

Curriculum Vitae for
Heather L. Norman-Burgdolf, Ph.D.
Associate Professor, Dietetics and Human Nutrition
Extension Title Series (DOE: 91% Extension; 9% Teaching)
Appointment Date: January 1, 2017

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Education

- March 2023 Graduate Certificate in Public Health Essentials
Master of Public Health Program
Cornell University, Ithaca, New York.
- 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.
Practicum: DHN318 Hunger, Food Behavior, and the Environment
- May 2011 B.S. in Biological Sciences, Minor in Chemistry
Georgetown College, Georgetown, KY.

Professional Experiences

- 2023 to present *Associate Extension Professor*
Department of Dietetics and Human Nutrition
University of Kentucky
- 2017 to 2023 *Assistant Extension Professor*
Department of Dietetics and Human Nutrition
University of Kentucky
- 2012 to 2016 *Graduate Research Assistant*
Department of Pharmacology and Nutritional Sciences
University of Kentucky
- 2011 to 2012 *Nutritional Outreach & Wholeness Consumer Educator*
Pennyrile Allied Community Services

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

Peer Reviewed Extension Publications	Extension Agent Trainings	Original Curriculum Development	Refereed Journal Articles
71	35	4	32
Television/ Live Media Segments	Extension Homemaker Leader Lessons	Oral Presentations	Information Releases/Exclusives
21	12	49	153

PEER-REVIEWED EXTENSION PUBLICATIONS

(Total = 71, Original = 60, Major Revision = 5, Minor Revision = 6)

- 1) **Norman-Burgdolf, H.** (2025). *Cast Iron Skillets: Friends for Life*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. (Under Review)
- 2) Nikouharf, D.[‡], **Norman-Burgdolf, H.**, Cason, A. (2025). *Choosing and Using Milk: A Guide to Cow's Milk and Plant-based Alternatives*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. (Under Review)
- 3) Nikouharf, D.[‡], **Norman-Burgdolf, H.**, Cason, A. (2025). *Nutrition and Skin Health*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. (Under Review)
- 4) **Norman-Burgdolf, H.** (2025). *Vitamin C for You and Me*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. (Under Review)
- 5) **Norman-Burgdolf, H.**, Dewitt, E., Cason, A. (2025). *Egg Essentials: A Guide to Cooking Eggs*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. (Under Review)
- 6) **Norman-Burgdolf, H.**, Norris, A., Cason, A. (2025). *Egg Essentials: A Guide to Store-bought Eggs*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. (Under Review)
- 7) **Norman-Burgdolf, H.**, Jacobs, J., Cason, A. (2025). *Egg Essentials: A Guide to Backyard Eggs*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. (Under Review)
- 8) **Norman-Burgdolf, H.** (2025). *Hydration and Electrolytes: Essential Partners in Health*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. (Under Review)
- 9) **Norman-Burgdolf, H.**, Cason, A., Campbell, L.[^] (2025). *Quick Bites, Nutritious Picks: A Fast-Food Guide*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. (Under Review)
- 10) **Norman-Burgdolf, H.**, Cason, A., Campbell, L.[^] (2025). *Quick Stops, Smart Snacks: A Convenience Store Guide*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. (Under Review)

*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

- 11) **Norman-Burgdolf, H.** (2025). *Looking Beyond the Scale: Better Ways to Measure Health*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. (Under Review)
- 12) Norris, A., **Norman-Burgdolf, H.**, Cason, A. (2025). *Direct and indirect food additives: What should we know?*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FN-AMC.201. (Peer-Reviewed, Original Content)
- 13) Bastin, S., Cason, A., **Norman-Burgdolf, H.** (2025). *Make-Ahead Freezer Meals: Tips, Tricks, and Recipes*. Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FN-AMC.060. (Major Revision)
- 14) **Norman-Burgdolf, H.**, Cason, A. (2025). *Food Allergens: Alpha-Gal*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS3-646. (Peer-Reviewed, Original Content)
- 15) **Norman-Burgdolf, H.** (2024) *Adding Up Vitamin A in the Diet*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS3-643. (Peer-Reviewed, Original Content)
- 16) **Norman-Burgdolf, H.** (2024) *Vitamin E for Everyone*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS3-644. (Peer-Reviewed, Original Content)
- 17) **Norman-Burgdolf, H.** (2024) *Vitamin K All the Way*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS3-645. (Peer-Reviewed, Original Content)
- 18) Adams, I., **Norman-Burgdolf, H.** (2024) *Are you Getting Enough Vitamin D?*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS3-570. (Minor Revision)
- 19) Adams, I., **Norman-Burgdolf, H.** (2024) *Think Your Plate*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS3-525. (Major Revision)
- 20) Bastin, S., **Norman-Burgdolf, H.** (2024) *Dietary Supplements: Be an Informed Consumer*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS3-525. (Minor Revision)
- 21) Bastin, S., **Norman-Burgdolf, H.** (2024) *Dietary Supplements: What are They and Who Needs Them*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS3-524. (Minor Revision)
- 22) **Norman-Burgdolf, H.**, Larson, J. (2024). *Life with Alpha-Gal Red Meat Allergy*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # Entfact-656. (Peer-Reviewed, Original Content)
- 23) Lindsay, A.R., **Norman-Burgdolf, H.** (2024). *Vitamins and Minerals in Substance Use Recovery*. Reno, NV: Cooperative Extension Service, University of Nevada, Reno. Pub # FS-24-03. (Peer-Reviewed, Original Content)

- 24) Lindsay, A.R., **Norman-Burgdolf, H.** (2024). *Nutrition, the Gut and a Healthy Mind in Recovery*. Reno, NV: Cooperative Extension Service, University of Nevada, Reno. Pub # FS-24-02. (Peer-Reviewed, Original Content)
- 25) Lindsay, A.R., **Norman-Burgdolf, H.** (2024). *Carbohydrates, Fat and Protein in Recovery*. Reno, NV: Cooperative Extension Service, University of Nevada, Reno. Pub # FS-24-01. (Peer-Reviewed, Original Content)
- 26) Burch, S.S., **Norman-Burgdolf, H.** (2024). *Nutrition and Oral Health*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FN-HNB.009. (Minor Revision)
- 27) Rice, L., Norris, A., **Norman-Burgdolf, H.** (2024). *Fueling Your Adventure: Nutrition and Food Safety for Day Hikes*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FN-HNB.005. (Major Revision, Peer-Reviewed)
- 28) Henken, K., Gumbert, A., **Norman-Burgdolf, H.** (2024). *Water is the Liquid of Life*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS3-530. (Major Revision)
- 29) Cason, A., **Norman-Burgdolf, H.** (2024). *Power Up with Protein*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FN-HNB-203. (Peer-Reviewed, Original Content)
- 30) Cason, A., **Norman-Burgdolf, H.** (2024). *Facts about Fat*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FN-HNB-202. (Peer-Reviewed, Original Content)
- 31) Batey, L., **Norman-Burgdolf, H.** (2024). *Food as Health for High Blood Pressure*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FN-FAH-004. (Peer-Reviewed, Original Content)
- 32) Batey, L., **Norman-Burgdolf, H.** (2024). *Food as Health for Heart Disease*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FN-FAH-003. (Peer-Reviewed, Original Content)
- 33) Batey, L., **Norman-Burgdolf, H.** (2024). *Food as Health for Diabetes*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FN-FAH-002. (Peer-Reviewed, Original Content)
- 34) Batey, L., **Norman-Burgdolf, H.** (2024). *Food as Health on a Budget*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FN-FAH-001. (Peer-Reviewed, Original Content)
- 35) Cason, A., **Norman-Burgdolf, H.** (2024). *Milk Matters*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FN-HNB.004. (Peer-Reviewed, Original Content)
- 36) Cason, A., **Norman-Burgdolf, H.** (2023). *Building a Better Smoothie*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FN-HNB.003. pp.4. (Peer-Reviewed, Original Content)

- 37) Pickford, K.^{**}, Brewer, D., **Norman-Burgdolf, H.** (2023). *Shop Sustainably: Be a Savvy Shopper*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FN-HNB.103. pp. 6. (Peer-Reviewed, Original Content)
- 38) Pickford, K.^{**}, Brewer, D., **Norman-Burgdolf, H.** (2023). *Your Community, Your Food*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FN-HNB.102. pp. 7. (Peer-Reviewed, Original Content)
- 39) Pickford, K.^{**}, Brewer, D., **Norman-Burgdolf, H.** (2023). *Reduce Food Waste: Feed People, Not Landfills*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FN-HNB.101. pp. 6. (Peer-Reviewed, Original Content)
- 40) Pickford, K.^{**}, Brewer, D., **Norman-Burgdolf, H.** (2023). *Choose a Balanced Diet: A Win-Win for Our Health and the Environment*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FN-HNB.100. pp. 5. (Peer-Reviewed, Original Content)
- 41) Nunez, L.[†], **Norman-Burgdolf, H.** (2023). *Carbohydrates are Fuel for Life*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FN-HNB.003. pp. 4. (Peer-Reviewed, Original Content)
- 42) Kostelic, A., **Norman-Burgdolf, H.** (2023). *Strong Bones for Life: Preventing Osteoporosis*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # HSW-AHK.001. pp. 8. (Peer-Reviewed, Original Content)
- 43) Lee, S.[†], **Norman-Burgdolf, H.** (2023). *Savvy Online Grocery Shopping*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FN-HNB.002. pp. 5. (Peer-Reviewed, Original Content)
- 44) **Norman-Burgdolf, H.**, Norris, A., Mullins, J. (2023). *Savor the Flavor: Using Kitchen Tools and Appliances*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS3-642; pp. 5. (Peer-Reviewed, Original Content)
- 45) **Norman-Burgdolf, H.**, DeWitt, E. (2023). *Understanding Obesity*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS8-128; pp. 4. (Peer-Reviewed, Original Content)
- 46) **Norman-Burgdolf, H.**, DeWitt, E. (2023). *Does Body Weight Matter?*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS8-127; pp. 4. (Peer-Reviewed, Original Content)
- 47) **Norman-Burgdolf, H.**, Norris, A. (2022). *Considerations for Food and Water Before a Natural Disaster*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FN-IFD.001; pp. 4. (Peer-Reviewed, Original Content)
- 48) **Norman-Burgdolf, H.**, Norris, A. (2022). *Responding to Disasters: Keeping Food and Water Safe*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FN-IFD.002; pp. 4. (Peer-Reviewed, Original Content)
- 49) **Norman-Burgdolf, H.**, Najor, J. (2022). *How to Get Out of a Mealtime Rut*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS3-635; pp. 4. (Peer-Reviewed, Original Content)

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- 50) **Norman-Burgdolf, H.**, Mullins, J., Norris, A. *Savor the Flavor: Exploring Cooking Methods*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS3-634; pp. 4. (Peer-Reviewed, Original Content)
- 51) **Norman-Burgdolf, H.**, DeWitt, E. (2022). *Macronutrients: Why We Need a Balanced Diet*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS3-633; pp. 4. (Peer-Reviewed, Original Content)
- 52) **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)
- 53) 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)
- 54) 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)
- 55) 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)
- 56) 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)
- 57) 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)
- 58) **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)
- 59) **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)
- 60) **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)
- 61) **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)

- 62) **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)
- 63) **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)
- 64) **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)
- 65) **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).
- 66) **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).
- 67) **Norman-Burgdolf, H.** (2018), *Carbohydrate Counting*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS3-546; pp. 7. (Major Revision).
- 68) **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)
- 69) **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)
- 70) **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)
- 71) **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)
- 72) **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)
- 73) **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)
- 74) **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)

- 75) **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)
- 76) **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)
- 77) **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)
- 78) **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)
- 79) **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)
- 80) **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)
- 81) **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)
- 82) **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

(Accepted/Published since 2017 = 32)

Submitted

- 1) Omotilewa, O., **Norman-Burgdolf, H.**, Adedokun, O. (Submitted July 2025). Granular Insights from Local Data: Identifying Health Education Needs of Appalachia Kentucky. *Health Education & Behavior*. I contributed substantially to the draft of the manuscript, interpretation of data, and the research and practice implications of the findings.

Published

- 1) Smalls, B., Ortiz, C., Barr-Porter, M., **Norman-Burgdolf, H.**, McLouth, C., Harlow, B., Thornquist, A., Leshi, O. (2025). Promoting Intergenerational Health in Rural Kentuckians with Diabetes (PIHRK'D): A Protocol Paper. *JMIR Research Protocols*. <https://doi.org/10.2196/69301>. I contributed to study design and development of the research project.
- 2) Adedokun, O. A., Desmennu, O. M., Elswick, A., Huff, N., Jenkins, B., Jury, K., **Norman-Burgdolf, H.** (2025). Measuring Collective Impact of Extension Programs Addressing Substance Use and Mental Health. *Journal of Human Sciences and Extension*. ["Measuring Collective Impact"](#)

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- [of Extension Programs" by Omolola A. Adedokun, Olumuyiwa M. Desmennu et al.](#) I served on the committee measuring collective impact detailed in the manuscript and contributed significantly to the initial manuscript draft. *Impact Factor of Journal: Not Available*
- 3) Barker, L. **, **Norman-Burgdolf, H.**, Koempel, A., Pickford, K., Stephenson, T., Brewer, D. (2024). Utilizing the Perspectives of Kentucky Family and Consumer Sciences Extension Agents to Develop a Sustainable Eating Curriculum. *Journal of Human Sciences and Extension*. ["Development of a Sustainable Eating FCS Extension Curriculum" by Lindley Barker, Heather Norman-Burgdolf et al.](#) I collected data and contributed to the development of the study design and procedures. I supported the interpretation of findings and manuscript development. *Impact Factor of Journal: Not Available*
 - 4) Kennedy, L., **Norman-Burgdolf, H.**, Washburn, L., Jarvandi, S. (2024). External Factors Influencing the Implementation of Policy, System, and Environmental Change Strategies within Cooperative Extension. *Health Promotion Practice*. <https://doi.org/10.1177/15248399241285506>. I organized data collection in Kentucky, contributed to interpretation of findings, and contributed significantly to the manuscript draft. *Impact Factor of Journal: 1.6; Journal Ranking by Impact Factor for Public, Environmental, and Occupational Health: 273/403.*
 - 5) Huff, N., Bejda, M., DeWitt, E., **Norman-Burgdolf, H.**, McCulley, M. (2024). Using Mentimeter in Online Book Clubs to Engage and Educate Extension Audiences. *Journal of Human Sciences and Extension*. <https://doi.org/10.55533/2325-5226.1462>. I was directly involved in collecting data during Spring 2023 and contributed substantially to the interpretation of findings and the first draft of the manuscript. *Impact Factor of Journal: Not Available*
 - 6) **Norman-Burgdolf, H.**, Barr-Porter, M., Lacy, M.E., Smalls, B. (2024). Leveraging Cooperative Extension Services as a Population Health Approach to Reduce Health Disparities. *Journal of Rural Health*. <https://doi.org/10.1111/jrh.12853>. This manuscript serves as a commentary expressing the value of Cooperative Extension in public health. I drafted the manuscript for submission. *Impact Factor of Journal: 3.1; Journal Ranking by Impact Factor for Public, Environmental, and Occupational Health: 111/403.*
 - 7) Cardarelli, K., DeWitt, E., Gillespie, R., Bandy, N. †, **Norman-Burgdolf, H.** (2024). Enduring Effects of the COVID-19 Pandemic on Food Access, Nutrition, and Well-Being in Rural Appalachia. *International Journal of Environmental Research and Public Health*. <https://doi.org/10.3390/ijerph21050594>. This qualitative data was collected as part of the CDC High Obesity Program project. I analyzed data, interpreted findings, and revised the manuscript draft. *Impact Factor of Journal: 4.614; Journal Ranking by Impact Factor for Public, Environmental, and Occupational Health: 42/176*
 - 8) **Norman-Burgdolf, H.**, DeWitt, E., Combs, E.L., Luecking, C.T., West, H.L. (2024). Implementation and Evaluation of a Virtual Statewide Book Club to Address Nutrition Misinformation. *Journal of Nutrition Education and Behavior*. <https://doi.org/10.1016/j.jneb.2024.03.015>. I delivered the intervention, collected the data, and led interpretation of findings and manuscript development. *Impact Factor of Journal: 2.6; Journal Ranking by Impact Factor for Nutrition and Dietetics: 65/88*
 - 9) Batey, L. *, DeWitt, E., Brewer, D., Cardarelli, K., **Norman-Burgdolf, H.** # (2023). Exploring Food-Based Cultural Practices to Address Food Insecurity in Rural Appalachia. *Health Education and Behavior*. <https://doi.org/10.1177/10901981231175360>. This qualitative data was collected as part of the CDC High Obesity Program project. I analyzed data, interpreted findings, and revised the manuscript draft. This work was led by my graduate student, Lauren Batey, and is the

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culmination of her thesis. *Impact Factor of Journal: 4.2; Journal Ranking by Impact Factor for Public, Environmental, and Occupational Health: 50/180*

- 10) **Norman-Burgdolf, H.[#]**, Lindsay, A.R., Webber, K.H., Parker, J., Adams, I.K.R., Idris, R., Hubbs-Tait, L., Chapman-Novakofski, K. (2023). Development and Piloting of a Novel Evaluation Tool for Childhood Obesity Prevention Programs. *Journal of Human Sciences and Extension*. <https://doi.org/10.55533/2325-5226.1410>. 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 initial manuscript draft. Co-authors represent Extension collaborators at seven different institutions across the country. *Impact Factor of Journal: Not Available*

- 11) **Norman-Burgdolf, H.[#]**, DeWitt, E., Gillespie, R., Cardarelli, K., Slone, S., Gustafson, A. (2023). Impact of Community-Driven Interventions through Cooperative Extension on Dietary and Physical Activity Habits among a Cohort of Adults in a Rural Appalachian County in Eastern Kentucky, 2019-2022. *Frontiers in Public Health*. <https://doi.org/10.3389/fpubh.2023.1142478>. Data is from a three-year prospective cohort study that took place between 2019-2022. I provided interpretation of findings and developed the initial manuscript draft. *Impact Factor of Journal: 6.461; Journal Ranking by Impact Factor for Public, Environmental, and Occupational Health: 18/182*

- 12) DeWitt, E., Ross, T., Faris, A.[^], Buckman, C.[^], **Norman-Burgdolf, H.** (2023). Leveraging Clinical-Community Partnerships to Deliver the Diabetes Prevention Program through Cooperative Extension. *ADCES in Practice*. <https://doi.org/10.1177/2633559X231159379>. As PI on this project, I oversaw the sponsored project and facilitated the partnership between Cooperative Extension and the Barnstable Brown Diabetes Center. I contributed critical revisions to this manuscript. *Impact Factor of Journal: Not Available*

- 13) 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 Hunger and Environmental Nutrition*. <https://doi.org/10.1080/19320248.2022.2157231>. This was data I helped collect spring 2021 as a part of the CDC High Obesity Program project. I contributed to data interpretation and provided critical revisions to the final draft. *Impact Factor of Journal: 2.7; Journal Ranking by Impact Factor for Health (social science): 120/323*

- 14) 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*. 10. 856788. <https://doi.org/10.3389/fpubh.2022.856788>. This data was collected in 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. *Impact Factor of Journal: 6.461; Journal Ranking by Impact Factor for Public, Environmental, and Occupational Health: 18/182*

- 15) 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*. 10(1). 14. <https://scholarsjunction.msstate.edu/cgi/viewcontent.cgi?article=1343&context=jhse>. 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 manuscript draft. *Impact Factor of Journal: Not Available*

*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

- 16) 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*, 10(1). <https://scholarsjunction.msstate.edu/cgi/viewcontent.cgi?article=1334&context=jhse> 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*
- 17) 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 High Obesity Program project. I co-developed the moderator guide for the focus groups reported in this paper, 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*
- 18) **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 in fall 2019. I substantially contributed to the design of the study, acquisition of data, interpretation of findings and creating the primary draft. *Impact Factor of Journal: 2.813; Journal Ranking by Impact Factor for Health Informatics: 34/95 (provided by Scopus)*
- 19) 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*
- 20) Breazeale, N., **Norman-Burgdolf, 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*
- 21) Gillespie, R., DeWitt, E., **Norman-Burgdolf, 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*
- 22) Luecking, C.T., Combs, L.M., **Norman-Burgdolf, 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 dietetic interns. I contributed to study design, co-development of the data collection tool, interpretation of the findings and drafting manuscript. *Impact Factor of Journal: Not Available*
- 23) **Norman-Burgdolf, 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

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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*

- 24) Washburn, L., **Norman-Burgdolf, 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 from summer 2019. I contributed interpretation of findings and critical manuscript revisions. *Impact Factor of Journal: Not Available*
- 25) Mullins, J., Walters, J., Najor, J., Mikuska, J., Courtney, A., **Norman-Burgdolf, 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*
- 26) **Norman-Burgdolf, 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*
- 27) Cardarelli, K., DeWitt, E., Gillespie, R., **Norman-Burgdolf, 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*
- 28) Kennedy, L., Sneed, C.T., Franck, K.L., **Norman-Burgdolf, 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 held in summer 2019. I contributed interpretation of findings and critical manuscript revisions. *Impact Factor of Journal: Not Available*
- 29) Sneed, C.T., Franck, K.L., **Norman-Burgdolf, 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 from summer 2019. I contributed interpretation of findings and critical manuscript revisions. *Impact Factor of Journal: Not Available*
- 30) **Norman-Burgdolf, 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/ These findings are from data collected from UK students in spring 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*

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- 31) DeWitt, E., Gillespie, R., **Norman-Burgdolf, 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 in fall 2019 for the CDC High Obesity Program project. I assisted with survey development, 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*
- 32) 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*

Published Prior to Faculty Appointment

- 33) **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*
- 34) 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*
- 35) 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*
- 36) 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*
- 37) 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*

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- 38) 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 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*
- 39) 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*

ENGAGED SCHOLARSHIP

(Invited/Published since 2017 = 1)

- 1) Combs, L, **Norman-Burgdolf, H.** (2025) "Meeting Community Need in the Classroom: Creative Collaborations Between Students and Cooperative Extension," *Greater Faculties: A Review of Teaching and Learning*: Vol. 4, Article 5. <https://uknowledge.uky.edu/greaterfaculties/vol4/iss1/5>

GRANT ACTIVITY

Extramural Grant-Funded Projects

- 1) Smalls, B. (PI), **Norman-Burgdolf, H.** (Co-PI), Barr, M. (Co-PI). 2022. Addressing Intergenerational Obesity and Promoting Healthy Eating and Physical Activity Among Individuals Living with Diabetes in Rural Kentucky. \$831,833, American Diabetes Association Innovative Clinical or Translational Science Award. November 15, 2022 – November 14, 2027. (Extramural Funded Project, National Award). FTE 5%; Oversee and evaluate the Dining with Diabetes Extension program and provide subject matter expertise and technical support to Extension agents and implementers.
- 2) 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 to 1-2 students a year and oversee research projects completed by Bridge Scholars related to Cooperative Extension.
- 3) **Norman-Burgdolf, H.** (PI). UK Barnstable Brown Diabetes Center and UK Cooperative Extension Dissemination of the of the National Diabetes Prevention Program. \$84,550, UnitedHealthcare, October 1, 2019 – December 31, 2023. (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.
- 4) **Norman-Burgdolf, 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.

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- 5) **Norman-Burgdolf, 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.
- 6) **Norman-Burgdolf, 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.
- 7) Hunter, J.L. (PI), Gustafson, A. (Co-PI), Koo, J. (Co-PI), **Norman-Burgdolf, 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 5%; Oversee Extension programming, contribute to project evaluation and reporting.
- 8) Rieske-Kinney, L. (PI), **Norman-Burgdolf, 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.
- 9) Rieske-Kinney, L. (PI), Webber, K. (Co-PI), **Norman-Burgdolf, H.** (Co-PI). Healthy Trees – Healthy People: A Tool to Increase Physical Activity and Improve Human and Urban Tree Health. \$34,396, 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) **Norman-Burgdolf, H.**, Najor, J., Savage, N. Equipping Extension Professionals to Support Audiences with Diverse Abilities: Development and Dissemination of a Guidebook for Inclusive Nutrition Education. \$18,500. *UK Land-grant Engaged Project*. January 2024-December 2024. (Internal Funded Project) Conceptualized and obtained funding to develop, implement, and evaluate the creation of a Guidebook for Inclusive Nutrition Education, in partnership with the UK Nutrition Education Program and the UK Human Development Institute.
- 2) **Norman-Burgdolf, H.**, DeWitt, E., Combs, L. Big Blue Book Club through FCS Extension for DHN Students. \$1,000. *Charles E. Barnhart Fund for Excellence*. July 2022-June 2023. (Internal Funded Project) Conceptualized and obtained funding to integrate undergraduate students in DHN 313 Community Nutrition into existing FCS Extension Programming.
- 3) Harris, R., **Norman-Burgdolf, H.**, Hege, A., Tweens Nutrition and Fitness Coalition. Fresh Stop Markets' Youth Food Justice Leadership to Support Child/Family Food Systems' Engagement. \$5,000, *The Food Connection at the University of Kentucky Student Opportunity Grants*. June 2017-June 2018. (Internal Funded Project) Supported two graduate students to obtain community nutrition education experience.
- 4) Plasencia, J., DeWitt, E., **Norman-Burgdolf, H.** Enhancing Transferable Skills in Undergraduate Dietetics and Human Nutrition Students. \$2,115, *University of Kentucky School of Human Environmental Sciences Research Activity Award*. January-June 2018. (Internal Funded Project) Supported a series of workshops focused on transferable skills in the Department of Dietetics and Human Nutrition that resulted in a journal publication.

- 5) **Norman-Burgdolf, H.**, Enhancing Diabetes Education through FCS Extension. \$500, *Kentucky Extension Homemaker's Association Annual Mini-Grant Fund*. May 2017-May 2018. (Internal Funded Project) Provided funds to travel to American Association of Diabetes Educators Annual Meeting to learn novel approaches and educational tools for diabetes education.

Unfunded Extramural-Grant Projects

- 1) Smalls, B. (PI), **Norman-Burgdolf, H.** (Co-PI), Barr, M. (Co-PI), Lacy, B. (Co-PI), Thompson, K. (Co-PI), Davis, A. (Co-PI). 2022. *Policy and Health Implications of the Availability of Cooperative Extension Services for Obesity and Related Cardiometabolic Conditions Among Adults Living in Kentucky*. NIH-PA-20-185. Requested \$3,075,035.
- 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). 2022. *Policy and Health Implications of the Availability of Cooperative Extension to Address Cardiometabolic Conditions in a Heterogenous Rural State*. NIH-R01-RFA-AG-23-004. Requested \$3,040,204.
- 3) Smalls, B. (PI), **Norman-Burgdolf, H.** (Co-PI), Barr, M. (Co-PI). 2022. *Addressing Intergenerational Obesity and Promoting Healthy Eating and Physical Activity Among Individuals Living with Diabetes in Rural Kentucky*. American Diabetes Association. Requested \$600,000.
- 4) Combs, L. (PI), **Norman-Burgdolf, H.** (Co-PI). *Moving the Classroom into the Community: Creative Collaborations between Students and Cooperative Extension*. 2021. Association of Public and Land-grant Universities Innovative Teaching Award. Requested \$4,000.
- 5) **Norman-Burgdolf, H. (PI)**, Luecking, C.T. (Co-PI). 2021. *Plate it up! Kentucky Proud: Priming Kentucky Proud Palates from Birth*. Kentucky Department of Agriculture Specialty Crop Block Grant Program. Requested \$50,000.
- 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). 2021. *Online grocery shopping intervention to improve dietary intake and purchasing of local food*. USDA NIFA AFRI Integrated Standard Grant. Requested \$1,000,000.
- 7) Smalls, B. (PI), Kiviniemi, M. (Co-PI), Douthitt, K. (Co-PI), **Norman-Burgdolf, H.** (Co-PI), Thompson, K. (Co-PI). 2021. *Caring for Grandfamilies: Evaluating the Role of Social Support in Grandparents Living with T2DM*. NIH-R21-PAR-19-222 Small Grants for New Investigators to Promote Diversity in Health-Related Research. Requested \$600,000.
- 8) Gustafson, A. (PI), Jilcott-Pitts, S. (Co-PI), **Norman-Burgdolf, H.** (Co-PI). 2020. *Geo-targeted text message intervention to improve dietary intake and purchasing of local food*. USDA NIFA AFRI Integrated Standard Grant. Requested \$600,000.
- 9) 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). 2017. *Scaling the National Diabetes Prevention Program through FCS Extension in Underserved Areas*. Centers for Disease Control and Prevention. Requested \$1,500,000.
- 10) Bates, J. (PI), **Norman-Burgdolf, H.** (Co-PI), Remley, D. (Co-PI), Spaeth, C. (Co-PI), Murphy, E. (Co-PI), MacArthur, S. (Co-PI). 2017. *Grilling with Dad: Tools for Preventing Childhood Obesity*

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and Choosing a Healthy Lifestyle. USDA NIFA AFRI Integrated Standard Grant. *Requested \$2,486,986.*

Unfunded Internal-Grant Projects

- 11) Sena, K. (PI), Agouridis, C. (Co-PI), Barton, C. (Co-PI), Campbell, M. (Co-PI), **Norman-Burgdolf, H.** (Co-PI). 2019. *"Hemlock Hustle": Facilitating Human and Environmental Health Education at Robinson Forest.* University of Kentucky Sustainability Challenge Grant. *Requested \$43,912.94.*
- 12) Sena, K. (PI), Campbell, M. (Co-PI), **Norman-Burgdolf, H.** (Co-PI). 2018. *"Hemlock Hustle": Facilitating Human and Environmental Health Education at Robinson Forest.* University of Kentucky Sustainability Challenge Grant. *Requested \$40,000.*

Funding Summary

Nationally Competitive.....	\$4,474,244
State/Internally Competitive.....	\$151,633
<i>Total Funding to Date</i>	<i>\$4,607,859</i>
<i>Total Funding to Norman-Burgdolf (PI)</i>	<i>\$221,131</i>

PROFESSIONAL PRESENTATIONS

Poster Presentations

(Since 2017 = 22)

Accepted

- 1) Combs, E.L., **Norman-Burgdolf, H.** (2024, October). *A Win-Win Approach: A Classroom Collaboration with Cooperative Extension to Support Dietetic Student Learning and Community Nutrition Education.* Food and Nutrition Conference Expo. Minneapolis, MN.
- 2) Brewer, D., Pickford, K.**, Wilson, C., Stephenson, T., **Norman-Burgdolf, H.**, Koempel, A. (2023, October). *Using Kentucky's Family and Consumer Sciences Extension to Deliver a Sustainable Eating Curriculum.* Food and Nutrition Conference Expo. Denver, CO.
- 3) Pickford, K.**, **Norman-Burgdolf, H.**, Koempel, A., Stephenson, T., Breazeale, N., Barker, L., Brewer, D. (2023, March). *Examining the Utility of a Kentucky FCS Cooperative Extension Curriculum on Community Members' Healthy and Sustainable Diet-Related Behaviors.* Kentucky Local Food Systems Summit. Lexington, KY.
- 4) Batey, L.* , DeWitt, E., **Norman-Burgdolf, H.** (2022, November). *"It's just part of our hospitality:" Examination of Cultural Factors Influencing Health Outcomes in a Rural Appalachian Community.* 12th Annual Appalachian Translational Research Network Summit. Lexington, KY.
- 5) Bandy, N.†, DeWitt, E., Gillespie, R., **Norman-Burgdolf, H.** (2022, November). *Examination of Food Security by Age in a Rural Appalachian County.* 12th Annual Appalachian Translational Research Network Summit. Lexington, KY.
- 6) Pickford, K.**, **Norman-Burgdolf, H.**, Koempel, A., Stephenson, T., Brewer, D., Barker, L.** (2022, May). *Impact of a Cooperative Extension Curriculum to Improve Sustainable Eating Knowledge and Reduce Perceived Barriers Among Kentuckians.* Food and Nutrition Conference Expo. Orlando, FL.

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- 7) Erickson, A.**, Omron, N.**, Meister, S., Udarbe, S., Hinton, J., Lightner, E., Brewer, D., **Norman-Burgdolf, H.**, Plasencia, J. (2022, May). *Exploring differences in diet quality, traditional foods consumed, and acculturation among Mexican and Cuban Immigrants*. Food and Nutrition Conference Expo. Orlando, FL.
- 8) Turner, L.†, **Norman-Burgdolf, H.**, Brewer, D. (2022, April). *Bridging the Gap to Providing Health Information to Individuals Living in Rural Area*. University of Kentucky Showcase of Undergraduate Scholars. Lexington, KY.
- 9) Barker, L.**, **Norman-Burgdolf, H.**, Stephenson, T., Pickford, K., Brewer, D. (2022, March). *Family and Consumer Sciences Agents Perceptions of a Sustainable Eating Curriculum for Kentuckians*. Kentucky Local Food Systems Summit. Lexington, KY.
- 10) DeWitt, D., Ross, T., Buckman, C.^, Faris, A.^, **Norman-Burgdolf, H.** (2022, August). *Leveraging a Community-Clinical Partnership to Support Diabetes Prevention in Kentucky*. Association of Diabetes Care and Education Specialists Annual Meeting, Baltimore, MD.
- 11) Washburn, L., **Norman-Burgdolf, 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.
- 12) DeWitt, D., **Norman-Burgdolf, 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, Virtual format (due to COVID-19).
- 13) Combs, L., Luecking, C.L., **Norman-Burgdolf, 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).
- 14) Counts, K**, Breazeale, N., **Norman-Burgdolf, 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).
- 15) Gillespie, R., DeWitt, E., Cardarelli, K., **Norman-Burgdolf, 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).
- 16) DeWitt, E., **Norman-Burgdolf, H.**, Gillespie, R., Cardarelli, K. (2020, October). *Generational differences in dietary behaviors and food-related practices among rural obese adults in Appalachia*. American Public Health Association Annual Meeting, Virtual format (due to COVID-19).
- 17) Stephenson, T., Brewer, D., **Norman-Burgdolf, 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).
- 18) Gillespie, R., DeWitt, E., **Norman-Burgdolf, H.**, Jones, N. (2020, June). *Role of Incentive Influence on Food Purchasing Behavior in an Impoverished Rural Food Environment*.

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International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Virtual format (due to COVID-19).

- 19) Jones, N., **Norman-Burgdolf, 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).
- 20) **Norman-Burgdolf, 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).
- 21) Durr, C.**, **Norman-Burgdolf, 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.
- 22) Bressler, J.*, **Norman-Burgdolf, 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.

Presented Prior to Faculty Appointment

- 23) **Norman-Burgdolf, 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.
- 24) **Norman-Burgdolf, 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.
- 25) **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.
- 26) **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.
- 27) **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.
- 28) **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.
- 29) **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.
- 30) **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.

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Oral Presentations

(Total since 2017 = 48)

Invited (Since 2017 = 24)

- 1) **Norman-Burgdolf, H.** (Panelist). (2025, May). *Local Food is Medicine*. Local Food Systems Summit, Lexington, KY.
- 2) **Norman-Burgdolf, H.**, Cason, A. (2025, May). *Nutrition for Older Adults*. Embracing the Next Best Years Conference, Lexington, KY.
- 3) **Norman-Burgdolf, H.** (2025, April). *Meeting Patients Where They Are: Promoting Healthy Lifestyles and Disease Prevention in All 120 Kentucky Counties*. UK Gill Heart and Vascular Institute 2025 T.F. Whayne Cardiology Symposium and Alumni Event, Lexington, KY.
- 4) **Norman-Burgdolf, H.** (2024, August). *The Role of Nutrition in Substance Use Recovery*. 8th Annual Wisconsin HOPE Consortium Conference, Virtual format.
- 5) **Norman-Burgdolf, H.** (2023, October). *Empowering Older Adults to Prepare Nutrition Meals and Snacks*. Kentucky River Area Development District Hunger Conference, Virtual format.
- 6) Elswick, A., **Norman-Burgdolf, H.** (2023, July). *Nutrition as a Pathway to Recovery*. Great Lakes Rural Opioid Technical Assistance Webinar, Virtual format.
- 7) **Norman-Burgdolf, H.**, Weikel, K. (2023, February). Roundtable Leader. Building a Healthier Kentucky: Metabolic Health Thought Leaders Summit, Lexington, KY.
- 8) **Norman-Burgdolf, H.** (2023, January). *Plate it up! Kentucky Proud: The Sustainability Project*. Kentucky Fruit and Vegetable Conference, Bowling Green, KY.
- 9) **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.
- 10) 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).
- 11) 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).
- 12) **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)
- 13) **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).

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- 14) **Norman-Burgdorf, H.** (2019, November). *Translating Research into a Career in Nutritional Sciences*. Georgetown College Science Honors Research and Career Seminar, Georgetown, KY.
- 15) **Norman-Burgdorf, H.** (2019, June 22). *Adipose Tissue as an Inflammatory Organ*. Health Meets Food: The Culinary Medicine Conference, New Orleans, LA.
- 16) **Norman-Burgdorf, H.** (2019, June 21). *Adipose Tissue as an Inflammatory Organ*. Health Meets Food: The Culinary Medicine Conference, New Orleans, LA.
- 17) **Norman-Burgdorf, H.** (2018, October). *Why is healthy food expensive? It's not!*. Georgetown College Kinesiology and Health Studies NEXUS Seminar, Georgetown, KY.
- 18) **Norman-Burgdorf, H.** (2018, March). *Navigating Alt-Ac Careers*. University of Kentucky Department of Sociology Seminar Series, Lexington, KY.
- 19) **Norman-Burgdorf, H.** (2017, November). *Nutrition and Obesity: Adipocytes to the Socioecological Model*. American Medical Student Association Public Health Scholars Program. Webinar.
- 20) **Norman-Burgdorf, H.** (2017, October). *Translating Research into a Career in Nutritional Sciences*. Georgetown College Science Honors Research and Career Seminar, Georgetown, KY.
- 21) **Norman-Burgdorf, H.** (2017, July). *Understanding Food Label Claims*. KACTE Summer Conference Family and Consumer Sciences Best Practices and Partner Roundtables, Louisville, KY.
- 22) **Norman-Burgdorf, H.** (2017, July). *Daily Strategies for Living Well: Nutrition*. Parents Without Partners, Inc. 58th International Convention, Lexington, KY.
- 23) **Norman-Burgdorf H.** (2017, April). *Transition: Student to Professional*. University of Kentucky Department of Pharmacology and Nutritional Sciences Spring Professional Development Workshop, Lexington, KY.
- 24) **Norman-Burgdorf H.** (2017, January). *Alternative Careers: The New Norm?*. University of Kentucky Department of Pharmacology and Nutritional Sciences Annual Conference, Lexington, KY.

Invited Prior to Faculty Appointment

- 25) **Norman-Burgdorf 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 = 25)

- 1) **Norman-Burgdorf, H.** (2025, May). *Food as Health: Functions of Food for Heart Disease and Diabetes*. UK Nutrition Education Program West Area Meeting, Hopkinsville, KY.
- 2) Ashurst, K., Jury, K., Kostelic, A., **Norman-Burgdorf, H.** (2025, May) *Addressing the 8 Dimensions of Wellness through Kick Kentucky Cancer*. Kentucky Extension Homemaker Association Annual Meeting, Lexington, KY.

- 3) **Norman-Burgdolf, H.** (2025, May) *Nutrition for Older Adults*. Kentucky Extension Homemakers Association Annual Meeting, Lexington, KY.
- 4) McCulley, M., Huff, N., Elswick, A., Luecking, C., Cason, A., Kostelic, A., **Norman-Burgdolf, H.** (2025, March) *Big Blue Book Club Connects People from Paducah to Pikeville*. State Extension Conference, Louisville, KY.
- 5) Noble, J., Savage, N., **Norman-Burgdolf, H.** (2025, March) *Including People with Disabilities in Nutrition Education Programming*. State Extension Conference, Louisville, KY.
- 6) Larson, J., Shaw, H., Singleton, A., Noble, J., **Norman-Burgdolf, H.** (2025, March) *Living with Alpha Gal*. State Extension Conference, Louisville, KY.
- 7) **Norman-Burgdolf, H.** (2024, July). *Meeting People Where They Are: Providing Nutrition Education through a Virtual Book Club*. Society of Nutrition Education and Behavior International Conference, Knoxville, TN.
- 8) Huff, N., **Norman-Burgdolf, H.**, Kostelic, A., Stevens, H., Witt, C., Norris, C., May, K. (2024, March). *In the Face of Disaster: An Agent Toolkit for Communities*. UK Extension Disaster Preparedness Conference, Lexington, KY.
- 9) **Norman-Burgdolf, H.** (2024, February). *Making Faith Spaces Healthy Spaces*. Kentucky Volunteer Forum, Lexington, KY.
- 10) Combs, L., **Norman-Burgdolf, H.** (2023, October). *Creating an Experiential Classroom Community Collaboration for Students through Cooperative Extension*. Teaching Excellence Symposium, CELT, Lexington, KY.
- 11) Huff, N., May, K., Norris, A., **Norman-Burgdolf, H.** (2022, May). *Food and Finances in the Face of Disaster*. Kentucky Extension Homemakers Association Annual Meeting, Owensboro, KY.
- 12) Huff, N., Mineer, S., **Norman-Burgdolf, H.** (2022, May). *Making the Most of Meals While Traveling*. Kentucky Extension Homemakers Association Annual Meeting, Owensboro, KY.
- 13) **Norman-Burgdolf, H.**, Jones, N. (2022, May). *Live, Work, Play, Pray: Making Faith Spaces Healthier Places*. Kentucky Extension Homemakers Association Annual Meeting, Owensboro, KY.
- 14) 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.
- 15) 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).
- 16) **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.
- 17) 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.

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- 18) 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).
- 19) **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.
- 20) **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.
- 21) **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.
- 22) May, K., **Norman-Burgdolf, H.** (2019, May). *Saving Savvy with Grocery List and Coupon Apps*. Kentucky Extension Homemakers Association Annual State Meeting, Louisville, KY.
- 23) **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.
- 24) **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.
- 25) **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.

Accepted/Other Prior to Faculty Appointment

- 26) **Norman-Burgdolf H.** (2015, October). *CD47 plays a novel role in adipocyte function*. Gill Heart Cardiovascular Research Day, University of Kentucky, Lexington, KY.
- 27) **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.
- 28) **Norman-Burgdolf H.** (2015, April). *Preparing Graduate Students for the Future*. University of Kentucky Department of Pharmacology and Nutritional Sciences, Lexington, KY.
- 29) **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.
- 30) **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 (91% of Effort)**County Agent In-Service Trainings** (New Content Development = 20; Content Delivery = 38)

Extension programming and/or curricula are developed or adapted by Extension Specialists for use by Extension Agents at the county level. A train-the-trainer model is used for program dissemination to Extension Agents within Family and Consumer Sciences (FCS) at the University of Kentucky due to the limited number of Extension Specialists serving FCS. Since 2017, I have developed or co-developed new programmatic content for 20 agent trainings. Trainings are delivered in multiple locations or virtually to serve all areas of the state, for a total of 38 agent trainings delivered. Most in-service trainings have an evaluation instrument and 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, n=492 (Measured on a 5.0 Scale)

Measure	Mean Score
...was relevant to my county needs	4.72
...was based on credible, up-to-date information	4.79
...was well organized	4.80
...was an adequate treatment of the topic	4.78
...was easy to understand	4.79
...were well prepared	4.86
...used teaching methods appropriate for the content/audience	4.82
...were knowledgeable of the subject matter	4.86
...engaged the participants in learning	4.75
...related program content to practical situations	4.82
Overall Mean	4.80

- 1) *Including Audiences with Differing Abilities in Nutrition Education*, May 2025. This three-hour session was offered to all Nutrition Education Program Assistants in partnership with the UK Human Development Institute. It was offered in one location to 80 assistants. The training provided an overview of different abilities as well as a newly created resource that supports Assistants in adapting their programming for unique audiences.
- 2) *Food as Health Toolkit Training*, February and May 2025. This three-hour session was offered in three locations and reached 75 county extension agents and field staff. This training equipped agents with materials for the Food as Health Toolkit, provided foundational knowledge related to diet-sensitive chronic conditions and food as medicine concepts, and provided hand-on experience using toolkit resources. This training was offered in partnership with the UK Food as Health Alliance.
- 3) *Nutrition for Older Adults Training*, March 2024. This one-hour virtual session was offered as a part of a week-long training series on nutrition throughout the lifespan. 30 County Extension Agents and support staff attended. The content provided an overview of dietary considerations for older adults and practical considerations for preparing and eating nutritious meals. Existing Extension resources that support older adult nutrition were overviewed.
- 4) *Food as Health Toolkit Pilot Training*, March 2024. This two-hour virtual session was offered in collaboration with the Food as Health Alliance and had 14 county Extension agents in attendance. These county agents committed to piloting the newly developed toolkit within their

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local counties. Content within the training included a curriculum overview, evaluation, recruitment strategies, and existing resources.

- 5) *FCS Nutrition Quarterly Update: Food as Medicine and Chronic Disease*, August 2023. This one-hour virtual session was offered as a follow-up to the On Trend training in February 2023 and had 38 county Extension agents and field staff in attendance. This training provided an overview of food as medicine and the etiology of diabetes and heart disease. This training was offered in partnership with the University of Kentucky Food as Health Alliance.
- 6) *Savor the Flavor: A Five-Lesson Program on Creating Nutritious and Flavorful Meals*, March 2023. This three-hour session was offered in three locations and reached 90 county extension agents and field staff. This training equipped agents with materials for the Savor the Flavor curriculum, walked through the evidence base behind the program content, and included a skill-building cooking class for all participants. This training was offered in partnership with Stuart's Olive Oil Company.
- 7) *On Trend: Building an Evidence-based Program of Work for Current and Emerging Food and Nutrition Trends*, February 2023. This three-hour session was offered in three locations and reached 96 county extension agents. This training discussed emerging food and nutrition trends, taught skills related to determining nutrition fact versus fiction, and mapped FCS Extension evidence-based programs with upcoming trends for updated Plans of Work.
- 8) *Mastering Food Choices Training Webinar*, January 2023. One hour session, reaching 14 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.
- 9) *Kick Kentucky Cancer Training Webinar*, August 2022. A two-hour virtual training providing a technical overview of the Kick Kentucky Cancer curriculum. Content within the training included a curriculum overview, evaluation, recruitment strategies, and existing resources. Thirty-seven Extension Agents participated in the training.
- 10) *Sustainable Kentucky Pilot Study Training Webinar*, April 2022. A two-hour virtual training providing a technical overview of the new Sustainable Kentucky curriculum. Development of this original content curriculum was a required grant activity for the Plate it up! Kentucky Proud grant and is the first curriculum, to our knowledge, that addresses sustainable and healthy eating for adults. Twenty Extension Agents participated in the training.
- 11) *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.
- 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 timeline and information needed for the new program pilot. Twenty Extension Agents participated in the training.
- 13) *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

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built environment changes into programmatic work with respect to COVID-19. Forty Extension Agents participated in the training.

- 14) *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.
- 15) *Policy, System, and Environmental Change: Making Change Stick!*. Three 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.
- 16) *Cutting Kitchen Clutter: Organization of Kitchens in the Office and On-the-Go*. Three 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.
- 17) *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, 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.
- 18) *Faithful Families: Thriving Communities*. Three 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.
- 19) *National Dining with Diabetes*. Three Locations, February 2019. One-and-a-half-hour session presented as part of the FCS Agent Training Week, reaching 70 county extension agents. This training provided content for agents related to diabetes education, partnering with community stakeholders, and addressing the diabetes crisis in Kentucky.
- 20) *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.
- 21) *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.
- 22) *Mastering Food Choices*. Two 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.

- 23) *Faithful Families: Thriving Communities*. Two 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.

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

Extension Agent Resources

Extension Homemaker Leader Lessons (Total = 12)

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) Kostelic, A., **Norman-Burgdolf, H.** *Nutrition for Older Adults* (2025). Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. [Extension Leader Lesson Facilitator Guide, pp.4, Extension Leader Lesson PowerPoint Slides, Program Evaluation, Marketing Materials, Activities.] (Peer-Reviewed, Original Content)
- 2) Cason, A., **Norman-Burgdolf, H.** *Build a Better Smoothie*. (2024). Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. [Extension Leader Lesson Facilitator Guide, pp.4, Extension Leader Lesson PowerPoint Slides, Program Evaluation, Marketing Materials, Activities.] (Peer-Reviewed, Original Content)
- 3) Kostelic, A., **Norman-Burgdolf, H.** *Strong Bones for Life: Preventing Osteoporosis*. (2023). Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. [Extension Leader Lesson Facilitator Guide, pp.8, Extension Leader Lesson PowerPoint Slides, Program Evaluation, Marketing Materials, Activities.] (Peer-Reviewed, Original Content)

- 4) Lee, S.[†], **Norman-Burgdolf, H.** *Savvy Online Grocery Shopping*. (2023). Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. [Extension Leader Lesson Facilitator Guide, pp.5. Extension Leader Lesson PowerPoint Slides, Program Evaluation, Marketing Materials.] (Peer-Reviewed, Original Content)
- 5) **Norman-Burgdolf, H.**, Najor, J. *How to Get Out of a Mealtime Rut*. (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.2.] (Peer Reviewed, Original Content)
- 6) **Norman-Burgdolf, H.**, Najor, J. *Stocking and Using Pantry Staples*. (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. Handout pp.2.] (Peer Reviewed, Original Content)
- 7) **Norman-Burgdolf, H.** *Lead Your Team: Health Literacy for the Win*. (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. Handout pp.2.] (Peer Reviewed, Original Content)
- 8) **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)
- 9) 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)
- 10) 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)
- 11) 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)
- 12) **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).

Curricula/Toolkit (New = 7; Adapted = 2)

*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

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.**, Cason, A., Batey, L. (2025). *Food as Health Toolkit*. Lexington KY: Cooperative Extension Service, University of Kentucky College of Agriculture. [Toolkit Guide, FAQs, Publications for 4 sessions, Handouts, PowerPoint Presentations, Activities, Evaluations, Resources for clinical partnerships, PSAs, Exclusives, Information Releases, Recipes, Flyers, Success Story Templates, Podcasts]
- 2) Pickford, K.** , **Norman-Burgdolf, H.**, Brewer, D. (2024). *The Sustainable Table: A 4-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] (*Pilot phase*)
- 3) **Norman-Burgdolf, H.**, Mullins, J., Norris, A. (2023). *Savor the Flavor: A Five-Lesson Program on Creating Nutritious and Flavorful Meals*. Lexington KY: Cooperative Extension Service, University of Kentucky College of Agriculture. [Program Overview Document, Kitchen Guide and Family Flavor Profile, 5 Facilitator's Guides, PowerPoint Presentations, Publications for 5 sessions, 5 Evaluations, Marketing Materials] (Peer Reviewed, Original Content)
- 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) **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.
- 6) **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)
- 7) **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.

Live, Online Program Delivery (Total = 20)

These 30-60 minute programs were designed to offer delivery of evidence-based information through Cooperative Extension in a virtual format and allow Specialists to provide content delivery to support Extension Agents. Sessions were offered live through Zoom and/or Facebook Live. Extension Agents would promote programs locally and state-level Specialists would provide programming. These programs were recorded and archived on the public facing Family and Consumer Sciences Facebook and YouTube pages. Additional print resources often accompanied the newly developed programs. Ten of these programs were developed and offered in direct response to the COVID-19 pandemic.

- 1) **Norman-Burgdolf, H.**, Larson, J., Tiffin, H., Shaw, H. (2025, May). *Living with Alpha-Gal*. Zoom Webinar. 90 minutes. Reach: 614. This webinar was developed in response to the growing concerns around alpha-gal syndrome. The focus was on alpha-gal basics, diagnosis, symptoms,

*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

lifestyle modifications, and tick bite prevention. This was hosted in collaboration with UK Dietetics and Human Nutrition, UK Entomology, and the UK Nutrition Education Program.

- 2) **Norman-Burgdolf, H.** (2023, March). *Big Blue Book Club: Is Butter a Carb? Unpicking Fact from Fiction in the World of Nutrition (Session 4)*. Zoom Webinar. 60 minutes. Reach: 160. This session was the final session offered as part of FCS Extension's Big Blue Book Club. The focus of this session was on diet culture, exploring evidence, and included a Q&A with the book author.
- 3) **Norman-Burgdolf, H.** (2023, March). *Big Blue Book Club: Is Butter a Carb? Unpicking Fact from Fiction in the World of Nutrition (Session 3)*. Zoom Webinar. 60 minutes. Reach: 197. This session was the third of four that was offered as a part of FCS Extension's Big Blue Book Club. The focus of this session was on balanced eating, plant-based diets, gut health, and food allergies.
- 4) **Norman-Burgdolf, H.** (2023, March). *Big Blue Book Club: Is Butter a Carb? Unpicking Fact from Fiction in the World of Nutrition (Session 2)*. Zoom Webinar. 60 minutes. Reach: 254. This session was the second of four that was offered as a part of FCS Extension's Big Blue Book Club. The focus of this session was on carbohydrates, sugar, protein, and micronutrients.
- 5) **Norman-Burgdolf, H.** (2023, March). *Big Blue Book Club: Is Butter a Carb? Unpicking Fact from Fiction in the World of Nutrition (Session 1)*. Zoom Webinar. 60 minutes. Reach: 361. This session was the first of four that was offered as a part of FCS Extension's Big Blue Book Club. The focus of this session was on nutrition misinformation, calories, and fat.
- 6) **Norman-Burgdolf, H.** (2021, February). *Featured Winter Produce: Brussels Sprouts and Cabbage*. Zoom/Facebook Live. 30 minutes. Live reach: 878. This program was offered as a part of the Plate It Up! Kentucky Proud Series. Program provided an overview of local specialty crops in season during the winter in Kentucky and provided a recipe demonstration using the featured produce.
- 7) **Norman-Burgdolf, H.** (2020, September). *Featured Fall Produce: Apples and Honey*. Zoom/Facebook Live. 30 minutes. Live reach: 1,600. This program was offered as a part of the Plate It Up! Kentucky Proud Series. Program provided an overview of local specialty crops in season during the fall in Kentucky and provided a recipe demonstration using the featured produce.
- 8) **Norman-Burgdolf, H.** (2020, August). *Featured Summer Produce: Tomatoes and Peppers*. Zoom/Facebook Live. 30 minutes. Live reach: 1,200. This program was offered as a part of the Plate It Up! Kentucky Proud Series. Program provided an overview of local specialty crops in season during the summer in Kentucky and provided a recipe demonstration using the featured produce.
- 9) Luecking, C., **Norman-Burgdolf, H.** (2020, July). *Beyond Ramen: Basics of Nutrition and Cooking with Kitchen Staples*. Zoom/YouTube Live. 60 minutes. Live reach: 152. This session was part of the University of Kentucky Adulting 101 series for high school students across the state. Program provided tips for finding reliable nutrition information, basics of a healthy eating pattern, and practical steps to building meals without a recipe.
- 10) Luecking, C., **Norman-Burgdolf, H.** (2020, July). *Summer Melt: Keeping Cool in the Kitchen*. Zoom/Facebook Live. 45 minutes. Live reach: 2,813. This program was part of the Family and Consumer Sciences Sizzlin' Summer Series. Program provided information about keeping physically and mentally cool while preparing meals with and for families.

- 11) **Norman-Burgdolf, H.**, Najor, J. (2020, May). *Using Your Stocked Pantry*. Zoom/Facebook Live. 30 minutes. Live reach: 2,000. This program was offered as a part of the Healthy at Home COVID-19 Series and the second part to the *Stocking Your Pantry* program listed below. Program provided an overview of how to build meals using pantry staples without the need for a recipe. Emphasis was placed on reading packaging labels and creating balanced meals with multiple food groups.
- 12) **Norman-Burgdolf, H.**, Najor, J. (2020, April). *Stocking Your Pantry*. Zoom/Facebook Live. 30 minutes. Live reach: 2,500. This program was offered as a part of the Healthy at Home COVID-19 Series. Program provided an overview of how to stock your pantry with shelf-stable items that are nutritious and flavorful and to limit trips to food retailer locations during the initial COVID-19 lockdown.
- 13) Luecking, C., **Norman-Burgdolf, H.** (2020, April). *Managing Stress Eating during Stressful Times*. Zoom/Facebook Live. 45 minutes. Live reach: 1,674. This session was part of the Healthy at Home COVID-19 Series in Family and Consumer Sciences Extension. Program focused on what is going on in our body during stressful times that drives us to seek comfort foods, tips for managing stress eating, and mindful eating practices.
- 14) Kostelic, A., Luecking, C., **Norman-Burgdolf, H.** (2020, April). *Supporting Your Immune System with Pantry Staples*. Zoom/Facebook Live. 45 minutes. Live reach: 5,108. This program was part of the Healthy at Home COVID-19 Series in Family and Consumer Sciences Extension. Program focused on tips for supporting the immune system and healthy lifestyle behaviors at home.
- 15) Luecking, C., **Norman-Burgdolf, H.** (2020, March). *Involving Little Ones in the Kitchen*. Zoom/Facebook Live. 30 minutes. Live reach: 4,268. This program was part of the Healthy at Home COVID-19 Series in Family and Consumer Sciences Extension. Program focused on benefits and addressing concerns of getting little ones involved in the kitchen, age-appropriate activities, and tips/ideas for health snacks.
- 16) **Norman-Burgdolf, H.**, Aull, M. (2018, August). *Ask the Expert: Back to School Edition – Packing Lunches Kids WILL Eat*. Facebook Live. 30 minutes. Live reach: Not captured. This program was offered as a part of the Ask the Expert Series where questions could be submitted live during the program by Kentuckians watching the segment. Program focused on building nutritious and exciting lunches for children in preparation for going back to school.
- 17) **Norman-Burgdolf, H.**, Najor, J. (2018, January). *Ask the Expert: Sugar! Sugar! Sugar! Staying Sweet with Less*. Facebook Live. 30 minutes. Live reach: Not captured. This program was offered as a part of the Ask the Expert Series where questions could be submitted live during the program by Kentuckians watching the segment. Program focused on the role of sugar in our diet and addressed common misconceptions.
- 18) Jones, N., **Norman-Burgdolf, H.** (2017, November). *Ask the Expert: Healthier Holidays*. Facebook Live. 30 minutes. Live reach: Not captured. This program was offered as a part of the Ask the Expert Series where questions could be submitted live during the program by Kentuckians watching the segment. Program focused on tips and strategies related to lifestyle that would increase nutrition and physical activity during the holiday months.
- 19) **Norman-Burgdolf, H.**, Stauffer, A. (2017, June). *Ask the Expert: Brain Health*. Facebook Live. 30 minutes. Live reach: Not captured. This program was offered as a part of the Ask the Expert Series where questions could be submitted live during the program by Kentuckians watching the

segment. Program was hosted in conjunction with the Alzheimer's Association and addressed lifestyle factors that promote brain health.

- 20) Mullins, J., **Norman-Burgdolf, H.** (2017, February). *Ask the Expert: Sustainable Eating and Plant-Based Diets*. Facebook Live. 30 minutes. Live reach: Not captured. This program was offered as a part of the Ask the Expert Series where questions could be submitted live during the program by Kentuckians watching the segment. Program focused on the benefits of eating foods from plants.

Other Resources (New = 5)

Lessons and programs within FCS Extension at the University of Kentucky may require supplemental materials or unique products that are not an Extension publication or lesson. 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.**, Noble, J., Savage, N. (2025). *Providing Inclusive Nutrition Education through Cooperative Extension: A Guidebook for Including Audiences with Disabilities in Nutrition Education*. University of Kentucky Cooperative Extension (Internal Development, Original Content)
 - a. A 58-page resource (printed and online) that provides an overview of common disabilities found in Kentucky, strategies toward inclusive nutrition programming, and guidelines for adapting programming to meet the needs of people with disabilities
- 2) **Norman-Burgdolf, H.**, Najor, J, Koempel, A. (2020). *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 tri-folds 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.
- 3) **Norman-Burgdolf, H.** (2019). *Sensational Salads: Common Salad Greens*. Family and Consumer Sciences Extension Internal Fact Sheet pp.3. (Internal FCS Publication, Original Content)
 - a. Fact sheet developed to supplement the Sensational Salads Leader lesson. Provides information about the most common salad greens, storage, and growing in Kentucky.
- 4) **Norman-Burgdolf, H.**, Mineer, S., Yount, M. (2019). *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
- 5) **Norman-Burgdolf, H.**, Gillespie, R.[†], McCulley, M. (2019). *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 and 1 dietetic intern.

MEDIA OUTREACH

*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

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 result of COVID-19, dissemination of material shifted to a virtual format in 2020 and 2021 and provided unique opportunities to share programmatic material through different media forms (e.g., Live Media Segments).

Regional and National Media (Total = 5)

- 1) **Norman-Burgdolf, H.**, Larson, J., Grebner, M. (2025, April). The Lone Star Tick and Alpha-Gal Syndrome. *Brownfield Ag News*. <https://www.brownfieldagnews.com/healthy-living/the-lone-star-tick-and-alpha-gal-syndrome/>
- 2) **Norman-Burgdolf, H.**, Grebner, M. (2025, April). Living with Alpha-gal Syndrome. *Brownfield Ag News*. <https://www.brownfieldagnews.com/healthy-living/living-with-alpha-gal-syndrome/>
- 3) **Norman-Burgdolf, 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/>
- 4) **Norman-Burgdolf, H.** (2018, August). Juice Limitations for Young Children. *WEKU Radio*. <http://www.weku.fm/post/juice-limitations-young-children>
- 5) **Norman-Burgdolf, H.** (2018, January). Brain Food: Promoting a Healthy Brain through Nutrition. *Kentucky Living Magazine*.

Television and Live Media Segments (Total = 21)

- 1) **Norman-Burgdolf, H.**, High, L. (Anchor). (2025, May). *Hydration during Summer Months*, [News Segment]. In ABC 35 Good Day Kentucky at 9:00. Lexington, KY: WTVQ 36 Broadcasting. Estimated reach: 36,000.
- 2) **Norman-Burgdolf, H.**, High, D. (Anchor). (2024, March). *Build a Better Smoothie for National Nutrition Month*, [News Segment]. In ABC 36 Good Day Kentucky at 9:00. Lexington, KY: WTVQ 36 Broadcasting. Estimated reach: 36,000
- 3) **Norman-Burgdolf, H.**, Shive, K. (Anchor). (2023, December). Nutrition and Osteoporosis. [News Segment]. In the Farm and Home Show. Bowling Green, KY: WBKO Television. Estimated reach: 15,000
- 4) **Norman-Burgdolf, H.**, Shive, K. (Anchor). (2023, November). Carbs: Friend or Foe?. [News Segment]. In the Farm and Home Show. Bowling Green, KY: WBKO Television. Estimated reach: 15,000
- 5) **Norman-Burgdolf, H.**, High, D. (Anchor). (2023, August). *Plate it Up! Kentucky Proud*, [News Segment]. In ABC 36 Good Day Kentucky at 9:00. Lexington, KY: WTVQ 36 Broadcasting. Estimated reach: 36,000
- 6) **Norman-Burgdolf, H.**, Tuckson, W. (Host). (2023, January). Diet, It Does a Body Good. *Kentucky Health*. Louisville, KY: KET. Estimated reach: 10,000
- 7) **Norman-Burgdolf, H.**, Shive, K. (Anchor). (2023, January). Smoothie Basics. [News Segment]. In the Farm and Home Show. Bowling Green, KY: WBKO Television. Estimated reach: 15,000

- 8) **Norman-Burgdolf, H.**, Shive, K. (Anchor). (2023, January). Types of Salt and When to Use Them. [News Segment]. In the Farm and Home Show. Bowling Green, KY: WBKO Television. Estimated reach: 15,000
- 9) **Norman-Burgdolf, H.**, Brown, A. (Anchor). (2022, November). *Understanding Prediabetes*, [News Segment]. In ABC 36 Good Day Kentucky at 9:00. Lexington, KY: WTVQ 36 Broadcasting. Estimated reach: 36,000
- 10) **Norman-Burgdolf, H.**, Shive, K. (Anchor). (2021, February). Importance of Vitamin C. [News Segment]. In the Farm and Home Show. Bowling Green, KY: WBKO Television. Estimated reach: 15,000
- 11) **Norman-Burgdolf, H.**, Shive, K. (Anchor). (2021, February). Fresh Produce in the Winter Months. [News Segment]. In the Farm and Home Show. Bowling Green, KY: WBKO Television. Estimated reach: 15,000
- 12) **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. Estimated reach: 36,000
- 13) **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. Estimated reach: 36,000
- 14) **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. Estimated reach: 36,000
- 15) **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. Estimated reach: 36,000
- 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. Estimated reach: 75,000
- 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. Estimated reach: 75,000
- 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. Estimated reach: 36,000
- 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. Estimated reach: 36,000
- 20) **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. Estimated reach: 36,000

- 21) **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. Estimated reach: 36,000

Podcasts (Total = 32)

FCS Extension established an educational podcast during the summer of 2018. Extension Specialists and other guests participate in interview-style conversations with Extension administration. Each Extension Specialist is encouraged to record 2-3 podcast episodes each quarter. 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/>.

- 1) **Norman-Burgdolf, H.**, McCulley, M. (Host) (2025, May 27). "Staying Hydrated: Your Guide to Water and Electrolytes" [Audio podcast episode]. *Talking FACS*, [Stay Hydrated: Your Guide to Water and Electrolytes for Summer | Talking FACS](https://ukfcsext.podbean.com/e/unmasking-alpha-gal-the-mysterious-meat-allergy-tied-to-ticks/)
- 2) **Norman-Burgdolf, H.**, McCulley, M. (Host) (2024, May 1). "What is Alpha-Gal?" [Audio podcast episode]. *Talking FACS*, <https://ukfcsext.podbean.com/e/unmasking-alpha-gal-the-mysterious-meat-allergy-tied-to-ticks/>
- 3) **Norman-Burgdolf, H.**, Batey, L., Hunter, J. (Host) (2024, April 29). "Food as Health Alliance" [Audio podcast episode]. *Talking FACS*, <https://ukfcsext.podbean.com/e/combating-chronic-diseases-and-food-insecurity-with-nutrition/>
- 4) **Norman-Burgdolf, H.**, Hunter, J. (Host) (2023, January 11). "Strong Bones for Life: Prevent Osteoporosis with Nutrition" [Audio podcast episode]. *Talking FACS*, <https://ukfcsext.podbean.com/e/stong-bones-for-life-preventing-osteoporosis-with-nutrition/>
- 5) **Norman-Burgdolf, H.**, Hunter, J. (Host) (2023, March 15). "Nutrition Buzzwords" [Audio podcast episode]. *Talking FACS*, <https://ukfcsext.podbean.com/e/nutrition-buzzwords/>
- 6) **Norman-Burgdolf, H.**, Hunter, J. (Host) (2022, August 22). "Should I be taking a dietary supplement?" [Audio podcast episode]. *Talking FACS*, <https://ukfcsext.podbean.com/e/should-i-be-taking-a-dietary-supplement/>
- 7) **Norman-Burgdolf, H.**, Brewer, D., Hunter, J. (Host) (2022, June 14). "Eat the Rainbow to Protect Yourself from Environmental Pollution" (No. 33) [Audio podcast episode]. *Talking FACS*, <https://ukfcsext.podbean.com/e/eat-the-rainbow-to-protect-yourself-from-environmental-pollution/>
- 8) **Norman-Burgdolf, H.**, Hunter, J. (Host) (2022, March 21). "All About Blood Pressure (No. 25)" [Audio podcast episode]. *Talking FACS*, <https://ukfcsext.podbean.com/e/all-about-blood-pressure/>
- 9) **Norman-Burgdolf, H.**, Hunter, J. (Host) (2022, January 18). "Reducing Your Risk of Diabetes with the Diabetes Prevention Program" (No. 21) [Audio podcast episode]. *Talking FACS*, <https://ukfcsext.podbean.com/e/reducing-your-risk-of-diabetes-with-the-diabetes-prevention-program/>
- 10) **Norman-Burgdolf, H.**, McCulley, M. (Host) (2021, November 29). "Practical Steps to a Greener Kitchen" (No. 16) [Audio podcast episode]. *Talking FACS*, <https://ukfcsext.podbean.com/e/practical-steps-to-a-greener-kitchen/>

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- 11) **Norman-Burgdolf, H.**, McCulley, M. (Host) (2021, June 2). "Breaking the Mealtime Rut" (No. 47) [Audio podcast episode]. *Talking FACS*, <https://ukfcsext.podbean.com/e/breaking-the-meal-time-rut/>
- 12) **Norman-Burgdolf, H.**, Hunter, J.L. (Host) (2021, January 5). "No Recipe? No Problem!" (No. 27) [Audio podcast episode]. *Talking FACS*, <https://ukfcsext.podbean.com/e/no-recipe-no-problem/>
- 13) **Norman-Burgdolf, H.**, Hunter, J.L. (Host) (2020, September 14). "Enhancing Flavor with Oils and Vinegars" (No. 12) [Audio podcast episode]. *Talking FACS*, <https://ukfcsext.podbean.com/e/enhancing-flavors-with-oils-and-vinegars/>
- 14) **Norman-Burgdolf, H.**, Hunter, J.L. (Host) (2020, May 18). "Online Grocery Shopping" (No. 47) [Audio podcast episode]. *Talking FACS*, <https://ukfcsext.podbean.com/e/online-grocery-shopping-1589835734/>
- 15) **Norman-Burgdolf, H.**, Hunter, J.L. (Host) (2020, April 21). "Supporting Your Immune System" (No. 45) [Audio podcast episode]. *Talking FACS*, <https://ukfcsext.podbean.com/e/supporting-your-immune-system/>
- 16) **Norman-Burgdolf, H.**, Hunter, J.L. (Host) (2019, December 30). "Simple Dinner Strategies" (No. 28) [Audio podcast episode]. *Talking FACS*, <https://ukfcsext.podbean.com/e/simple-dinner-strategies-1577714546/>.
- 17) **Norman-Burgdolf, H.**, Hunter, J.L. (Host) (2019, November 11). "Using Herbs and Spices" (No. 22) [Audio podcast episode]. *Talking FACS*, <https://ukfcsext.podbean.com/e/using-herbs-and-spices-1573479171/>.
- 18) **Norman-Burgdolf, H.**, Hunter, J.L. (Host) (2019, September 23). "Fad Diets AKA If it sounds too good to be true, it probably is!" (No. 15) [Audio podcast episode]. *Talking FACS*, <https://ukfcsext.podbean.com/e/fad-diets-aka-if-it-sounds-too-good-to-be-true-it-probably-is-1569240446/>.
- 19) **Norman-Burgdolf, H.**, Hunter, J.L. (Host) (2019, April 15). "Healthy Eating on the Go" (No. 44) [Audio podcast episode]. *Talking FACS*, <https://ukfcsext.podbean.com/e/healthy-eating-on-the-go-1555336599/>.
- 20) **Norman-Burgdolf, H.**, Hunter, J.L. (Host) (2019, March 25). "The Science Behind the Keto Diet" (No. 41) [Audio podcast episode]. *Talking FACS*, <https://ukfcsext.podbean.com/e/the-science-behind-the-keto-diet-1553611233/>.
- 21) **Norman-Burgdolf, H.**, Hunter, J.L. (Host) (2019, March 18). "Sweet Enough without all that Sugar" (No. 40) [Audio podcast episode]. *Talking FACS*, <https://ukfcsext.podbean.com/e/sweet-enough-without-all-that-sugar-1552915388/>.
- 22) **Norman-Burgdolf, H.**, Hunter, J.L. (Host) (2019, March 11). "Probiotics and More" (No. 39) [Audio podcast episode]. *Talking FACS*, <https://ukfcsext.podbean.com/e/probiotics-and-more-1552310465/>.
- 23) **Norman-Burgdolf, H.**, Hunter, J.L. (Host) (2019, March 4). "The Gluten Free Diet" (No. 38) [Audio podcast episode]. *Talking FACS*, <https://ukfcsext.podbean.com/e/the-gluten-free-diet-1551715506/>.

- 24) **Norman-Burgdolf, H.**, Jones, N., Hunter, J.L. (Host) (2019, February 18). "All about Essential Oils" (No. 36) [Audio podcast episode]. *Talking FACS*, <https://ukfcsext.podbean.com/e/all-about-essential-oils-1550506967/>.
- 25) **Norman-Burgdolf, H.**, Hunter, J.L. (Host) (2018, December 17). "Kids in the Kitchen" (No. 27) [Audio podcast episode]. *Talking FACS*, <https://ukfcsext.podbean.com/e/kids-in-the-kitchen-1545054058/>.
- 26) **Norman-Burgdolf, H.**, Mineer, S., Hunter, J.L. (Host) (2018, November 26). "Special Edition Episode: Dining In for FCS Day" [Audio podcast episode]. *Talking FACS*, <https://ukfcsext.podbean.com/e/special-edition-episode-dining-in-for-fcs-day/>.
- 27) **Norman-Burgdolf, H.**, Norris, A., Hunter, J.L. (Host) (2018, November 7). "Talking Turkey" (No. 22) [Audio podcast episode]. *Talking FACS*, <https://ukfcsext.podbean.com/e/talking-turkey-1541601933/>.
- 28) **Norman-Burgdolf, H.**, Hunter, J.L. (Host) (2018, October 15). "Adventures in New Parenthood – When Should I Introduce Solid Foods?" (No. 19) [Audio podcast episode]. *Talking FACS*, <https://ukfcsext.podbean.com/e/adventures-in-new-parenthood-when-should-i-introduce-solid-foods-1539611608/>.
- 29) **Norman-Burgdolf, H.**, Hunter, J.L. (Host) (2018, September 24). "Healthy Eating for Busy Families" (No. 16) [Audio podcast episode]. *Talking FACS*, <https://ukfcsext.podbean.com/e/healthy-eating-for-busy-families/>.
- 30) **Norman-Burgdolf, H.**, Aull, M., McCulley, M. (Host) (2018, August 20). "Back to School Edition: Packing lunches kids will eat" (No. 11) [Audio podcast episode]. *Talking FACS*, <https://ukfcsext.podbean.com/e/back-to-school-edition-packing-lunches-your-kids-will-eat/>.
- 31) **Norman-Burgdolf, H.**, Hunter, J.L. (Host) (2018, July 16). "Insider's Guide to Grocery Shopping" (No. 6) [Audio podcast episode]. *Talking FACS*, <https://ukfcsext.podbean.com/e/insiders-guide-to-grocery-shopping-1531501531/>.
- 32) **Norman-Burgdolf, H.**, Hunter, J.L. (Host) (2018, June 15). "Meal Kit Delivery Services: Are they right for you?" (No. 3) [Audio podcast episode]. *Talking FACS*, <https://ukfcsext.podbean.com/e/meal-kit-delivery-services-are-they-right-for-you/>.

Print Media

Agent Exclusives (Original = 31; Updated = 2)

The Agricultural Communications Services Unit provide Agent Exclusives to all county agents and distribute them through news networks (e.g., AP, Reuters). These exclusives are newspaper articles written in conjunction with Extension Specialists that can be reprinted locally. Specialists are invited to contribute on current topics and all Agent Exclusives are archived by Agricultural Communication.

- 1) Strickler, J., **Norman-Burgdolf, H.** (2025, May) Those living with alpha-gal can still lead normal lives.
- 2) Strickler, J., **Norman-Burgdolf, H.**, Cason, A. (2024, March). Become a smoothie-making pro.

- 3) Strickler, J., **Norman-Burgdolf, H.** (2023, May). Meal prepping saves time and frustration (updated).
- 4) Strickler, J., **Norman-Burgdolf, H.** (2023, January). Family mealtime: a tasty base for healthy youth development (updated).
- 5) Strickler, J., **Norman-Burgdolf, H.** (2021, October). Help the environment by reducing food waste.
- 6) Strickler, J., **Norman-Burgdolf, H.** (2021, September). Fruit and vegetable peels contain many nutrients.
- 7) Strickler, J., **Norman-Burgdolf, H.** (2021, September). Teach kids how to snack healthy.
- 8) Pratt, K., **Norman-Burgdolf, H.**, Norris, A., Mullins, J. (2021, July). Cooking with oils and vinegars.
- 9) Pratt, K., **Norman-Burgdolf, H.** (2020, February). UK helping Kentuckians lower diabetes risks.
- 10) Pratt, K., Weisenhorn, D., **Norman-Burgdolf, H.** (2020, November). Fun ways to incorporate turkey into Thanksgiving.
- 11) Pratt, K., **Norman-Burgdolf, H.**, Luecking, C. (2020, October). Tips for healthier snacking.
- 12) Pratt, K., **Norman-Burgdolf, H.** (2020, August). When temps are up, drink up: importance of staying hydrated during summer.
- 13) Pratt, K., **Norman-Burgdolf, H.**, Larson, J. (2020, July). Alpha-gal syndrome info.
- 14) Pratt, K., **Norman-Burgdolf, H.** (2020, January). Fad dieting problems.
- 15) Pratt, K., **Norman-Burgdolf, H.** (2019, November). Use dietary supplements wisely.
- 16) Pratt, K., **Norman-Burgdolf, H.** (2019, May). Grilling fruits and vegetables.
- 17) Pratt, K., **Norman-Burgdolf, H.** (2019, April). Meal prepping saves time, frustration and calories.
- 18) Pratt, K., **Norman-Burgdolf, H.** (2018, September). Teach kids how to snack.
- 19) Pratt, K., **Norman-Burgdolf, H.** (2018, August). Packing a fun school lunch.
- 20) Pratt, K., **Norman-Burgdolf, H.** (2018, March). Key to preventing colon cancer may be in your gut.
- 21) Pratt, K., **Norman-Burgdolf, H.** (2018, February). Benefits to cooking as a family.
- 22) Pratt, K., **Norman-Burgdolf, H.** (2018, February). Family mealtime: a tasty base for healthy youth development.
- 23) Pratt, K., **Norman-Burgdolf, H.** (2017, November). Paying for Convenience at the Grocery Store.
- 24) Pratt, K., **Norman-Burgdolf, H.** (2017, September). At the Farmers Market: Cauliflower.

- 25) Pratt, K., **Norman-Burgdolf, H.** (2017, August). At the Farmers Market: Apples.
- 26) Pratt, K., **Norman-Burgdolf, H.** (2017, July). At the Farmers Market: Corn.
- 27) Pratt, K., **Norman-Burgdolf, H.** (2017, June). At the Farmers Market: Brambleberries.
- 28) Pratt, K., **Norman-Burgdolf, H.** (2017, June). At the Farmers Market: Broccoli.
- 29) Pratt, K., **Norman-Burgdolf, H.** (2017, May). At the Farmers Market: Strawberries.
- 30) Pratt, K., **Norman-Burgdolf, H.** (2017, April). At the Farmers Market: Asparagus.
- 31) Pratt, K., **Norman-Burgdolf, H.** (2017, March). Colorectal Cancer Rates Rise in Young Adults.
- 32) Pratt, K., **Norman-Burgdolf, H.** (2017, February). Drink Up for Good Health.
- 33) Pratt, K., **Norman-Burgdolf, H.** (2017, January). Make Your Next Work Meeting Healthier.

FCS Information Releases (Total = 120)

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. Extension Specialists are expected to write 2 seasonal releases and 8 general releases, totaling 16 per year. They are also written in response to immediate need for content or current and relevant events. Information releases are typically 250-500 words, written at a 6-8th grade reading level, and are provided to Extension agents on a quarterly basis. One hundred twenty 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 (9% of Effort)

Courses Taught 2017-Present

<i>Course</i>	<i>Years Taught</i>	<i>Sample Class Size</i>
DHN 510 Advanced Nutrition	2025 – present	Spring 2025 – 43 students
DHN 311 Nutritional Biochemistry	2018 – 2023	Fall 2020 – 69 students
DHN 408G Seminar in Nutrition	2017 – 2019	Spring 2018 – 38 students

Teacher 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 Teacher Course Evaluations (TCEs) each semester. Scores are measured on a 5.0 scale. For comparison, the College of Agriculture, Food, and Environment means for Fall 2022 were as follows:

Overall College Mean *Quality of Teaching* for the college = 4.5

Overall College Mean *Quality of Course* for the college = 4.4

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

	S 17	F 17	S 18	F 18	S 19	F 19	F 20	F 21	F 22	F 23
DHN 311				4.9		4.7	4.9	4.8	4.9	4.7
DHN 408G	4.7	4.8	5.0		5.0					

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

	S 17	F 17	S 18	F 18	S 19	F 19	F 20	F 21	F 22	F 23
DHN 311				4.7		4.9	4.5	4.4	4.9	4.6
DHN 408G	4.4	4.5	4.8		5.0					

Graduate Research Mentoring (Chair = 5, Member = 21, Principal Advisor = 2)

Table 5. Summary of Graduate Students

(Details regarding employment are provided for students chaired or co-chaired)

Student Name	Thesis/Program	Committee Role	Timeframe
Kelly Bland	TBD	Member	2025
Nan Montgomery	Nutrition Interventions with Caregivers of People with Down Syndrome	Member	2025
Mike Keller	Examining the Effectiveness of Culinary Interventions with Hands-on Participation as Opposed to Lecture Style Learning on the Impacts of Food Insecure Populations	Chair	2024
Jenny Wells	Development of Community-Based Plan to Inform an Intervention to Reduce Childhood Obesity in an Appalachian County	Member	2022-2023
Sydney McIntosh	Assessing the Effectiveness of a Post Metabolic and Bariatric Surgery Support and Nutrition-Based Program for Satisfaction, Perceived Self-Efficacy, and Weight Loss	Member	2022- 2023
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 Utility of a Kentucky FCS Cooperative Extension Curriculum on Community Members' Healthy and Sustainable Diet-Related Behaviors	Member	2021-2023
Dolph Davis	Sex Differences in Critical Care Nutrition in Patients with COVID-19	Member	2021-2022
Lauren Batey	Exploration of cultural factors within a rural Appalachian community that may be leveraged to address health disparities <i>Currently employed as the Program Coordinator for the Food as Health Alliance at the University of Kentucky</i>	Chair	2021-2022

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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	Member	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 <i>Currently employed as the Jessamine County FCS Extension Agent in Nicholasville, KY</i>	Principal Advisor	2019-2021
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 Sports Registered Dietitian at the University of Louisville in Louisville, KY</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	Chair	2018-2019

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	<i>Currently employed as a WIC Dietitian at the Fairfield County Health Department in Lancaster, OH</i>		
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 Undergraduate Student Learning (Total = 6)

Table 6. Summary of Undergraduate Students and Experiences

Student Name	Project Details	Role	Timeframe
Nick Wilkins	Preparation for the Big Blue Book Club: March 2023 <i>Contribute to the development of four virtual book club presentations, literature review for content, and management of social media during the book club month</i>	DHN 591 Independent Study (1 credit)	January-May 2023
Nathan Bandy	Qualitative Data Collection and Analysis of Focus Groups in an Appalachian Community focused on Inflation and Food Security <i>Participated in focus groups, taking notes, managed transcription, and contributed to coding and analysis of data</i> <i>*Recipient of an Undergraduate Research Award</i>	DHN 591 Independent Study (6 credits)	August 2022-May 2023
Katie Marshall	Plate it up! Kentucky Proud Nutrition Analysis <i>Determined nutrition analysis for 148 Plate it up! Kentucky Proud recipes using the ESHA Food Processor Software; Categorized recipes based on nutritional analysis</i>	Mentee	October 2020-May 2021
Grace Anderson	Policy, Systems, and Environment Work <i>Developed social media posts and infographics related to PSE work and provided data collection support for the CDC 1809 funded project</i>	DHN 591 Independent Study (3 credits)	January-May 2020
Claire Crosby	Extension Publication Revisions <i>Reviewed existing database of nutrition-related Extension publications and revised publications >10 years old</i>	Mentee	January-December 2020
Zack Meuth	Healthy Trees, Healthy People <i>Provided implementation support and data entry</i>	Undergraduate Research Assistant	September 2017-May 2018

Dietetic Interns (Total = 24)

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As an Extension Specialist, I serve as a Community Nutrition preceptor for dietetic interns (required internship rotation) for various supervised practice programs. These experiences involve Extension material development and community nutrition presentations.

Table 7. Summary of Dietetic Interns

Intern Name	Program	Timeframe/Hours
Margo Hoard	University of Kentucky Supervised Practice Program	June-July 2022; 24 hours
Kayla Dudick	University of Kentucky Supervised Practice Program	May 2022; 20 hours
Austyn Erickson	University of Kentucky Healthcare Dietetic Internship Program	April-May 2021; 160 hours
Jordan Ellis	University of Kentucky Healthcare Dietetic Internship Program	April-May 2021; 160 hours
19 Interns*	University of Kentucky Supervised Practice Program	May 2020; 40 hours each
Rachel Gillespie	Priority Nutrition Care Distance Dietetic Internship Program	December 2018-March 2019; 280 hours

*Remote experiences were developed within a 2-week period to provide 19 dietetic interns opportunities to receive supervised practice hours to meet internship requirements despite the COVID-19 pandemic.

Teaching-Related Workshops and Trainings (Since 2017 = 14)

CELT Symposium on AI in Teaching, May 2025

Teaching Excellence Symposium, CELT, October 2023

Introduction to GenAI and Teaching, CELT, August 2023

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 (Since 2017 = 16)

Diverse Roles of Extension Specialists; AEC500 Advanced Topics; February 2025

Cooperative Extension Overview; DHN313 Community Nutrition; April 2022

Cooperative Extension Overview; DHN313 Community Nutrition; April 2021

Effective Informational Interviews; GS600 Preparing Future Professionals; March 2022

Effective Informational Interviews; GS600 Preparing Future Professionals; March 2021

Glutamine, Arginine, Nitric Oxide; NS 602; February 2021

Beyond Ramen, UK Adulting 101 Summer Course; July 2020

Glutamine, Arginine, Nitric Oxide; NS 602; February 2020

Glutamine, Arginine, Nitric Oxide; NS 602; February 2019

Faithful Families; DHN603 Advanced Community Program Development; October 2018

Effective Informational Interviews; GS600 Preparing Future Professionals; February 2018

Glutamine, Arginine, Nitric Oxide; NS 602; February 2018

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Cooperative Extension and Community Health; EXSC-2004 Health Promotions; January 2018
 Resumes and Cover Letters; IBS608 Special Topics in Biomedical Sciences; February 2017
 Glutamine, Arginine, Nitric Oxide; NS 602; February 2017
 Effective Informational Interviews; GS600 Preparing Future Professionals; March 2016

FACULTY DEVELOPMENT ACTIVITIES

National Meetings/Trainings Attended

Society of Nutrition Education and Behavior International Meeting, July 2024
 Pacific Southwest ROTA-R Food, Mood, and Substance Use Symposium, June 2024
 Food and Nutrition Conference and Expo, October 2023
 Association of Diabetes Certified Educators and Specialists Annual Conference, August 2022
 National Health Outreach Conference, May 2022
 Association of SNAP Nutrition Education Association Annual Conference, February 2022 (virtual)
 CDC Division of Nutrition, Physical Activity, and Obesity National Training, May 2021 (virtual)
 National Health Outreach Conference, May 2021 (virtual)
 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

KASEP Spring Meeting, 2024
 Mental Health First Aid Certification, August 2023
 Developing Effective Data Collection Tools, Program and Staff Development, October 2022
 Working with County Agents to Enhance Implementation and Evaluation of Extension Interventions, Program and Staff Development, September 2022
 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
 Bluegrass Academy of Nutrition and Dietetics Seminar, February 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

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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

Outreach and Committee Service

Department

Faculty Search Committee Chair, 2023-2024
 4-H Teen Leadership Conference Presenter, 2022
 Alumni Event Planning Committee, 2021-Present
 Dietetic Internship Applicant Reviewer, March 2020-Present
 Extension Faculty Search Committee, 2019
 Chairs Advisory Committee, 2018-2020, 2024-Present
 Graduate Faculty Council, 2017-Present

College

College Promotion & Tenure Workshop, Panelist, 2025
 Team Lead, Health Disparities, Advancing KY Together Team, 2025
 Team Lead, Population Health, Improvement, Wellness, & Prevention, Advancing KY Together Team, 2025
 Extension County Review Team, 2024
 Extension Faculty Coordinators Advisory Group, 2023-present
 UK Extension Substance Use Prevention & Recovery Collective Impact Initiative, 2022-2024 (invited)
 College Faculty Council, Vice-Chair (2024), Chair (2025), 2022-Present (nominated and elected)
 Beef Task Force, 2019-2021 (nominated)
 Cooperative Extension Transition Team, 2019-2021
 Nutrition Education Program Assistant Director Search Committee, 2019
 UK College of Agriculture, Food, and Environment Associate Dean of Extension Search Committee, 2018-2019 (nominated)

University

University Appeals Board, Faculty Committee Member, 2017-2023 (appointed)
 Outside Examiner for Doctoral Defense, 2025

State

Kentucky Department of Public Health State Health Improvement Plan Strategic Planning Committee, 2023-2024
 Kentucky Diabetes Prevention and Control Strategic Planning Committee, 2023-2024
 Kentucky Association State Extension Professionals Board Member, 2018-2021
 Kentucky Extension Homemakers Association Faculty Advisor, 2017-Present
 Health Literacy Kentucky Steering Committee Member, 2017-Present

Regional/National

Southern Region Extension Health Collaborative, 2018-2020
 National Dining with Diabetes Evaluation Subgroup Committee Member, 2017-Present
 Cooperative Extension National Diabetes Prevention Program Interest Group, 2017-Present
 Multi-state Research Project – W3005: Developing synergistic approaches to healthy weight in childhood through positive relationships, diet quality and physical activity, 2017-2022

RECOGNITION

*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

Awards and Honors

- NEAFCS 2nd Place National Communications Radio or Podcast Award, 2025 (team award)
- NEAFCS 1st Place Southern Region Communications Radio or Podcast Award, 2025 (team award)
- KEAFCS 1st Place Communications Radio or Podcast Award, 2025 (team award)
- Epsilon Sigma Phi Southern Region Distinguished Team Award, 2024
- Epsilon Sigma Phi Alpha Kappa Chapter Distinguished Team Award, 2024
- Epsilon Sigma Phi Alpha Kappa Chapter Program Achievement Team Award, 2024
- NEAFCS 3rd Place National Winner Program Excellence through Research Award (team award), 2024
- NEAFCS 1st Place Southern Region Winner Program Excellence through Research Award (team award), 2024
- KEAFCS 1st Place Program Excellence through Research Award (team award), 2024
- KEAFCS 1st Place Innovation in Programming Award (team award), 2024
- KEAFCS Florence Hall Award (team award), 2024
- 2023 Lawrence W. Green Paper of the Year Award – Health Education and Behavior Journal
- Epsilon Sigma Phi Alpha Kappa Chapter Distinguished Team Award, 2023
- NEAFCS 1st Place National Winner – Extension Disaster Education Award, 2023
- NEAFCS 1st Place Southern Region – Extension Disaster Education Award, 2023
- KASEP, Outstanding Project Award – In the Face of Disaster Agent Toolkit, 2023
- 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

Review Panels

University of Missouri Extension External Content Reviewer, 2019

Ohio State University FCS Extension External Content Reviewer, 2017

Ad-hoc Manuscript Reviewer

*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

Family & Community Health, 2022

Sustainability, 2021

Nutrients, 2021-Present

Journal of Human Sciences and Extension, 2020-Present

Journal of Extension, 2020-Present

International Journal of Environmental Research and Public Health, 2020-Present

Topics in Clinical Nutrition, 2020

Journal of Nutrition Education and Behavior, 2017-Present

Professional Service

Society of Nutrition Education and Behavior eCommunicator Weekly Reviewer, 2017-2018

FCCLA State Meeting STAR Competition Judge, 2017

Professional Organization Membership

Kentucky Association of State Extension Professionals, 2018-Present

Society of Nutrition Education and Behavior, 2017-2019, 2024-Present

Kentucky Diabetes Network Member, 2017-2018

Academy of Nutrition and Dietetics, Public Health/Community Nutrition Practice Group, 2015-Present

Kentucky Academy of Nutrition and Dietetics, 2015-Present