kentucky Grant Writing Workshop, March 2017.
 College of Agriculture Promotion and Tenure Workshop, February 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

- Dietetics and Human Nutrition Dietetic Internship Applicant Reviewer, March 2020-Present
- Multi-state Research Project – W3005: Developing synergistic approaches to healthy weight in childhood through positive relationships, diet quality and physical activity 2017-2022.
- Kentucky Association of State Extension Professionals Board Member, 2019-Present

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- Southern Region Extension Health Collaborative, 2018-Present.
- Society of Nutrition Education and Behavior eCommunicator Weekly Reviewer, 2017-2018.
- Kentucky Extension Homemakers Faculty Advisor, 2017-Present.
- Health Literacy Kentucky Steering Committee Member, 2017-Present.
- UK CES FCS Making Healthy Lifestyle Choices Initiative Leader, 2017-2018.
- 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 – 2019.

Awards and Honors

- NEAFCS 3rd Place National Social Media Education Award for the "Use Less, Spend Wise Challenge" (Team Award), 2021
- NEAFCS 3rd Place National Communication in Television and Video Award for the "Use Less, Spend Wise Challenge" (Team Award), 2021
- NEAFCS 1st Place Dean Don Felker Financial Management National Award for the "Use Less, Spend Wise Challenge" (Team Award), 2021
- NEAFCS 1st Place National Excellence in Multi-State Collaboration National Award for Cooperative Extension National Diabetes Prevention Program Interest Group, 2020
- Bluegrass Academy of Nutrition and Dietetics Outstanding Dietetics Educator Award, 2020
- NEAFCS 2nd Place National Excellence in Multi-State Collaboration National Award for National Dining with Diabetes Workgroup, 2019
- NEAFCS 2nd Place Central Region Award for National Dining with Diabetes Workgroup, 2019
- KASEP, Outstanding Project Award – Talking FACS Podcast, 2019
- KASEP, Outstanding Project Award – Ask the Experts Facebook Lives, 2018
- KASEP, Outstanding New Extension Faculty Award, 2018
- 1st Place Poster Competition, UK Society of Postdoctoral Scholars Research Symposium, 2016.
- 3rd Place Poster Competition, UK Barnstable Brown Diabetes 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 Research Day, 2015.
- UK Graduate School Travel Award, 2015.
- Predoctoral Training Fellowship, NIH T32 Nutrition and Oxidative Stress, 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.

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Review Panels

Ohio State University FCS Extension External Content Reviewer, 2017.
 University of Missouri Extension External Content Reviewer, 2019.

Ad-hoc Manuscript Reviewer

Journal of Nutrition Education and Behavior, 2017-present
 Topics in Clinical Nutrition, 2020
 Journal of Human Sciences and Extension, 2020-present
 International Journal of Environmental Research and Public Health, 2020-present
 Sustainability, 2021

Committee Service

UK Department of Dietetics and Human Alumni Event Planning Committee, 2021-Present
 UK College of Agriculture Beef Task Force, 2019-present (nominated)
 UK Cooperative Extension Transition Team, 2019-present (nominated)
 UK Nutrition Education Program Assistant Director Search Committee, 2019
 UK Department of Dietetics and Human Nutrition Faculty Search Committee, 2019
 Kentucky Association State Extension Professionals Board Member, 2018-2020
 UK College of Agriculture, Food, and Environment Associate Dean of Extension Search Committee, 2018-2019 (nominated)
 UK Department of Dietetics and Human Nutrition Chairs Advisory Committee, 2018-Present
 University Appeals Board, Faculty Committee Member, 2017-2020
 UK Department of Dietetics and Human Nutrition Graduate Faculty Council, 2017-Present
 FCS Making Healthy Lifestyle Choices Initiative, Team Leader, 2017
 National Dining with Diabetes Curriculum Subgroup Committee Member, 2017-Present
 Cooperative Extension National Diabetes Prevention Program Interest Group, 2017-Present

Professional Organization Membership

Society of Nutrition Education and Behavior, 2017-2019
 Kentucky Diabetes Network Member, 2017-2018.
 Academy of Nutrition and Dietetics, Nutrition Education for the Public, 2015-present.
 Kentucky Academy of Nutrition and Dietetics; 2015-present.
 Kentucky Association of State Extension Professionals; 2018-Present

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