

Curriculum Vitae for
Heather L. Norman-Burgdorf, Ph.D.
Associate Professor, Dietetics and Human Nutrition
Extension Title Series

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EDUCATION

March 2023	Graduate Certificate , Public Health Essentials, Master of Public Health Program, Cornell University, Ithaca, New York
Dec. 2016	Ph.D. , Nutritional Sciences, Department of Pharmacology and Nutritional Sciences, University of Kentucky, Lexington, Kentucky <ul style="list-style-type: none">Dissertation: <i>Novel Role of CD47 in Obesity-Associated Metabolic Dysfunction</i>
May 2016	College Teaching and Learning Certificate , The Graduate School, University of Kentucky, Lexington, KY. <ul style="list-style-type: none">Practicum: <i>DHN318 Hunger, Food Behavior, and the Environment</i>
May 2011	B.S. , Biological Sciences, Georgetown College, Georgetown, KY. <ul style="list-style-type: none">Chemistry MinorSumma cum laude

PROFESSIONAL EXPERIENCES

2023 - present	<i>Associate Professor/Extension Specialist</i> , Martin-Gatton College of Agriculture, Food and Environment, Department of Dietetics and Human Nutrition, University of Kentucky, Lexington, KY.
2017 - 2023	<i>Assistant Professor/Extension Specialist</i> , Martin-Gatton College of Agriculture, Food and Environment, Department of Dietetics and Human Nutrition, University of Kentucky, Lexington, KY.
2012 - 2016	<i>Graduate Research Assistant</i> , College of Medicine, Department of Pharmacology and Nutritional Sciences, University of Kentucky, Lexington, KY.
2011 - 2012	<i>Nutritional Outreach & Wholeness Consumer Educator</i> , Pennyryle Allied Community Services, Lexington, KY.

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

Peer Reviewed Extension Publications	Extension Agent Trainings	Original Curriculum/Toolkit Development	Peer-Reviewed Journal Articles
75	39	6	32
Television/ Online Media	Extension Homemaker Leader Lessons	Oral Presentations (Invited)	Information Releases/Exclusives
41	12	25	184

SCHOLARLY/PEER-REVIEWED PUBLICATIONS

PEER-REVIEWED NUMBERED EXTENSION PUBLICATIONS

(Total = 75, Original = 64, Major Revision = 5, Minor Revision = 6)

Extension publications are educational materials written for the public at a 6th-8th grade reading level. They translate research-based information and go through a peer review process similar to scientific articles

- 1) Nikouharf, D.[‡], **Norman-Burgdolf, H.**, Cason, A. A Guide to Plant-based Dairy Alternatives. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-648; pp 4. (Peer-Reviewed, Original Content) Published 2025. <https://publications.mgcafe.uky.edu/fcs3-648>
- 2) Nikouharf, D.[‡], **Norman-Burgdolf, H.**, Cason, A. Nutrition and Skin Health. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-647; pp 4. (Peer-Reviewed, Original Content) Published 2025. <https://publications.mgcafe.uky.edu/fcs3-647>
- 3) **Norman-Burgdolf, H.** Vitamin C for You and Me. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FN-HNB.204; pp 4. (Peer-Reviewed, Original Content). Published 2025. <https://fcs.mgcafe.uky.edu/publications/vitamin-c-you-and-me>
- 4) **Norman-Burgdolf, H.** Cast Iron Skillets: Friends for Life. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FN-HNB.005; pp 4. (Peer-Reviewed, Original Content). Published 2025. <https://fcs.mgcafe.uky.edu/publications/cast-iron-skillets-friends-life>
- 5) Norris, A., **Norman-Burgdolf, H.**, Cason, A. Direct and indirect food additives: What should we know?. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FN-AMC.201; pp 4. (Peer-Reviewed, Original Content). Published 2025. <https://fcs.mgcafe.uky.edu/publications/direct-and-indirect-food-additives-what-should-we-know>
- 6) Bastin, S., Cason, A., **Norman-Burgdolf, H.** Make-Ahead Freezer Meals: Tips, Tricks, and Recipes. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FN-AMC.060; pp 11. (Major Revision). Published 2025. <https://fcs.mgcafe.uky.edu/publications/make-ahead-freezer-meals-tips-tricks-and-recipes>
- 7) **Norman-Burgdolf, H.**, Cason, A. Food Allergens: Alpha-Gal. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-646; pp 7. (Peer-Reviewed, Original Content). Published 2025. <https://publications.mgcafe.uky.edu/fcs3-646>
- 8) **Norman-Burgdolf, H.** Adding Up Vitamin A in the Diet. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-643; pp 2. (Peer-Reviewed, Original Content). Published 2024. <https://publications.mgcafe.uky.edu/fcs3-643>
- 9) **Norman-Burgdolf, H.** Vitamin E for Everyone. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-644; pp 2. (Peer-Reviewed, Original Content). Published 2024.

*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; Journal metrics determined by Web of Science unless indicated otherwise

<https://publications.mgcafe.uky.edu/fcs3-644>

- 10) **Norman-Burgdolf, H.** Vitamin K All the Way. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-645; pp 2. (Peer-Reviewed, Original Content). Published 2024.
<https://publications.mgcafe.uky.edu/fcs3-645>
- 11) Adams, I., **Norman-Burgdolf, H.** Are you Getting Enough Vitamin D?. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-570; pp 2. (Minor Revision). Published 2024.
<https://publications.mgcafe.uky.edu/fcs3-570>
- 12) Adams, I., **Norman-Burgdolf, H.** Think Your Plate. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-548; pp 5. (Major Revision). Published 2024.
<https://publications.mgcafe.uky.edu/fcs3-548>
- 13) Bastin, S., **Norman-Burgdolf, H.** Dietary Supplements: Be an Informed Consumer. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-525; pp 3. (Minor Revision). Published 2024.
<https://publications.mgcafe.uky.edu/fcs3-525>
- 14) Bastin, S., **Norman-Burgdolf, H.** Dietary Supplements: What are They and Who Needs Them. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-524; pp 3. (Minor Revision). Published 2024.
<https://publications.mgcafe.uky.edu/fcs3-524>
- 15) **Norman-Burgdolf, H.**, Larson, J. Life with Alpha-Gal Red Meat Allergy. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # Entfact-656; pp 2. (Peer-Reviewed, Original Content). Published 2024.
<https://entomology.mgcafe.uky.edu/ef656>
- 16) Lindsay, A.R., **Norman-Burgdolf, H.** Vitamins and Minerals in Substance Use Recovery. Reno, NV: Cooperative Extension Service, University of Nevada, Reno. Pub # FS-24-03; pp 2. (Peer-Reviewed, Original Content). Published 2024.
<https://psrota-r.org/wp-content/uploads/2024/06/FS-24-03-Vitamins-and-Minerals-in-Recovery-508.pdf>
- 17) Lindsay, A.R., **Norman-Burgdolf, H.** Nutrition, the Gut and a Healthy Mind in Recovery. Reno, NV: Cooperative Extension Service, University of Nevada, Reno. Pub # FS-24-02; pp 2. (Peer-Reviewed, Original Content). Published 2024.
<https://psrota-r.org/wp-content/uploads/2024/06/FS-24-02-Nutrition-the-Gut-and-a-Healthy-Mind-in-Recovery-508.pdf>
- 18) Lindsay, A.R., **Norman-Burgdolf, H.** Carbohydrates, Fat and Protein in Recovery. Reno, NV: Cooperative Extension Service, University of Nevada, Reno. Pub # FS-24-01; pp 2. (Peer-Reviewed, Original Content). Published 2024.
<https://psrota-r.org/wp-content/uploads/2024/06/FS-24-01-Carbohydrates-Fat-and-Protein-in-Recovery-508.pdf>

- 19) Burch, S.S., **Norman-Burgdolf, H.** Nutrition and Oral Health. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FN-HNB.009; pp 2. (Minor Revision). Published 2024.
<https://fcs.mgcafe.uky.edu/publications/nutrition-and-oral-health>
- 20) Rice, L., Norris, A., **Norman-Burgdolf, H.** Fueling Your Adventure: Nutrition and Food Safety for Day Hikes. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FN-HNB.005; pp 4. (Major Revision). Published 2024.
<https://fcs.mgcafe.uky.edu/publications/dining-trail>
- 21) Henken, K., Gumbert, A., **Norman-Burgdolf, H.** Water is the Liquid of Life. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-530; pp 3. (Major Revision). Published 2024.
<https://publications.mgcafe.uky.edu/fcs3-530>
- 22) Cason, A., **Norman-Burgdolf, H.** Power Up with Protein. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FN-HNB-203; pp 4. (Peer-Reviewed, Original Content). Published 2024.
<https://fcs.mgcafe.uky.edu/publications/power-protein>
- 23) Cason, A., **Norman-Burgdolf, H.** Facts about Fat. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FN-HNB-202; pp 4. (Peer-Reviewed, Original Content). Published 2024.
<https://fcs.mgcafe.uky.edu/publications/facts-about-fat>
- 24) Batey, L., **Norman-Burgdolf, H.** Food as Health for High Blood Pressure. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FN-FAH-004; pp 4. (Peer-Reviewed, Original Content). Published 2024.
<https://fcs.mgcafe.uky.edu/publications/food-health-high-blood-pressure>
- 25) Batey, L., **Norman-Burgdolf, H.** Food as Health for Heart Disease. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FN-FAH-003; pp 4. (Peer-Reviewed, Original Content). Published 2024.
<https://fcs.mgcafe.uky.edu/publications/food-health-high-blood-pressure>
- 26) Batey, L., **Norman-Burgdolf, H.** Food as Health for Diabetes. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FN-FAH-002; pp 4. (Peer-Reviewed, Original Content). Published 2024.
<https://fcs.mgcafe.uky.edu/publications/food-health-diabetes>
- 27) Batey, L., **Norman-Burgdolf, H.** Food as Health on a Budget. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FN-FAH-001; pp 5. (Peer-Reviewed, Original Content). Published 2024.
<https://fcs.mgcafe.uky.edu/publications/food-health-budget>
- 28) Cason, A., **Norman-Burgdolf, H.** Milk Matters. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FN-HNB.004; pp 4. (Peer-Reviewed, Original Content). Published 2024.
<https://fcs.mgcafe.uky.edu/publications/milk-matters>

- 29) Cason, A., **Norman-Burgdolf, H.** Building a Better Smoothie. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FN-HNB.003; pp.4. (Peer-Reviewed, Original Content). Published 2023. <https://fcs.mgcafe.uky.edu/publications/building-better-smoothie>
- 30) Pickford, K.^{**}, Brewer, D., **Norman-Burgdolf, H.** Shop Sustainably: Be a Savvy Shopper. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FN-HNB.103; pp. 6. (Peer-Reviewed, Original Content). Published 2023. <https://fcs.mgcafe.uky.edu/publications/shop-sustainably-be-savvy-shopper>
- 31) Pickford, K.^{**}, Brewer, D., **Norman-Burgdolf, H.** Your Community, Your Food. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FN-HNB.102; pp. 7. (Peer-Reviewed, Original Content). Published 2023. <https://fcs.mgcafe.uky.edu/publications/consume-more-plant-based-local-foods-your-community-your-food>
- 32) Pickford, K.^{**}, Brewer, D., **Norman-Burgdolf, H.** Reduce Food Waste: Feed People, Not Landfills. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FN-HNB.101; pp. 6. (Peer-Reviewed, Original Content). Published 2023. <https://fcs.mgcafe.uky.edu/publications/reduce-food-waste-feed-people-not-landfills>
- 33) Pickford, K.^{**}, Brewer, D., **Norman-Burgdolf, H.** Choose a Balanced Diet: A Win-Win for Our Health and the Environment. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FN-HNB.100; pp. 5. (Peer-Reviewed, Original Content). Published 2023. <https://fcs.mgcafe.uky.edu/publications/choose-balanced-diet-win-win-our-health-and-environment>
- 34) Nunez, L.[†], **Norman-Burgdolf, H.** Carbohydrates are Fuel for Life. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FN-HNB.003; pp. 4. (Peer-Reviewed, Original Content). Published 2023. <https://fcs.mgcafe.uky.edu/publications/carbohydrates-are-fuel-life>
- 35) Kostelic, A., **Norman-Burgdolf, H.** Strong Bones for Life: Preventing Osteoporosis. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # HSW-AHK.001; pp. 8. (Peer-Reviewed, Original Content). Published 2023. <https://fcs.mgcafe.uky.edu/publications/strong-bones-life-prevent-osteoporosis>
- 36) Lee, S.[†], **Norman-Burgdolf, H.** Savvy Online Grocery Shopping. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FN-HNB.002; pp. 5. (Peer-Reviewed, Original Content). Published 2023. <https://fcs.mgcafe.uky.edu/publications/savvy-online-grocery-shopping>
- 37) **Norman-Burgdolf, H.**, Norris, A., Mullins, J. Savor the Flavor: Using Kitchen Tools and Appliances. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-642; pp. 5. (Peer-Reviewed, Original Content). Published 2023. <http://publications.mgcafe.uky.edu/FCS3-642>
- 38) **Norman-Burgdolf, H.**, DeWitt, E. Understanding Obesity. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS8-128; pp. 4. (Peer-Reviewed, Original Content). Published 2023. <https://publications.mgcafe.uky.edu/FCS8-128>

*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; Journal metrics determined by Web of Science unless indicated otherwise

- 39) **Norman-Burgdolf, H.**, DeWitt, E. Does Body Weight Matter?. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS8-127; pp. 4. (Peer-Reviewed, Original Content). Published 2023. <https://publications.mgcafe.uky.edu/FCS8-127>
- 40) **Norman-Burgdolf, H.**, Norris, A. Considerations for Food and Water Before a Natural Disaster. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FN-IFD.001; pp. 4. (Peer-Reviewed, Original Content). Published 2022. <https://fcs.mgcafe.uky.edu/publications/considerations-food-and-water-natural-disaster>
- 41) **Norman-Burgdolf, H.**, Norris, A. Responding to Disasters: Keeping Food and Water Safe. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FN-IFD.002; pp. 4. (Peer-Reviewed, Original Content). Published 2022. <https://fcs.mgcafe.uky.edu/publications/keeping-food-and-water-safe-after-natural-disaster>
- 42) **Norman-Burgdolf, H.**, Najor, J. How to Get Out of a Mealtime Rut. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-635; pp. 4. (Peer-Reviewed, Original Content). Published 2022. <https://fcs.mgcafe.uky.edu/publications/how-get-out-mealtime-rut>
- 43) **Norman-Burgdolf, H.**, Mullins, J., Norris, A. Savor the Flavor: Exploring Cooking Methods. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-634; pp. 4. (Peer-Reviewed, Original Content). Published 2022. <http://publications.mgcafe.uky.edu/FCS3-634>
- 44) **Norman-Burgdolf, H.**, DeWitt, E. Macronutrients: Why We Need a Balanced Diet. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-633; pp. 4. (Peer-Reviewed, Original Content). Published 2022. <http://publications.mgcafe.uky.edu/FCS3-633>
- 45) **Norman-Burgdolf, H.**, Huff, N., Mineer, S. Making the Most of Meals while Traveling. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-632; pp. 5. (Peer-Reviewed, Original Content). Published 2022. <http://publications.mgcafe.uky.edu/FCS3-632>
- 46) Washburn, L., **Norman-Burgdolf, H.** 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). Published 2021.
- 47) Ashurst, K., Jones, N., **Norman-Burgdolf, H.**, Kostelic, A. Kick Kentucky Cancer: Taking Care of Your Mental Health during Cancer. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS8-124; pp. 4. (Peer-Reviewed, Original Content). Published 2020. <https://publications.mgcafe.uky.edu/fcs8-124>
- 48) Kostelic, A., Ashurst, K., Jones, N., **Norman-Burgdolf, H.** Kick Kentucky Cancer: Caring for Someone with Cancer. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS8-122; pp. 6. (Peer-Reviewed, Original Content). Published 2020. <https://publications.mgcafe.uky.edu/fcs8-122>

- 49) Kostelic, A., Ashurst, K., Jones, N., **Norman-Burgdolf, H.** Kick Kentucky Cancer: *Interacting with Someone with Cancer*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS8-121; pp. 5. (Peer-Reviewed, Original Content). Published 2020. <https://publications.mgcafe.uky.edu/fcs8-121>
- 50) Jones, N., **Norman-Burgdolf, H.**, Kostelic, A., Ashurst, K. Kick Kentucky Cancer: Understanding the Basics of Cancer. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS8-120; pp. 4. (Peer-Reviewed, Original Content). Published 2020. <https://publications.mgcafe.uky.edu/fcs8-120>
- 51) **Norman-Burgdolf, H.**, Lewis, K., Kostelic, A., Ashurst, K., Jones, N. Kick Kentucky Cancer: Managing Nutrition during Cancer. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS8-123; pp.7. (Peer-Reviewed, Original Content). Published 2020. <https://publications.mgcafe.uky.edu/fcs8-123>
- 52) **Norman-Burgdolf, H.**, Mullins, J., Norris, A. Savor the Flavor: Building Flavor with Herbs. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-629; pp.4. (Peer-Reviewed, Original Content). Published 2019. <https://publications.mgcafe.uky.edu/fcs3-629>
- 53) **Norman-Burgdolf, H.**, Mullins, J., Norris, A. Savor the Flavor: Seasoning with Spices. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-630; pp.4. (Peer-Reviewed, Original Content). Published 2019. <https://publications.mgcafe.uky.edu/fcs3-630>
- 54) **Norman-Burgdolf, H.**, Mullins, J., Norris, A. Savor the Flavor: Cooking with Oils and Vinegars. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-628; pp.6. (Peer Reviewed, Original Content). Published 2019. <https://publications.mgcafe.uky.edu/fcs3-628>
- 55) **Norman-Burgdolf, H.**, Bridge, J.^ Sensational Salads. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-627; pp.4. (Peer Reviewed, Original Content). Published 2018. <https://publications.mgcafe.uky.edu/fcs3-627>
- 56) **Norman-Burgdolf, H.**, Norris, A. Talking Turkey: Dinner is Served. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-620; pp.5. (Peer Reviewed, Original Content). Published 2018. <https://publications.mgcafe.uky.edu/fcs3-620>
- 57) **Norman-Burgdolf, H.**, Norris, A. Talking Turkey: Prep and Safety. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-619; pp.5. (Peer Reviewed, Original Content). Published 2018. <https://publications.mgcafe.uky.edu/fcs3-619>
- 58) **Norman-Burgdolf, H.** Diabetes and Hemoglobin A1C. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-542; pp. 2. (Minor Revision). Published 2018. <https://publications.mgcafe.uky.edu/fcs3-542>

- 59) **Norman-Burgdolf, H.** Diabetes and High Blood Pressure. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-543; pp. 4. (Minor Revision). Published 2018. <https://publications.mqcafe.uky.edu/fcs3-543>
- 60) **Norman-Burgdolf, H.** Carbohydrate Counting. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-546; pp. 7. (Major Revision). Published 2018. <https://publications.mqcafe.uky.edu/fcs3-546-0>
- 61) **Norman-Burgdolf, H.**, Goodman, M.[^], Harris, J.[^] Sweet Enough without All that Sugar. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-618; pp.6. (Peer Reviewed, Original Content). Published 2018. <https://publications.mqcafe.uky.edu/fcs3-618>
- 62) **Norman-Burgdolf, H.** Meal Kits: Are They Worth It?. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-610; pp. 5. (Peer Reviewed, Original Content). Published 2018. <https://publications.mqcafe.uky.edu/fcs3-610>
- 63) **Norman-Burgdolf, H.** Understanding Healthy Food Choices. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-604; pp. 4. (Peer Reviewed, Original Content). Published 2018. <https://publications.mqcafe.uky.edu/fcs3-604>
- 64) **Norman-Burgdolf, H.** Navigating the Grocery Store. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-605; pp.3. (Peer Reviewed, Original Content). Published 2018. <https://publications.mqcafe.uky.edu/fcs3-605>
- 65) **Norman-Burgdolf, H.** Modifying Recipes. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-606; pp. 2. (Peer Reviewed, Original Content). Published 2018. <https://publications.mqcafe.uky.edu/fcs3-606>
- 66) **Norman-Burgdolf, H.** Fitting Nutrition into Your Busy Lifestyle. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-607; pp. 2. (Peer Reviewed, Original Content). Published 2018. <https://publications.mqcafe.uky.edu/fcs3-608>
- 67) **Norman-Burgdolf, H.** Dining Out in a Healthy Way. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-608; pp. 5. (Peer Reviewed, Original Content). Published 2018. <https://publications.mqcafe.uky.edu/fcs3-607>
- 68) **Norman-Burgdolf, H.** Shaking Down on Sodium. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-609; pp. 2. (Peer Reviewed, Original Content). Published 2018. <https://publications.mqcafe.uky.edu/fcs3-609>
- 69) **Norman-Burgdolf, H.** Nutrition and Your Health. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-611; pp. 4. (Peer Reviewed, Original Content). Published 2017. <https://publications.mqcafe.uky.edu/fcs3-611>

- 70) **Norman-Burgdolf, H.** It Starts with Body Weight. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-612; pp. 5. (Peer Reviewed, Original Content). Published 2017. *Archived*.
- 71) **Norman-Burgdolf, H.** Why Blood Sugar Matters. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-613; pp. 5. (Peer Reviewed, Original Content). Published 2017.
<https://publications.mgcafe.uky.edu/fcs3-613>
- 72) **Norman-Burgdolf, H.** All About Blood Pressure. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-614; pp. 4. (Peer Reviewed, Original Content). Published 2017.
<https://publications.mgcafe.uky.edu/fcs3-614>
- 73) **Norman-Burgdolf, H.** Healthy Choices for a Healthy Heart. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-615; pp. 4. (Peer Reviewed, Original Content). Published 2017.
<https://publications.mgcafe.uky.edu/fcs3-615>
- 74) **Norman-Burgdolf, H.** Say Yes to Cancer Prevention. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-616; pp. 4. (Peer Reviewed, Original Content). Published 2017.
<https://publications.mgcafe.uky.edu/fcs3-616>
- 75) **Norman-Burgdolf, H.** Breathe Easy with COPD. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-617; pp. 3. (Peer Reviewed, Original Content). Published 2017.
<https://publications.mgcafe.uky.edu/fcs3-617>

Submitted/In-Progress

- 1) **Norman-Burgdolf, H.** Hydration and Electrolytes: What Matters for the Most of Us. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. (Submitted June 2025)
- 2) **Norman-Burgdolf, H.,** Cason, A., Campbell, L.^ Quick Bites, Nutritious Picks: A Fast-Food Guide. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. (Submitted June 2025)
- 3) **Norman-Burgdolf, H.,** Cason, A., Campbell, L.^ Quick Stops, Smart Snacks: A Convenience Store Guide. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. (Submitted June 2025)
- 4) **Norman-Burgdolf, H.** Beyond the Scale: Better Ways to Measure Health. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. (Submitted June 2025)
- 5) **Norman-Burgdolf, H.,** Dewitt, E., Cason, A. Egg Essentials: A Guide to Cooking Eggs. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. (Submitted June 2025)

- 6) **Norman-Burgdolf, H.**, Jacobs, J., Cason, A. Egg Essentials: A Guide to Backyard Eggs. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. (Submitted June 2025)
- 7) **Norman-Burgdolf, H.**, Norris, A., Cason, A. Egg Essentials: A Guide to Store-bought Eggs. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. (Submitted June 2025)

PEER-REVIEWED MANUSCRIPTS

(Accepted/Published since 2017 = 32)

1 = PI/Corresponding author

2 = Technical expertise/program implementation

3 = Experimental concept and design/manuscript preparation

Published since 2019 Appointment

- 1) Smalls, B., Ortiz, C., Barr-Porter, M., **Norman-Burgdolf, H.**³, McLouth, C., Harlow, B., Thornquist, A., Leshi, O. Promoting Intergenerational Health in Rural Kentuckians with Diabetes (PIHRK'D): A Protocol Paper. *JMIR Research Protocols*. 2025;14, e69301. Published 2025 July 24.
<https://doi.org/10.2196/69301>.
Impact Factor of Journal: 1.5; Journal Ranking by Impact Factor for General Medicine: 235/668.
- 2) Adedokun, O. A., Desmennu, O. M., Elswick, A., Huff, N., Jenkins, B., Jury, K., **Norman-Burgdolf, H.**^{2,3}. Measuring Collective Impact of Extension Programs Addressing Substance Use and Mental Health. *Journal of Human Sciences and Extension*. 2025;13(1):9. Published 2025 June.
<https://scholarsjunction.msstate.edu/jhse/vol13/iss1/9/>
Alternative Journal Quality Indication: This publication reaches land-grant institutions and Extension professionals.
- 3) Barker, L.^{**}, **Norman-Burgdolf, H.**^{2,3}, Koempel, A., Pickford, K., Stephenson, T., Brewer, D. Utilizing the Perspectives of Kentucky Family and Consumer Sciences Extension Agents to Develop a Sustainable Eating Curriculum. *Journal of Human Sciences and Extension*. 2024;12(3):7. Published 2024 December. <https://scholarsjunction.msstate.edu/jhse/vol12/iss3/7/>
Alternative Journal Quality Indication: This publication reaches land-grant institutions and Extension professionals.
- 4) Kennedy, L., **Norman-Burgdolf, H.**^{2,3}, Washburn, L., Jarvandi, S. External Factors Influencing the Implementation of Policy, System, and Environmental Change Strategies within Cooperative Extension. *Health Promotion Practice*. 2024;26(4):796-806. Published 2024 October 17.
<https://doi.org/10.1177/15248399241285506>.
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.**^{2,3}, McCulley, M. Using Mentimeter in Online Book Clubs to Engage and Educate Extension Audiences. *Journal of Human Sciences and Extension*. 2024;12(2):9. Published 2024 September 30. <https://doi.org/10.55533/2325-5226.1462>.
Alternative Journal Quality Indication: This publication reaches land-grant institutions and Extension professionals.
- 6) **Norman-Burgdolf, H.**^{1,3}, Barr-Porter, M., Lacy, M.E., Smalls, B. Leveraging Cooperative Extension Services as a Population Health Approach to Reduce Health Disparities. *Journal of Rural Health*. 2024;41(1):e12853. Published 2024 June 4. <https://doi.org/10.1111/jrh.12853>.

*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; Journal metrics determined by Web of Science unless indicated otherwise

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.**^{2,3} 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*. 2024;21(5):594. Published 2024 May 4. <https://doi.org/10.3390/ijerph21050594>.
Impact Factor of Journal: 4.614; Journal Ranking by Impact Factor for Public, Environmental, and Occupational Health: 42/176
- 8) **Norman-Burgdolf, H.**^{1,2,3}, DeWitt, E., Combs, E.L., Luecking, C.T., West, H.L. Implementation and Evaluation of a Virtual Statewide Book Club to Address Nutrition Misinformation. *Journal of Nutrition Education and Behavior*. 2024;56(7):499-506. Published 2024 May 1. <https://doi.org/10.1016/j.jneb.2024.03.015>.
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.**^{1,2,3} Exploring Food-Based Cultural Practices to Address Food Insecurity in Rural Appalachia. *Health Education & Behavior*. 2023;50(4):529-537. Published 2023 August 1. <https://doi.org/10.1177/10901981231175360>.
Impact Factor of Journal: 4.2; Journal Ranking by Impact Factor for Public, Environmental, and Occupational Health: 50/180
- 10) **Norman-Burgdolf, H.**^{1,2,3}, Lindsay, A.R., Webber, K.H., Parker, J., Adams, I.K.R., Idris, R., Hubbs-Tait, L., Chapman-Novakofski, K. Development and Piloting of a Novel Evaluation Tool for Childhood Obesity Prevention Programs. *Journal of Human Sciences and Extension*. 2023;11(1):8. Published 2023 May 15. <https://doi.org/10.55533/2325-5226.1410>.
Alternative Journal Quality Indication: This publication reaches land-grant institutions and Extension professionals.
- 11) **Norman-Burgdolf, H.**^{1,2,3}, DeWitt, E., Gillespie, R., Cardarelli, K., Slone, S., Gustafson, A. 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*. 2023;14(11):1142478. Published 2023 April 13. <https://doi.org/10.3389/fpubh.2023.1142478>.
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.**^{1,2,3} Leveraging Clinical-Community Partnerships to Deliver the Diabetes Prevention Program through Cooperative Extension. *ADCES in Practice*. 2023;11(3):8-13. Published 2023 March 25. <https://doi.org/10.1177/2633559X231159379>
Alternative Journal Quality Indication: This publication reaches diabetes educators working in clinical settings.
- 13) DeWitt, E., Gillespie, R., **Norman-Burgdolf, H.**³, Slone, S., Cardarelli, K., Gustafson, A. Exploring the Relationship between SNAP Enrollment and Food Insecurity in Rural Appalachia. *Journal of Hunger and Environmental Nutrition*. 2022;19(1):38-49. Published 2022 December 15. <https://doi.org/10.1080/19320248.2022.2157231>
Impact Factor of Journal: 2.7; Journal Ranking by Impact Factor for Health (social science): 120/323

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- 14) Washburn, L., **Norman-Burgdolf, H.**^{2,3}, Jones, N., Kennedy, L., Jarvandi, S. Exploring Extension Agent Capacity and Readiness to Adopt Policy, Systems, and Environmental Change Approaches. *Frontiers in Public Health*. 2022;26(10):856788. Published 2022 May 25.
<https://doi.org/10.3389/fpubh.2022.856788>
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.**^{1,2,3} Examining the Perspectives and Experiences of Nutrition Educators Working with Clients in Substance Use Recovery Settings. *Journal of Human Sciences and Extension*. 2022;10(1):14. Published 2022 April 21.
<https://scholarsjunction.msstate.edu/cgi/viewcontent.cgi?article=1343&context=jhse>
Alternative Journal Quality Indication: This publication reaches land-grant institutions and Extension professionals.
- 16) Balis, L., Gallup, S., **Norman-Burgdolf, H.**³, Buck, J., Daniels, P., Remley, D., Graves, L., Jenkins, M., Price, G. Unifying Multi-State Efforts through a Nationally-Coordinated Extension Diabetes Program. *Journal of Human Sciences and Extension*, 2022;10(1):5. Published 2022 April 21.
<https://scholarsjunction.msstate.edu/cgi/viewcontent.cgi?article=1334&context=jhse>
Alternative Journal Quality Indication: This publication reaches land-grant institutions and Extension professionals.
- 17) Cardarelli, K., DeWitt, E., Gillespie, R., Graham, R., **Norman-Burgdolf, H.**^{2,3}, Mullins, J. Policy Implications of the COVID-19 pandemic on food security in rural America: Evidence from Appalachia. *International Journal of Environmental Research and Public Health*, 2021;18(23):12792. Published 2021 October 28. <https://doi.org/10.3390/ijerph182312792>
Impact Factor of Journal: 3.390; Journal Ranking by Impact Factor for Public, Environmental, and Occupational Health: 42/176
- 18) **Norman-Burgdolf, H.**^{1,2,3}, DeWitt, E., Cardarelli, K., Gillespie, R., Slone, S., Gustafson, A. Sugar-sweetened beverage consumption among adults in rural Appalachia. *Preventive Medicine Reports*, 2021;24:101642. Published 2021 November 18. <https://doi.org/10.1016/j.pmedr.2021.101642>
Impact Factor of Journal: 2.813; Journal Ranking by Impact Factor for Health Informatics: 34/95 (provided by Scopus)
- 19) Breazeale, N., **Norman-Burgdolf, H.**^{2,3}, Counts, K.**, Williams, L.B. Process Evaluation of the National Diabetes Prevention Program through Kentucky Cooperative Extension: Perceptions of Adopters and Potential Adopters. *Journal of Human Sciences and Extension*, 2021;9(3):189-205. Published 2021 October 28. <https://scholarsjunction.msstate.edu/jhse/vol9/iss3/12/>
Alternative Journal Quality Indication: This publication reaches land-grant institutions and Extension professionals.
- 20) Gillespie, R., DeWitt, E., **Norman-Burgdolf, H.**³, Dunaway, B.**, Gustafson, A. Community-based Efforts Aim to Improve the Food Environment Within a High Obese Rural Appalachian County. *Nutrients*, 2021;13(7):2200. Published 2021 June 26. <https://doi.org/10.3390/nu13072200>
Impact Factor of Journal: 5.719; Journal Ranking by Impact Factor for Nutrition and Dietetics: 17/88
- 21) Luecking, C.T., Combs, L.M., **Norman-Burgdolf, H.**^{2,3} Alternative Community Nutrition Experiential Learning Opportunities for Dietetic Interns during COVID-19. *NACTA Journal*, 2021;65:90-95. Published 2021 April. https://uknowledge.uky.edu/foodsci_facpub/36/
Alternative Journal Quality Indication: This publication reaches land-grant institutions and educators.

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- 22) **Norman-Burgdolf, H.^{1,2,3}**, Rieske-Kinney, L. Healthy Trees – Healthy People: A Model for Engaging Citizen Scientists in Exotic Pest Detection in Urban Parks. *Urban Forestry & Urban Greening*, 2021:60:127067. Published 2021 March 9. <https://doi.org/10.1016/j.ufug.2021.127067>
Impact Factor of Journal: 4.539; Journal Ranking by Impact Factor for Environmental Studies: 35/125

- 23) Washburn, L., **Norman-Burgdolf, H.^{2,3}**, Franck, K.L., Kennedy, L., Sneed, C.T. Integrating PSE Work into FCS Extension Programming: Lessons Learned from a Multi-State Training. *Journal of Human Sciences and Extension*, 2021:9(1):194-207. Published 2021 March 1.
<https://scholarsjunction.msstate.edu/jhse/vol9/iss1/13/>
Alternative Journal Quality Indication: This publication reaches land-grant institutions and Extension professionals.

- 24) Mullins, J., Walters, J., Najor, J., Mikuska, J., Courtney, A., **Norman-Burgdolf, H.³** Evaluation of a social marketing approach to healthy, home-cooked family meals for low-income mothers of young children. *Translational Behavioral Medicine*, 2021:10(6):1312-1321. Published 2021 January 9.
<https://doi.org/10.1093/tbm/ibaa037>
Impact Factor of Journal: 3.046; Journal Ranking by Impact Factor for Public, Environmental, and Occupational Health: 54/176

- 25) Plasencia, J., **Norman-Burgdolf, H.³**, Weatherspoon, L. Cultural Sensitivity in Dietetics Education. *NACTA Journal*, 2020;65:376-382. Published 2020 November 1.
https://uknowledge.uky.edu/foodsci_facpub/41/
Alternative Journal Quality Indication: This publication reaches land-grant institutions and educators.

- 26) **Norman-Burgdolf, H.²**, Li, D., Sullivan, P., Wang, S. CD47 differentially regulates white and brown fat function. *Biology Open*, 2020;9(12):bio056747. Published 2020 December 16.
<https://doi.org/10.1242/bio.056747>
Impact Factor of Journal: 2.422; Journal Ranking by Impact Factor for Biology: 46/93;
Data collection and analysis done while a PhD student with writing and revision for publication completed as an Assistant Professor

- 27) Cardarelli, K., DeWitt, E., Gillespie, R., **Norman-Burgdolf, H.^{2,3}**, Jones, N., Mullins, J. “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*, 2020;17(e165):1-10. Published December 24 2020. <http://dx.doi.org/10.5888/pcd17.200340>
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.^{2,3}**, Washburn, L., Jarvandi, S., Mullins, J. Policy, Systems, and Environmental Change: A Planning Tool for Community Implementation. *Journal of Extension*. 2020;58(4):5. Published 2020 August 1.
<https://open.clemson.edu/joe/vol58/iss4/5/>
Alternative Journal Quality Indication: This publication reaches land-grant institutions and Extension professionals.

- 29) Sneed, C.T., Franck, K.L., **Norman-Burgdolf, H.³**, Washburn, L., Kennedy, L., Jarvandi, S., Mullins, J. Two States, One Mission: Building PSE Capacity of County Extension Educators. *Journal of Extension*, 2020;58(4):10. Published 2020 August 1.
<https://open.clemson.edu/joe/vol58/iss4/10/>

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Alternative Journal Quality Indication: This publication reaches land-grant institutions and Extension professionals.

- 30) **Norman-Burgdolf, H.**^{1,2,3}, DeWitt, E., Vanderford, N., Plasencia, J. Communication of Professional Readiness in Dietetics and Human Nutrition Undergraduates: A Pilot Study. *NACTA Journal*, 2019;64(1):58-65. Published 2019 October. https://uknowledge.uky.edu/foodsci_facpub/29/
Alternative Journal Quality Indication: This publication reaches land-grant institutions and educators.
- 31) DeWitt, E., Gillespie, R., **Norman-Burgdolf, H.**^{2,3}, Cardarelli, K., Slone, S., Gustafson, A. 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*, 2020;17(17):6037. Published 2020 August 19. <https://doi.org/10.3390/ijerph17176037>
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.**³, & Franz, N. A Brief Report on a Facilitated Approach to Connect Cooperative Extension Southern Region State-Level Health Specialists. *Journal of Human Sciences and Extension*, 2020;8(1):191-205. Published 2020 March 3. <https://scholarsjunction.msstate.edu/jhse/vol8/iss1/12/>
Alternative Journal Quality Indication: This publication reaches land-grant institutions and Extension professionals.

Prior to Appointment

- 33) **Norman-Burgdolf, H.**^{2,3}, Vanderford, N. L. Preparing future professionals by enhancing workforce readiness. *Nature biotechnology*, 2016;34(1):111-113. Published 2016 January 1. <https://doi.org/10.1038/nbt.3459>
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-Burgdolf, H.**², Zhou, C., & Wang, S. Interaction of thrombospondin1 and CD36 contributes to obesity-associated podocytopathy. *Biochimica et Biophysica Acta (BBA)-Molecular Basis of Disease*, 2015;1852(7):1323-1333. Published 2015 March 30. <https://doi.org/10.1016/j.bbadis.2015.03.010>
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-Burgdolf, H.**², & Wang, S. Thrombospondin1 deficiency attenuates obesity-associated microvascular complications in ApoE-/-mice. *PloS one*, 2015;10(3): e0121403. Published 2015 March 24. <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0121403>
Impact Factor of Journal: 3.240; Journal Ranking by Impact Factor for Multidisciplinary Sciences: 26/72
- 36) Maimaitiyiming, H.⁺, **Norman-Burgdolf, H.**^{*,2,3}, Zhou, Q., & Wang, S. CD47 deficiency protects mice from diet-induced obesity and improves whole body glucose tolerance and insulin sensitivity. *Scientific reports*, 2015;5(1):1-10. Published 2015 March 09. <https://doi.org/10.1038/srep08846>
Impact Factor of Journal: 4.380; Journal Ranking by Impact Factor for Multidisciplinary Sciences: 17/72

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- 37) Cui, W., Maimaitiyiming, H., Qi, X., **Norman-Burgdolf, H.²**, Zhou, Q., Wang, X., Fu, J., Wang, S. Increasing cGMP-dependent protein kinase activity attenuates unilateral ureteral obstruction-induced renal fibrosis. *American Journal of Physiology-Renal Physiology*, 2014;306(9):F996-F1007. Published 2014 May 1. <https://doi.org/10.1152/ajprenal.00657.2013>
Impact Factor of Journal: 3.377; Journal Ranking by Impact Factor for Physiology: 30/81
- 38) Cui, W., Maimaitiyiming, H., Qi, X., **Norman-Burgdolf, H.²**, Wang, S. Thrombospondin 1 mediates renal dysfunction in a mouse model of high-fat diet-induced obesity. *American Journal of Physiology-Renal Physiology*, 2013;305(6):F871-F880. Published 2013 September 15.
<https://doi.org/10.1152/ajprenal.00209.2013>
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-Burgdolf, H.²**, Qi, X., Wang, S. Increasing cGMP-dependent protein kinase I activity attenuates cisplatin-induced kidney injury through protection of mitochondria function. *American Journal of Physiology-Renal Physiology*, 2013;305(6):F881-F890. Published 2013 September 15.
<https://doi.org/10.1152/ajprenal.00192.2013>
Impact Factor of Journal: 3.377; Journal Ranking by Impact Factor for Physiology: 30/81

Submitted/In-Progress Manuscripts

1 = PI/Corresponding author

2 = Technical expertise/program implementation

3 = Experimental concept and design/manuscript preparation

- 1) Omotilewa, O., Adedokun, O., **Norman-Burgdolf, H.^{2,3}**. Granular Insights from Local Data: Identifying Health Education Needs of Appalachia Kentucky. *Target Journal: Health Education & Behavior*. (Revised and Resubmitted November 2025)
- 2) Cason, A., Luecking, C.T., Ward, J., **Norman-Burgdolf, H.^{1,3}** Reframing health: A call to deprioritize weight in community nutrition programs. *Target Journal: Journal of Extension* (Submitted November 2025)
- 3) **Norman-Burgdolf, H.^{2,3}**, Lindsey, A. 40 Years Later: The Role of Nutrition Education in Substance Use Recovery. *Target Journal: Journal of Nutrition Education and Behavior* (In development)
- 4) Combs, L., Luecking, C.T., Cason, A., **Norman-Burgdolf, H.^{2,3}** Enhancing Nutrition Communication Skills and Competencies Through Experiential Learning to Create Cooperative Extension Resources. *Target Journal: Journal of Dietetic Education*. (In development)
- 5) Combs, L., Luecking, C.T., Cason, A., **Norman-Burgdolf, H.^{2,3}** Student Perceptions of Dietetic Competencies and Transferable Skills Development through Experiential Learning with Cooperative Extension. *Target Journal: Journal of Dietetic Education*. (In development)

ENGAGED SCHOLARSHIP

This form of scholarship is not externally peer-reviewed but provides the opportunity to showcase scholarship around collaborative and reciprocal partnerships between the university and community organizations with mutual benefit and exchange of knowledge and resources.

- 1) Combs, L., **Norman-Burgdolf, H.³** Meeting Community Need in the Classroom: Creative Collaborations Between Students and Cooperative Extension," *Greater Faculties: A Review of Teaching and Learning*: 2025;4:5. Published 2025 February 15.
<https://uknowledge.uky.edu/greaterfaculties/vol4/iss1/5>

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GRANT ACTIVITY

Extramural Grant-Funded Projects

Smalls, B. (PI), **Norman-Burgdolf, H. (Co-I)**, Barr, M. (Co-I). November 15, 2022 – November 14, 2027. *Addressing Intergenerational Obesity and Promoting Healthy Eating and Physical Activity Among Individuals Living with Diabetes in Rural Kentucky*. American Diabetes Association Innovative Clinical or Translational Science Award. (Extramural Funded Project, National Award). \$831,833; FTE 5%. (national, competitive)

- Oversee and evaluate the Dining with Diabetes Extension program and provide subject matter expertise and technical support to Extension agents and implementers.

Pending External Grants

Woods, T. (PI), Rossi, J., **Norman-Burgdolf, H. (Co-I)**, Luecking, C.T. (Co-I). 09/30/2025 – 09/29/2028. *Growing CSA: A National Nutrition Education and Marketing Initiative*. USDA-Agricultural Marketing Service – Farmers Market Promotion Program. \$109,857; 1% FTE. (national, competitive)

- Co-facilitate a nutrition education working group to identify best practices of emphasizing nutritional aspects of community-supported agriculture

Brewer, D., (Co-PI), **Norman-Burgdolf, H. (Co-PI)**, Elswick, A. (Co-I), Pace, A. (Co-I), Johnson, D. (Co-I). 09/01/2026 – 08/31/2031. *NOURISH: Nutritional Opportunities & Utilization in Recovery Institutions for SUD Healing*. USDA – AFRI Integrated Standard Grant. \$1,000,000; 8.5% FTE (national, competitive)

- Co-create a nutrition and substance use recovery specific resource hub for residential recovery centers and support education and training opportunities for healthcare providers focused on nutrition and substance use

Zhao, S. (Co-PI), Maksi, S. (Co-PI), **Norman-Burgdolf, H. (Co-PI)**, Hunter, J. (Co-I), Weddle, L. (Co-I), Zheng, Y. (Co-I), Adedokun, O. (Co-I), Jiang, M. (Co-I), Li, Q. (Co-I). 09/01/2026-08/31/2030. *PARTNERSHIP: From Data to Action – Developing and Evaluating the Beverage Choice Navigation Toolkit to Empower Healthier Decisions*. USDA – AFRI Integrated Standard Grant. \$1,125,000; 12% FTE (national, competitive)

- Develop, implement and evaluate a beverage navigation toolkit with EFNEP audiences across Kentucky

Completed External Awards

Plasencia, J. (PI), Brewer, D. (Co-PI), Grubbs, A. (Co-PI), Osorio, J. (Co-PI), **Norman-Burgdolf, H. (Co-I)**, Miller, C. (Co-PI). May 1, 2020 – April 30, 2025. *Bridge Scholars Program – Bridging Disease Prevention through Nutrition-Focused Education in Community Clinics*. USDA – AFRI Integrated Standard Grant. \$500,000; 1.5% FTE (national, competitive)

- Serve as mentor to 1-2 students a year and oversee research projects completed by Bridge Scholars related to Cooperative Extension.

Norman-Burgdolf, H. (PI). October 1, 2019 – December 31, 2023. *UK Barnstable Brown Diabetes Center and UK Cooperative Extension Dissemination of the National Diabetes Prevention Program*. UnitedHealthcare Community Challenge Grant, \$84,550; 3% FTE. (national, competitive)

- Oversee implementation, reporting, and evaluation of Diabetes Prevention Programming by County Agents in conjunction with UK Healthcare Barnstable Brown Diabetes Center.

Norman-Burgdolf, H. (PI), Brewer, D. (Co-I), Pennell, K. (Co-I), Hunter, J. (Co-I). October 1, 2019 – September 30, 2022. *Plate It Up! Kentucky Proud: Sustainability Project*. Kentucky Department of Agriculture Specialty Crop Block Grant Program. \$50,000; 3% FTE. (regional, competitive)

*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; Journal metrics determined by Web of Science unless indicated otherwise

- Oversee grant administration and evaluation and serve as the Chair of the Plate it up! Kentucky Proud Administrative Committee.

Norman-Burgdolf, H. (PI), Brewer, D. (Co-I), Hunter, J. (Co-I). October 1, 2018 – September 30, 2021. *Plate It Up! Kentucky Proud: Mobile Kitchen Project*. Kentucky Department of Agriculture Specialty Crop Block Grant Program. \$50,000; 3% FTE. (regional, competitive)

- Oversee grant administration and evaluation and serve as the Chair of the Plate it up! Kentucky proud Administrative Committee.

Norman-Burgdolf, H. (PI), Hunter, J. (Co-I). October 1, 2017 – September 30, 2021. *Plate It Up! Kentucky Proud: Recipe Development and Education for Those Experiencing Hunger*. Kentucky Department of Agriculture Specialty Crop Block Grant Program. \$25,000; 3% FTE (regional, competitive)

- Oversee grant administration and evaluation and serve as the Chair of the Plate it up! Kentucky Proud Administrative Committee.

Hunter, J.L. (PI), Gustafson, A. (Co-PI), Koo, J. (Co-I), **Norman-Burgdolf, H. (Co-I)**, Cardarelli, K. (Co-I). September 30, 2018 – September 29, 2023. *CDC High Obesity Program*. Center for Disease Control and Prevention, \$2,985,926; 5% FTE. (national, competitive)

- Oversee Extension programming, contribute to project evaluation and reporting.

Rieske-Kinney, L. (PI), **Norman-Burgdolf, H. (Co-PI)**. June 2018-May 2019. *Healthy Trees – Healthy People: A Tool to Improve Human and Urban Tree Health*. USDA Farm Bill. \$37,539; 0% FTE. (national, competitive)

- Provided significant contribution to program delivery, program evaluation, and grant reporting.

Rieske-Kinney, L. (PI), Webber, K. (Co-I), **Norman-Burgdolf, H. (Co-I)**. April 2017-April 2018. *Healthy Trees – Healthy People: A Tool to Increase Physical Activity and Improve Human and Urban Tree Health*. USDA Farm Bill. \$34,396; 0% FTE. (national, competitive)

- Provided significant contribution to program delivery, program evaluation, and grant reporting.

Completed Internal Grants

Norman-Burgdolf, H. (PI), Najor, J. (Co-I), Savage, N. (Co-I). January 2024-December 2024. *Equipping Extension Professionals to Support Audiences with Diverse Abilities: Development and Dissemination of a Guidebook for Inclusive Nutrition Education*. UK Land-grant Engaged Project. \$18,500; 0% FTE. (internal, competitive)

- Conceptualized and obtained funding to develop and evaluate the creation of an internal resource that addressed including people with disabilities within nutrition education programs, in partnership with the UK Nutrition Education Program and the UK Human Development Institute.

Norman-Burgdolf, H. (PI), DeWitt, E. (Co-I), Combs, L. (Co-I). July 2022-June 2023. *Big Blue Book Club through FCS Extension for DHN Students*. Charles E. Barnhart Fund for Excellence. \$1,000; 0% FTE. (internal, competitive)

- Conceptualized and obtained funding to integrate undergraduate students in DHN 313 Community Nutrition into existing FCS Extension Programming.

Harris, R. (PI), **Norman-Burgdolf, H. (Co-I)**, Hege, A. (Co-I). June 2017-June 2018. *Tweens Nutrition and Fitness Coalition. Fresh Stop Markets' Youth Food Justice Leadership to Support Child/Family Food Systems' Engagement*. The Food Connection at the University of Kentucky Student Opportunity Grants. \$5,000; 0% FTE. (internal, competitive)

- Supported two graduate students obtaining community nutrition education experience.

Plasencia, J. (PI), DeWitt, E. (Co-I), **Norman-Burgdolf, H.** (Co-I). January 2018-June 2018. *Enhancing Transferable Skills in Undergraduate Dietetics and Human Nutrition Students*. University of Kentucky School of Human Environmental Sciences Research Activity Award. \$2,115; 0% FTE. (internal, competitive)

- Supported a series of workshops for undergraduate students focused on transferable skills in the Department of Dietetics and Human Nutrition that resulted in a journal publication.

Norman-Burgdolf, H. (PI), May 2017-May 2018. *Enhancing Diabetes Education through FCS Extension*. Kentucky Extension Homemakers' Association Annual Mini-Grant Fund. \$500; 0% FTE. (internal, competitive)

- 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

Smalls, B. (PI), **Norman-Burgdolf, H.** (Co-I), Barr, M. (Co-I), Lacy, B. (Co-I), Thompson, K. (Co-I), Davis, A. (Co-I). *Policy and Health Implications of the Availability of Cooperative Extension to Address Cardiometabolic Conditions in a Heterogenous Rural State*. 2022. NIH-R01-RFA-AG-23-004. \$3,040,204. Scored: 57. (external, competitive)

Smalls, B. (PI), **Norman-Burgdolf, H.** (Co-PI), Barr, M. (Co-PI). *Addressing Intergenerational Obesity and Promoting Healthy Eating and Physical Activity Among Individuals Living with Diabetes in Rural Kentucky*. 2022. American Diabetes Association. Requested \$600,000. (external, competitive)

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. (external, competitive)

Norman-Burgdolf, H. (PI), Luecking, C.T. (Co-PI). *Plate it up! Kentucky Proud: Priming Kentucky Proud Palates from Birth*. 2021. Kentucky Department of Agriculture Specialty Crop Block Grant Program. Requested \$50,000. (regional, competitive)

Gustafson, A. (PI), Jilcott-Pitts, S. (Co-PI), **Norman-Burgdolf, H.** (Co-I), Haynes-Maslow, L. (Co-I), Sneed, C. (Co-I), Anderson, B. (Co-I). *Online grocery shopping intervention to improve dietary intake and purchasing of local food*. 2021. USDA NIFA AFRI Integrated Standard Grant. Requested \$1,000,000. (external, competitive)

Smalls, B. (PI), Kiviniemi, M. (Co-I), Douthitt, K. (Co-I), **Norman-Burgdolf, H.** (Co-I), Thompson, K. (Co-I). *Caring for Grandfamilies: Evaluating the Role of Social Support in Grandparents Living with T2DM*. 2021. NIH-R21-PAR-19-222 Small Grants for New Investigators to Promote Diversity in Health-Related Research. Requested \$600,000. (external, competitive)

Gustafson, A. (PI), Jilcott-Pitts, S. (Co-I), **Norman-Burgdolf, H.** (Co-I). *Geo-targeted text message intervention to improve dietary intake and purchasing of local food*. 2020. USDA NIFA AFRI Integrated Standard Grant. Requested \$600,000. (external, competitive)

Rafie, C. (PI), Bobroff, L. (Co-I), **Norman-Burgdolf, H.** (Co-I), Peritore, N. (Co-I), Jarvandi, S. (Co-I), Frank, K. (Co-I), Head, D. (Co-I). *Scaling the National Diabetes Prevention Program through FCS Extension in Underserved Areas*. 2017. Centers for Disease Control and Prevention. Requested \$1,500,000. (external, competitive)

Bates, J. (PI), **Norman-Burgdolf, H.** (Co-I), Remley, D. (Co-I), Spaeth, C. (Co-I), Murphy, E. (Co-I), MacArthur, S. (Co-I). *Grilling with Dad: Tools for Preventing Childhood Obesity and Choosing a Healthy*

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Lifestyle. 2017. USDA NIFA AFRI Integrated Standard Grant. Requested \$2,486,986. (external, competitive)

Unfunded Internal-Grant Projects

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

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

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

INVITED PRESENTATIONS

Since 2017 Appointment

- 1) **Norman-Burgdolf, H.** Innovative Approaches to Food and Nutrition Programming within Cooperative Extension. College Faculty Meeting, Lexington, KY. November 2025.
- 2) **Norman-Burgdolf, H.** (Panelist). Local Food is Medicine. Local Food Systems Summit, Lexington, KY. May 2025.
- 3) **Norman-Burgdolf, H.,** Cason, A. Nutrition for Older Adults. Embracing the Next Best Years Conference, Lexington, KY. May 2025.
- 4) **Norman-Burgdolf, H.** 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. Wayne Cardiology Symposium and Alumni Event, Lexington, KY. April 2025.
- 5) **Norman-Burgdolf, H.** The Role of Nutrition in Substance Use Recovery. 8th Annual Wisconsin HOPE Consortium Conference, Virtual format. August 2024.
- 6) **Norman-Burgdolf, H.** Empowering Older Adults to Prepare Nutrition Meals and Snacks. Kentucky River Area Development District Hunger Conference, Virtual format. October 2023.
- 7) Elswick, A., **Norman-Burgdolf, H.** Nutrition as a Pathway to Recovery. Great Lakes Rural Opioid Technical Assistance Webinar, Virtual format. July 2023.
- 8) **Norman-Burgdolf, H.,** Weikel, K. Roundtable Leader. Building a Healthier Kentucky: Metabolic Health Thought Leaders Summit, Lexington, KY. February 2023.
- 9) **Norman-Burgdolf, H.** Plate it up! Kentucky Proud: The Sustainability Project. Kentucky Fruit and Vegetable Conference, Bowling Green, KY. January 2023.

- 10) **Norman-Burgdorf, H.** 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. January 2022.
- 11) Luecking, C.T., **Norman-Burgdorf, H.** 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). December 2021.
- 12) Cardarelli, K., **Norman-Burgdorf, H.** 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). May 2021.
- 13) **Norman-Burgdorf, H.** 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). March 2021.
- 14) **Norman-Burgdorf, H.** Bench to the Community: A Nutritional Scientist's Journey. University of Illinois Graduate Student Seminar FSHN597, Virtual format (due to COVID-19). September 2020.
- 15) **Norman-Burgdorf, H.** Translating Research into a Career in Nutritional Sciences. Georgetown College Science Honors Research and Career Seminar, Georgetown, KY. November 2019.
- 16) **Norman-Burgdorf, H.** Adipose Tissue as an Inflammatory Organ. Health Meets Food: The Culinary Medicine Conference, New Orleans, LA. June 2019.
- 17) **Norman-Burgdorf, H.** *Adipose Tissue as an Inflammatory Organ*. Health Meets Food: The Culinary Medicine Conference, New Orleans, LA. June 2019.
- 18) **Norman-Burgdorf, H.** Why is healthy food expensive? It's not!. Georgetown College Kinesiology and Health Studies NEXUS Seminar, Georgetown, KY. October 2018.
- 19) **Norman-Burgdorf, H.** Navigating Alt-Ac Careers. University of Kentucky Department of Sociology Seminar Series, Lexington, KY. March 2018.
- 20) **Norman-Burgdorf, H.** Nutrition and Obesity: Adipocytes to the Socioecological Model. American Medical Student Association Public Health Scholars Program. Webinar. November 2017.
- 21) **Norman-Burgdorf, H.** Translating Research into a Career in Nutritional Sciences. Georgetown College Science Honors Research and Career Seminar, Georgetown, KY. October 2017.
- 22) **Norman-Burgdorf, H.** Understanding Food Label Claims. KACTE Summer Conference Family and Consumer Sciences Best Practices and Partner Roundtables, Louisville, KY. July 2017.
- 23) **Norman-Burgdorf, H.** Daily Strategies for Living Well: Nutrition. Parents Without Partners, Inc. 58th International Convention, Lexington, KY. July 2017.
- 24) **Norman-Burgdorf, H.** Transition: Student to Professional. University of Kentucky Department of Pharmacology and Nutritional Sciences Spring Professional Development Workshop, Lexington, KY. April 2017.
- 25) **Norman-Burgdorf, H.** Alternative Careers: The New Norm?. University of Kentucky Department of Pharmacology and Nutritional Sciences Annual Conference, Lexington, KY. January 2017.

Invited Prior to Faculty Appointment

- 26) **Norman-Burgdolf H.** Being Proactive & Realistic: Additional Experiences Beyond and within Graduate Training. University of Kentucky Department of Pharmacology and Nutritional Sciences, Lexington, KY. April 2016.

PEER-REVIEWED ORAL PRESENTATIONSSince 2017 Appointment

- 1) Kostelic, A., Breazeale, N., **Norman-Burgdolf, H.**, Kentucky's Cancer Crisis: A Community Response Through Education and Storytelling. Kentucky Department for Aging and Independent Living Aging and SHIP Conference, Lexington, KY. October 2025. (Accepted).
- 2) McCulley, M., Huff, N., Elswick, A., Luecking, C.T., Cason, A., Kostelic, A., **Norman-Burgdolf, H.** Big Blue Book Club Connects People from Paducah to Pikeville. State Extension Conference, Louisville, KY. March 2025. (Presenting author).
- 3) Noble, J., Savage, N., **Norman-Burgdolf, H.** Including People with Disabilities in Nutrition Education Programming. State Extension Conference, Louisville, KY. March 2025. (Presenting author).
- 4) Larson, J., Shaw, H., Singleton, A., Noble, J., **Norman-Burgdolf, H.** Living with Alpha Gal Syndrome. State Extension Conference, Louisville, KY. March 2025. (Presenting author).
- 5) **Norman-Burgdolf, H.** Meeting People Where They Are: Providing Nutrition Education through a Virtual Book Club. Society of Nutrition Education and Behavior International Conference, Knoxville, TN. July 2024. (Accepted).
- 6) **Norman-Burgdolf, H.** Making Faith Spaces Healthy Spaces. Kentucky Volunteer Forum, Lexington, KY. February 2024. (Accepted).
- 7) Batey, L.*, DeWitt, E., **Norman-Burgdolf, H.** Exploration of cultural factors within a rural Appalachian community that may be leveraged to address health disparities. National Health Outreach Conference, Kansas City, MO. May 2022. (Presenting author).
- 8) Plonski, P., Jenkins, B., Durr, C., **Norman-Burgdolf, H.** Supporting Substance Use Recovery with Nutrition and Gardening Education. Association of SNAP Nutrition Education Administrators Conference, Virtual format (due to COVID-19). February 2022. (Presenting author).
- 9) **Norman-Burgdolf, H.**, Najor, J., McCulley, M., Kingsland, L. Plate it up! Kentucky Proud: Past, Present, and Future. State Extension Conference, Lexington, KY. December 2021. (Presenting author).
- 10) Plonski, P., Adedokun, L., Jenkins, B., Durr, C., **Norman-Burgdolf, H.** Food, Nutrition, and Gardening Supports Substance Use Recovery. State Extension Conference, Lexington, KY. December 2021. (Presenting author).
- 11) DeWitt, E., Gillespie, R., **Norman-Burgdolf, H.** 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). May 2021. (Presenting author).

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- 12) **Norman-Burgdolf, H.**, da Silva, V., Head, D., Anderson, L. 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. August 2019. (Presenting author).
- 13) **Norman-Burgdolf, H.**, Rafie, C., Jarvandi, S., da Silva, V., Hermann, J., Berg, A., O'Neal, L. 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. May 2019. (Presenting author).
- 14) **Norman-Burgdolf, H.**, Rieske-Kinney, L. Improving Human Health and Tree Health One Walk at a Time: The Healthy Trees Healthy People Project. National Health Outreach Conference, Fort Worth, TX. May 2019. (Presenting author).

OTHER ORAL PRESENTATIONS

Since 2017 Appointment

- 15) **Norman-Burgdolf, H.** Partnering for Prevention: UK Cooperative Extension's Role in Cardiovascular Health. Kentucky Heart Disease and Stroke Prevention Task Force Fall Meeting, Frankfort, KY. November 2025.
- 16) Huff, N., **Norman-Burgdolf, H.**, Kostelic, A., Stevens, H., Witt, C., Norris, C., May, K. In the Face of Disaster: An Agent Toolkit for Communities. UK Extension Disaster Preparedness Conference, Lexington, KY. March 2024. (Presenting author).
- 17) Combs, L., **Norman-Burgdolf, H.** Creating an Experiential Classroom Community Collaboration for Students through Cooperative Extension. Teaching Excellence Symposium, CELT, Lexington, KY. October 2023. (Presenting author).
- 18) **Norman-Burgdolf, H.** 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. October 2018.
- 19) **Norman-Burgdolf, H.** 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. September 2018.
- 20) **Norman-Burgdolf, H.** Expanding the National Diabetes Prevention Program through FCS Extension in Kentucky. University of Kentucky School of Human Environmental Sciences Research Seminar, Lexington, KY. September 2017.

Oral Presentations Prior to Faculty Appointment

- 21) **Norman-Burgdolf H.** CD47 plays a novel role in adipocyte function. Gill Heart Cardiovascular Research Day, University of Kentucky, Lexington, KY. October 2015.
- 22) **Norman-Burgdolf H.** 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. May 2015.
- 23) **Norman-Burgdolf H.** Preparing Graduate Students for the Future. University of Kentucky Department of Pharmacology and Nutritional Sciences, Lexington, KY. April 2015.

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

POSTER PRESENTATIONS

Since 2017 Appointment

- 1) **Norman-Burgdolf, H.**, Jury, K., Sass, J., Cambron, J. Bridging Community and Clinical Patient Support: Collaboration between UK Population Health and UK Cooperative Extension. Southeast Community Health Worker Network Summit. Lexington, KY. September 2025.
- 2) Combs, E.L., **Norman-Burgdolf, H.** 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. October 2024.
- 3) Brewer, D., Pickford, K.**, Wilson, C., Stephenson, T., **Norman-Burgdolf, H.**, Koempel, A. Using Kentucky's Family and Consumer Sciences Extension to Deliver a Sustainable Eating Curriculum. Food and Nutrition Conference Expo. Denver, CO. October 2023.
- 4) Pickford, K.**, **Norman-Burgdolf, H.**, Koempel, A., Stephenson, T., Breazeale, N., Barker, L., Brewer, D. 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. March 2023.
- 5) Batey, L.*, DeWitt, E., **Norman-Burgdolf, H.** "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. November 2022.
- 6) Bandy, N.†, DeWitt, E., Gillespie, R., **Norman-Burgdolf, H.** Examination of Food Security by Age in a Rural Appalachian County. 12th Annual Appalachian Translational Research Network Summit. Lexington, KY. November 2022.
- 7) Pickford, K.**, **Norman-Burgdolf, H.**, Koempel, A., Stephenson, T., Brewer, D., Barker, L.** Impact of a Cooperative Extension Curriculum to Improve Sustainable Eating Knowledge and Reduce Perceived Barriers Among Kentuckians. Food and Nutrition Conference Expo. Orlando, FL. October 2022.
- 8) Erickson, A.**, Omron, N.**, Meister, S., Udarbe, S., Hinton, J., Lightner, E., Brewer, D., **Norman-Burgdolf, H.**, Plasencia, J. Exploring differences in diet quality, traditional foods consumed, and acculturation among Mexican and Cuban Immigrants. Food and Nutrition Conference Expo. Orlando, FL. October 2022.
- 9) Turner, L.†, **Norman-Burgdolf, H.**, Brewer, D. Bridging the Gap to Provide Health Information to Individuals Living in Rural Areas. University of Kentucky Showcase of Undergraduate Scholars. Lexington, KY. April 2022.

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- 10) Barker, L.^{**}, **Norman-Burgdolf, H.**, Stephenson, T., Pickford, K., Brewer, D. Family and Consumer Sciences Agents Perceptions of a Sustainable Eating Curriculum for Kentuckians. Kentucky Local Food Systems Summit. Lexington, KY. March 2022.
- 11) DeWitt, D., Ross, T., Buckman, C.[^], Faris, A.[^], **Norman-Burgdolf, H.** Leveraging a Community-Clinical Partnership to Support Diabetes Prevention in Kentucky. Association of Diabetes Care and Education Specialists Annual Meeting, Baltimore, MD. August 2022.
- 12) Washburn, L., **Norman-Burgdolf, H.**, Kennedy, L., Jones, N., Jarvandi, S. Exploring FCS Agent Capacity and Readiness to Adopt Policy, Systems, and Environmental Change Approaches. National Health Outreach Conference, Kansas City, MO. May 2022.
- 13) DeWitt, D., **Norman-Burgdolf, H.**, Gillespie, R., Slone, S. SNAP Participation does not ameliorate food insecurity in a rural Appalachian county. American Public Health Association Annual Meeting, Virtual format (due to COVID-19). October 2021.
- 14) Combs, L., Luecking, C.T., **Norman-Burgdolf, H.** Impact of Alternate Community Nutrition Experiences for Dietetic Interns during COVID-19. Food & Nutrition Conference and Expo, Virtual format (due to COVID-19). October 2021.
- 15) Counts, K.^{**}, Breazeale, N., **Norman-Burgdolf, H.**, Williams, L. 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). February 2021.
- 16) Gillespie, R., DeWitt, E., Cardarelli, K., **Norman-Burgdolf, H.** 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). October 2020.
- 17) DeWitt, E., **Norman-Burgdolf, H.**, Gillespie, R., Cardarelli, K. 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). October 2020.
- 18) Stephenson, T., Brewer, D., **Norman-Burgdolf, H.**, Syeda, A., Fowler, M., Oo, K., Koempel, A. 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). July 2020.
- 19) Gillespie, R., DeWitt, E., **Norman-Burgdolf, H.**, Jones, N. Role of Incentive Influence on Food Purchasing Behavior in an Impoverished Rural Food Environment. International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Virtual format (due to COVID-19). June 2020.
- 20) Jones, N., **Norman-Burgdolf, H.**, Gillespie, R., DeWitt, E. 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). June 2020.
- 21) **Norman-Burgdolf, H.**, Jones, N., DeWitt, E., Gillespie, R. 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). June 2020.

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- 22) Durr, C.**, **Norman-Burgdolf, H.**, Mullins, J., Plasencia, J. Cultural Sensitivity in Cooperative Extension Nutrition Programming in Kentucky. Society of Nutrition Education and Behavior Annual Meeting, Philadelphia, PA. July 2019.
- 23) Bressler, J.*, **Norman-Burgdolf, H.**, Mullins, J., Brewer, D., Cardarelli, K. 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. April 2019.

Posters Prior to Faculty Appointment

- 24) **Norman-Burgdolf, H.**, Turpin, C., Wang, S. Differentiation is Inhibited in Primary Brown Adipocytes Lacking CD47 through a cMyc-dependent Mechanism. Gill Heart Cardiovascular Research Day, University of Kentucky, Lexington, KY. November 2016.
- 25) **Norman-Burgdolf, H.**, Wang, S. 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. June 2016.
- 26) **Norman-Burgdolf, H.**, Wang, S. CD47 Plays a Novel Role in Adipocyte Function. Gill Heart Cardiovascular Research Day, University of Kentucky, Lexington, KY. October 2015.
- 27) **Norman-Burgdolf, H.**, Wang, S. CD47 Plays a Novel Role in Regulating Adipocyte Lipolysis. American Diabetes Association 75th Annual Scientific Sessions, Boston, MA. June 2015.
- 28) **Norman-Burgdolf, H.**, Wang, S. CD47 Plays a Novel Role in Regulating Adipocyte Lipolysis. Barnstable Brown Diabetes Obesity Center Research Day, University of Kentucky, Lexington, KY. May 2015.
- 29) **Norman-Burgdolf, H.**, Meimeitimin, H., Wang, S. 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. October 2014.
- 30) **Norman-Burgdolf, H.**, Meimeitimin, H., Wang, S. 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. June 2014.
- 31) **Norman-Burgdolf, H.**, Meimeitimin, H., Wang, S. CD47 Deficiency Protects Mice from High-Fat Diet-induced Obesity and Inflammation. Barnstable Brown Diabetes Obesity Center Research Day, University of Kentucky, Lexington, KY. May 2014.

EXTENSION ACTIVITIES

CURRICULA & TOOLKITS

(New Curriculum = 6; Adapted Curriculum = 2; Toolkit = 2)

Extension curricula and toolkits 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) 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 4 sessions, Evaluations] (Submitted for graphic design; Original Program)

- This program focuses on practical application of sustainable eating practices and was developed in conjunction with Plate it up! Kentucky Proud projects.
- 2) **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] (Peer-Reviewed; Original Toolkit)
 - The goal of the Food as Health Toolkit is to provide a repository of resources centered on food security and food is medicine principles that allows for flexible implementation in a variety of settings.
 - 3) Huff, N., **Norman-Burgdolf, H.,** Kostelic, A., Norrod, P., Norris, A., Stevens, H., May, K., Bejda, M. (2023). *In the Face of Disaster: An Agent Toolkit for Disaster Readiness & Response*. Lexington KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. [9 peer-reviewed Extension publications, 11 podcasts, a toolkit facilitator guide, presentation slide decks, activities, handouts, evaluations, marketing materials] (Peer-Reviewed; Original Content)
 - The toolkit allows agents flexibility to design research-based programming related to disaster readiness and response across 5 FCS content areas: financial management, food and water safety, special needs and aging populations, family and home safety, and trauma.
 - 4) **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 Program)
 - This program encourages the creation of flavorful of home-prepared meals using pantry staples and various cooking methods, while lowering sodium and saturated fat intake.
 - 5) **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 Program)
 - This program was created in response to agent needs focused on cancer-related education and incorporates diverse subject matter expertise.
 - 6) **Norman-Burgdolf, H.** (2019). *National Dining with Diabetes*, Lexington KY: Cooperative Extension Service, University of Kentucky College of Agriculture. [PowerPoints for 4 sessions, evaluation tools, handouts, recipe book, activities]. Adapted for use in Kentucky from Ohio State University Cooperative Extension Service.
 - This program provides diabetes education with an emphasis on preparing nutritious diabetes-friendly meals at home.
 - 7) **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)

- This program was created based on agent use and to standardize materials being used statewide. The program addresses nutritious choices based on the food environment in their county.
- 8) **Norman-Burgdolf, H.**, Jones, N. (2018). *Faithful Families: Thriving Communities*, Lexington KY: Cooperative Extension Service, University of Kentucky College of Agriculture. [Participant handouts, evaluations, PowerPoints for 9 lessons, recipes]. Adapted for use in Kentucky from North Carolina State University Expanded Food and Nutrition Education Program.
- This evidence-based program encourages positive behavior change related to nutrition and physical activity alongside a policy, system, or environmental change within a faith-based organization that supports behavior change.

COUNTY AGENT IN-SERVICE TRAININGS

(New Content Development = 22; Content Delivery = 39)

Extension programs 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. Trainings are delivered in multiple locations or virtually to serve all areas of the state. 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) **Norman-Burgdolf, H.**, Noble, J., Savage, N. *Including Audiences with Differing Abilities in Nutrition Education*. Hardin County Extension Office, May 2025. This three-hour session was offered once 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. **Offered: 1**
- 2) **Norman-Burgdolf, H.**, Cason, A., Batey, L. *Food as Health Toolkit Training*. Multiple Locations, February and May 2025. This three-hour session 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. **Offered: 3**
- 3) **Norman-Burgdolf, H.** *Nutrition for Older Adults Training*. Zoom. March 2024. This one-hour virtual session was 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

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considerations for older adults and practical considerations for preparing and eating nutritious meals. Existing Extension resources that support older adult nutrition were overviewed. **Offered: 1**

- 4) **Norman-Burgdolf, H.,** Batey, L. *Food as Health Toolkit Pilot Training*. Zoom, 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 local counties. Content within the training included a curriculum overview, evaluation, recruitment strategies, and existing resources. **Offered: 1**
- 5) **Norman-Burgdolf, H.,** Batey, L. *FCS Nutrition Quarterly Update: Food as Medicine and Chronic Disease*. Zoom, 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. **Offered: 1**
- 6) **Norman-Burgdolf, H.,** Norris, A., Mullins, J. *Savor the Flavor: A Five-Lesson Program on Creating Nutritious and Flavorful Meals*. Multiple Locations, March 2023. This three-hour session 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 Stuarto's Olive Oil Company. **Offered: 3**
- 7) Luecking, C.T., **Norman-Burgdolf, H.,** Mullins, J., Bastin, S. *On Trend: Building an Evidence-based Program of Work for Current and Emerging Food and Nutrition Trends*. Multiple Locations, February 2023. This three-hour session 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. **Offered: 3**
- 8) **Norman-Burgdolf, H.** *Mastering Food Choices Training*. Zoom, January 2023. One hour session reached 14 county extension agents. This training focused on ways to make nutritious food decisions, taking into consideration the local food environment and respecting food-based traditions within families and communities. **Offered: 1**
- 9) **Norman-Burgdolf, H.,** Kostelic, A., Ashurst, K. *Kick Kentucky Cancer Training*. Zoom, August 2022. A two-hour virtual training provided 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. **Offered: 1**
- 10) **Norman-Burgdolf, H.,** Brewer, D. *Sustainable Kentucky Pilot Study Training*. Zoom, April 2022. A two-hour virtual training provided 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. Twenty Extension Agents participated in the training. **Offered: 1**
- 11) **Norman-Burgdolf, H.,** Najor, J., McCulley, M., Kingsland, L. *Plate it up! Kentucky Proud: Past, Present, & Future*. Zoom, 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. **Offered: 1**

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- 12) **Norman-Burgdolf, H.**, Kostelic, A., Ashurst, K. *Kick Kentucky Cancer Pilot Study Training*. Zoom, 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. **Offered: 1**
- 13) Jones, N., Luecking, C.T., **Norman-Burgdolf, H.** *PSE Problem-Solving: Building Active Communities*. Zoom, August 2020. A one-hour virtual training included strategies for implementing built environment changes into programmatic work with respect to COVID-19. Forty Extension Agents participated in the training. **Offered: 1**
- 14) Jones, N., Luecking, C.T., **Norman-Burgdolf, H.** *PSE Problem-Solving: Keys to Strong and Productive Partnerships*. Zoom, May 2020. A one-hour virtual training included keys to effective partnerships and tools to assess effectiveness of collaborative work. Sixty-four Extension Agents participated in the training. **Offered: 1**
- 15) Jones, N., Luecking, C.T., **Norman-Burgdolf, H.** *Policy, System, and Environmental Change: Making Change Stick!*. Multiple Locations, February 2020. Three-hour session presented as part of FCS Agent Training Week. 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. **Offered: 3**
- 16) **Norman-Burgdolf, H.**, Mineer, S., Yount, M. *Cutting Kitchen Clutter: Organization of Kitchens in the Office and On-the-Go*. Multiple Locations, February 2020. Three-hour session presented as part of FCS Agent Training Week, reaching 55 county Extension Agents and professionals. This in-service training focused on organization strategies to manage Extension kitchen supplies. Development of a portable kitchen was reviewed to prepare agents for scenarios encountered when teaching on the go. **Offered: 3**
- 17) Mullins, J., Washburn, L., Franck, K., Kennedy, L., **Norman-Burgdolf, H.** *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. **Offered: 1**
- 18) **Norman-Burgdolf, H.**, Jones, J. *Faithful Families: Thriving Communities*. Multiple Locations, February 2018 and February 2019. Three-hour session presented as part of FCS Agent Training Week. 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. **Offered: 5**
- 19) **Norman-Burgdolf, H.** *National Dining with Diabetes*. Multiple Locations, February 2019. One-and-a-half-hour session presented as part of the FCS Agent Training Week, reaching 70 county extension agents. This training provided diabetes education, support for partnering with community stakeholders, and addressing the diabetes crisis in Kentucky. **Offered: 3**
- 20) **Norman-Burgdolf, H.** *Food Processor Nutrition Analysis Software Training*. Zoom, 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. **Offered: 1**

- 21) **Norman-Burgdolf, H.**, Jones, N. *Faithful Families: Reporting and Evaluation*. Zoom, 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. **Offered: 1**
- 22) **Norman-Burgdolf, H.** *Mastering Food Choices*. Multiple Locations, February 2018. One-and-a-half-hour session presented as part of the FCS Agent Training Week, reaching 72 county extension agents. This training focuses on ways to make nutritious food decisions, taking into consideration the local food environment and respecting food-based traditions within families and communities. **Offered: 2**

COUNTY/MULTI-COUNTY EDUCATIONAL PROGRAMS

- 1) **Norman-Burgdolf, H.** Nutrition and Substance Use. A Greater Understanding Conference: Substance Use Disorder, Cynthiana, KY. September 2025.
- 2) **Norman-Burgdolf, H.** Food as Health: Functions of Food for Heart Disease and Diabetes. UK Nutrition Education Program West Area Meeting, Hopkinsville, KY. May 2025.
- 3) Ashurst, K., Jury, K., Kostelic, A., **Norman-Burgdolf, H.** Addressing the 8 Dimensions of Wellness through Kick Kentucky Cancer. Kentucky Extension Homemaker Association Annual Meeting, Lexington, KY. May 2025. (Presenting author).
- 4) **Norman-Burgdolf, H.** Nutrition for Older Adults. Kentucky Extension Homemaker Association Annual Meeting, Lexington, KY. May 2025.
- 5) Huff, N., May, K., Norris, A., **Norman-Burgdolf, H.** Food and Finances in the Face of Disaster. Kentucky Extension Homemaker Association Annual Meeting, Owensboro, KY. May 2022. (Presenting author).
- 6) Huff, N., Mineer, S., **Norman-Burgdolf, H.** Making the Most of Meals While Traveling. Kentucky Extension Homemaker Association Annual Meeting, Owensboro, KY. May 2022. (Presenting author).
- 7) **Norman-Burgdolf, H.**, Jones, N. Live, Work, Play, Pray: Making Faith Spaces Healthier Places. Kentucky Extension Homemaker Association Annual Meeting, Owensboro, KY. May 2022. (Presenting author).
- 8) **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.
- 9) **Norman-Burgdolf, H.** *Six Ways to Make Your Kitchen Greener Today*, March 2021. Purchase Area FCS Agent Annual Spring into Green Conference, Virtual format.
- 10) May, K., **Norman-Burgdolf, H.** Saving Savvy with Grocery List and Coupon Apps. Kentucky Extension Homemakers Association Annual State Meeting, Louisville, KY. May 2019. (Presenting author).
- 11) **Norman-Burgdolf, H.** *The Gluten-Free Diet: Is it for me?*, April 2019. Taylor County, KY.
- 12) **Norman-Burgdolf, H.** *The Gluten-Free Diet: Is it for me?*, April 2019 Adair County, KY.

- 13) **Norman-Burgdolf, H.** *Brain Health: Focus on Nutrition*, April 2017. Clark County, KY.

ADDITIONAL EXTENSION RESOURCES

Extension Homemaker Leader Lessons (Total = 12)

Extension leader lessons are developed by state-level specialists for county agents, county homemaker groups, and other extension partner organizations. 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.

- 1) **Norman-Burgdolf, H.** (2025). Cast Iron Skillet: Friend for Life. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. [Facilitator Guide, PowerPoint Slides, Program Evaluation, Marketing Materials, Activities.] (Peer-Reviewed; Original Content)
- 2) Kostelic, A., **Norman-Burgdolf, H.** (2025). Nutrition for Older Adults. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. [Facilitator Guide, PowerPoint Slides, Program Evaluation, Marketing Materials, Activities.] (Peer-Reviewed; Original Content)
- 3) Cason, A., **Norman-Burgdolf, H.** (2024). Build a Better Smoothie. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. [Facilitator Guide, PowerPoint Slides, Program Evaluation, Marketing Materials, Activities.] (Peer-Reviewed, Original Content)
- 4) Kostelic, A., **Norman-Burgdolf, H.** (2023). Strong Bones for Life: Preventing Osteoporosis. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. [Facilitator Guide, PowerPoint Slides, Program Evaluation, Marketing Materials, Activities.] (Peer-Reviewed, Original Content)
- 5) Lee, S.[†], **Norman-Burgdolf, H.** (2023). Savvy Online Grocery Shopping. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. [Facilitator Guide, PowerPoint Slides, Program Evaluation, Marketing Materials.] (Peer-Reviewed, Original Content)
- 6) **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. [Facilitator Guide, PowerPoint Slides, Program Evaluation, Marketing Materials, Program Activities] (Peer Reviewed, Original Content)
- 7) **Norman-Burgdolf, H.**, Najor, J. (2022). Stocking and Using Pantry Staples. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. [Facilitator Guide, PowerPoint Slides, Program Evaluation, Marketing Materials, Program Activities, Handout] (Peer Reviewed, Original Content)
- 8) **Norman-Burgdolf, H.** (2022). Lead Your Team: Health Literacy for the Win. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. [Facilitator Guide, PowerPoint Slides, Program Evaluation, Marketing Materials, Program Activities, Handout] (Peer Reviewed, Original Content)
- 9) **Norman-Burgdolf, H.**, Huff, N., Mineer, S. (2022). Making the Most of Meals While Traveling. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of

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Agriculture, Food and Environment. [Facilitator Guide, PowerPoint Slides, Program Evaluation, Marketing Materials, Program Activities] (Peer Reviewed, Original Content)

- 10) Bridge, J.^, **Norman-Burgdolf, H.**, Jackson, Y. (2019). Sensational Salads. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. [Facilitator's Guide, PowerPoint Slides, Program Evaluation, Marketing Materials, Program Activities] (Peer Reviewed, Original Content)
- 11) Goodman, M.^, Harris, J.^, **Norman-Burgdolf, H.** (2019). *Sweet Enough without All that Sugar*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. [Facilitator's Guide, PowerPoint Slides, Program Evaluation, Marketing Materials, Program Activities] (Peer Reviewed, Original Content)
- 12) **Norman-Burgdolf, H.** (2018). Meal Kits: Are They Worth It?. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. [Facilitator's Guide, PowerPoint Slides, Program Evaluation, Program Handouts] (Peer Reviewed, Original Content).

Live, Online Program Delivery (Total = 20)

These 30-60 minute programs were designed to offer evidence-based information in a virtual format and allow Extension 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 (March 2020 – February 2021).

- 1) **Norman-Burgdolf, H.**, Larson, J., Tiffin, H., Shaw, H. (2025, May). Living with Alpha-Gal. Zoom. 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, 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. 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. 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. 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. 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.T., **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.T., **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.T., **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.T., **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.T., **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 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)
 - 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)
 - 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)
 - 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)
 - 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 OUTREACHRegional and National Media

- 1) **Norman-Burgdolf, H.** (2025, September). *Why are tick-borne food allergies becoming more prevalent in Kentucky*. WUKY Radio. <https://www.wuky.org/podcast/dr-greg-davis-on-medicine/2025-09-10/why-are-tick-borne-food-allergies-becoming-more-prevalent-in-kentucky>
- 2) **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/>

*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; Journal metrics determined by Web of Science unless indicated otherwise

- 3) **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/>
- 4) **Norman-Burgdolf, H.** (2018, August). *Juice Limitations for Young Children*. WEKU Radio. <http://www.weku.fm/post/juice-limitations-young-children>

Television and Live Media Segments

- 1) **Norman-Burgdolf, H.**, High, L. (Host). (2025, May). *Hydration during Summer Months*, [News Segment]. In ABC 36 Good Day Kentucky at 9:00. Lexington, KY: WTVQ 36 Broadcasting.
- 2) **Norman-Burgdolf, H.**, High, D. (Host), High, L. (Host). (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.
- 3) **Norman-Burgdolf, H.**, Shive, K. (Host). (2023, December). *Nutrition and Osteoporosis*. [News Segment]. In the Farm and Home Show. Bowling Green, KY: WBKO Television.
- 4) **Norman-Burgdolf, H.**, Shive, K. (Host). (2023, November). *Carbs: Friend or Foe?*. [News Segment]. In the Farm and Home Show. Bowling Green, KY: WBKO Television.
- 5) **Norman-Burgdolf, H.**, High, D. (Host). (2023, August). *Plate it Up! Kentucky Proud*, [News Segment]. In ABC 36 Good Day Kentucky at 9:00. Lexington, KY: WTVQ 36 Broadcasting.
- 6) **Norman-Burgdolf, H.**, Tuckson, W. (Host). (2023, January). *Diet, It Does a Body Good*. Kentucky Health. Louisville, KY: KET.
- 7) **Norman-Burgdolf, H.**, Shive, K. (Host). (2023, January). *Smoothie Basics*. [News Segment]. In the Farm and Home Show. Bowling Green, KY: WBKO Television.
- 8) **Norman-Burgdolf, H.**, Shive, K. (Host). (2023, January). *Types of Salt and When to Use Them*. [News Segment]. In the Farm and Home Show. Bowling Green, KY: WBKO Television.
- 9) **Norman-Burgdolf, H.**, Brown, A. (Host). (2022, November). *Understanding Prediabetes*, [News Segment]. In ABC 36 Good Day Kentucky at 9:00. Lexington, KY: WTVQ 36 Broadcasting.
- 10) **Norman-Burgdolf, H.**, Shive, K. (Host). (2021, February). *Importance of Vitamin C*. [News Segment]. In the Farm and Home Show. Bowling Green, KY: WBKO Television.
- 11) **Norman-Burgdolf, H.**, Shive, K. (Host). (2021, February). *Fresh Produce in the Winter Months*. [News Segment]. In the Farm and Home Show. Bowling Green, KY: WBKO Television.
- 12) **Norman-Burgdolf, H.**, Blevins, E. (Host). (2020, April). *Supporting Your Immune System with Nutrition*, [News Segment]. In ABC 36 Good Day Kentucky at 9:00. Lexington, KY: WTVQ 36 Broadcasting.
- 13) **Norman-Burgdolf, H.**, Blevins, E. (Host). (2019, October). *A Healthy and Happy Halloween*, [News Segment]. In ABC 36 Good Day Kentucky at 9:00. Lexington, KY: WTVQ 36 Broadcasting.
- 14) **Norman-Burgdolf, H.**, Blevins, E. (Host). (2019, February). *All About Sugar*, [News Segment]. In ABC 36 Good Day Kentucky at 9:00. Lexington, KY: WTVQ 36 Broadcasting.

- 15) **Norman-Burgdolf, H.**, High, D. (Host). (2018, October). *Managing Blood Sugar During the Holidays*, [News Segment]. In ABC 36 Good Day Kentucky at 9:00. Lexington, KY: WTVQ 36 Broadcasting.
- 16) **Norman-Burgdolf, H.**, Philpott, A. (Host), Dick, S. (Host). (2018, January). *Eating Healthy and Saving Money*, [Breaking Down the News Segment]. In WKYT News at 6:30PM. Lexington, KY: WKYT 27 Broadcasting.
- 17) **Norman-Burgdolf, H.**, Philpott, A. (Host). (2018, January). *Is it possible to eat healthy and save money at the same time?* [Promoted News Segment]. In WKYT News at 6:00PM. Lexington, KY: WKYT 27 Broadcasting.
- 18) **Norman-Burgdolf, H.**, Bryant, B. (Host), & Bailey, B. (Host). (2017, December). *Making the Holidays Healthier*, [News Segment]. In WKYT Midmorning at 10:00. Lexington, KY: WKYT 27 Broadcasting.
- 19) **Norman-Burgdolf, H.**, Jones, N., Solove, K. (Host). (2017, November). *Making the Holidays Healthier*. [News Segment]. In ABC 36 Good Day Kentucky at 9:00. Lexington, KY: WTVQ 36 Broadcasting.
- 20) **Norman-Burgdolf, H.**, Dolinar, E. (Host). (2017, November). *Myths about Diabetes*, [News Segment]. In ABC 36 Good Day Kentucky at 9:00. Lexington, KY: WTVQ 36 Broadcasting.
- 21) **Norman-Burgdolf, H.**, Dolinar, E. (Host). (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.

Podcasts

- 1) **Norman-Burgdolf, H.**, McCulley, M. (Host) Pantry Power: Stretch Your Food Budget with Pantry Staples. [Audio blog post]. *Talking FACS*. 2025 November 6; Season 8, Episode 21
<https://ukfcsext.podbean.com/e/pantry-power-stretch-your-food-budget-with-staples/>
- 2) **Norman-Burgdolf, H.**, McCulley, M. (Host) Convenience Store Smarts: Healthy Picks on the Go. [Audio blog post]. *Talking FACS*. 2025 October 21; Season 8, Episode 17
<https://ukfcsext.podbean.com/e/convenience-store-smarts-healthy-picks-on-the-go/>
- 3) **Norman-Burgdolf, H.**, Hemmelgarn, M. (Host). Food Allergens: Alpha Gal. [Audio blog post]. *Food Sleuth Radio*. 2025 October 9; Episode 848.
<https://foodsleuth.transistor.fm/episodes/heather-norman-burgdolf-phd-university-of-kentucky-author-of-food-allergens-alpha-gal> (Airs live on 50 radio stations nationwide)
- 4) **Norman-Burgdolf, H.**, McCulley, M. (Host) Staying Hydrated: Your Guide to Water and Electrolytes. [Audio blog post]. *Talking FACS*. 2025 May 27; Season 7, Episode 48
<https://ukfcsext.podbean.com/e/stay-hydrated-the-essential-guide-to-water-and-electrolytes-for-summer/>
- 5) **Norman-Burgdolf, H.**, McCulley, M. (Host) What is Alpha-Gal? [Audio blog post]. *Talking FACS*. 2024 May 1; Season 7, Episode 8.
<https://ukfcsext.podbean.com/e/unmasking-alpha-gal-the-mysterious-meat-allergy-tied-to-ticks/>
- 6) **Norman-Burgdolf, H.**, Batey, L., Hunter, J.L. (Host). Food as Health Alliance. [Audio blog post]. *Talking FACS*, 2024 April 29.

<https://ukfcsext.podbean.com/e/combating-chronic-diseases-and-food-insecurity-with-nutrition/>

- 7) **Norman-Burgdolf, H.**, Hunter, J.L. (Host). Strong Bones for Life: Prevent Osteoporosis with Nutrition. [Audio blog post]. *Talking FACS*, 2023 January 11; Season 6, Episode 26.
<https://ukfcsext.podbean.com/e/stong-bones-for-life-preventing-osteoporosis-with-nutrition/>
- 8) **Norman-Burgdolf, H.**, Hunter, J.L. (Host). Nutrition Buzzwords. [Audio blog post]. *Talking FACS*, 2023 March 15; Season 5, Episode 28.
<https://ukfcsext.podbean.com/e/nutrition-buzzwords/>
- 9) **Norman-Burgdolf, H.**, Hunter, J.L. (Host). Should I be taking a dietary supplement? [Audio blog post]. *Talking FACS*, 2022 August 22; Season 5, Episode 6.
<https://ukfcsext.podbean.com/e/should-i-be-taking-a-dietary-supplement/>
- 10) **Norman-Burgdolf, H.**, Brewer, D., Hunter, J.L. (Host). Eat the Rainbow to Protect Yourself from Environmental Pollution. [Audio blog post]. *Talking FACS*, 2022 June 14; Season 4, Episode 33.
<https://ukfcsext.podbean.com/e/eat-the-rainbow-to-protect-yourself-from-environmental-pollution/>
- 11) **Norman-Burgdolf, H.**, Hunter, J.L. (Host). All About Blood Pressure. [Audio blog post]. *Talking FACS*, 2022 March 21; Season 4, Episode 25.
<https://ukfcsext.podbean.com/e/all-about-blood-pressure/>
- 12) **Norman-Burgdolf, H.**, Hunter, J.L. (Host). Reducing Your Risk of Diabetes with the Diabetes Prevention Program. [Audio blog post]. *Talking FACS*, 2022 January 18; Season 4, Episode 21.
<https://ukfcsext.podbean.com/e/reducing-your-risk-of-diabetes-with-the-diabetes-prevention-program/>
- 13) **Norman-Burgdolf, H.**, McCulley, M. (Host). Practical Steps to a Greener Kitchen. [Audio blog post]. *Talking FACS*, 2021 November 29; Season 4, Episode 16.
<https://ukfcsext.podbean.com/e/practical-steps-to-a-greener-kitchen/>
- 14) **Norman-Burgdolf, H.**, McCulley, M. (Host). Breaking the Mealtime Rut. [Audio blog post]. *Talking FACS*, 2021 June 2; Season 3, Episode 47.
<https://ukfcsext.podbean.com/e/breaking-the-meal-time-rut/>
- 15) **Norman-Burgdolf, H.**, Hunter, J.L. (Host). No Recipe? No Problem!. [Audio blog post]. *Talking FACS*, 2021 January 5; Season 3, Episode 27.
<https://ukfcsext.podbean.com/e/no-recipe-no-problem/>
- 16) **Norman-Burgdolf, H.**, Hunter, J.L. (Host). Enhancing Flavor with Oils and Vinegars. [Audio blog post]. *Talking FACS*, 2020 September 14; Season 3, Episode 12.
<https://ukfcsext.podbean.com/e/enhancing-flavors-with-oils-and-vinegars/>
- 17) **Norman-Burgdolf, H.**, Hunter, J.L. (Host). Online Grocery Shopping. [Audio blog post]. *Talking FACS*, 2020 May 18; Season 2, Episode 47.
<https://ukfcsext.podbean.com/e/online-grocery-shopping-1589835734/>
- 18) **Norman-Burgdolf, H.**, Hunter, J.L. (Host). Supporting Your Immune System. [Audio blog post]. *Talking FACS*, 2020 April 21; Season 2, Episode 45.
<https://ukfcsext.podbean.com/e/supporting-your-immune-system/>

- 19) **Norman-Burgdolf, H.**, Hunter, J.L. (Host). Simple Dinner Strategies. [Audio blog post]. *Talking FACS*, 2019 December 30; Season 2, Episode 28.
<https://ukfcsext.podbean.com/e/simple-dinner-strategies-1577714546/>.
- 20) **Norman-Burgdolf, H.**, Hunter, J.L. (Host). Using Herbs and Spices. [Audio blog post]. *Talking FACS*, 2019 November 11; Season 2, Episode 22.
<https://ukfcsext.podbean.com/e/using-herbs-and-spices-1573479171/>.
- 21) **Norman-Burgdolf, H.**, Hunter, J.L. (Host). Fad Diets AKA If it sounds too good to be true, it probably is! [Audio blog post]. *Talking FACS*, 2019 September 23; Season 2, Episode 15.
<https://ukfcsext.podbean.com/e/fad-diets-aka-if-it-sounds-too-good-to-be-true-it-probably-is-1569240446/>.
- 22) **Norman-Burgdolf, H.**, Hunter, J.L. (Host). Healthy Eating on the Go. [Audio blog post]. *Talking FACS*, 2019 April 15; Season 1, Episode 44.
<https://ukfcsext.podbean.com/e/healthy-eating-on-the-go-1555336599/>.
- 23) **Norman-Burgdolf, H.**, Hunter, J.L. (Host). The Science Behind the Keto Diet. [Audio blog post]. *Talking FACS*, 2019 March 25; Season 1, Episode 41.
<https://ukfcsext.podbean.com/e/the-science-behind-the-keto-diet-1553611233/>.
- 24) **Norman-Burgdolf, H.**, Hunter, J.L. (Host). Sweet Enough without all that Sugar. [Audio blog post]. *Talking FACS*, 2019 March 18; Season 1, Episode 40.
<https://ukfcsext.podbean.com/e/sweet-enough-without-all-that-sugar-1552915388/>.
- 25) **Norman-Burgdolf, H.**, Hunter, J.L. (Host). and More. [Audio blog post]. *Talking FACS*, 2019 March 11; Season 1, Episode 39.
<https://ukfcsext.podbean.com/e/probiotics-and-more-1552310465/>.
- 26) **Norman-Burgdolf, H.**, Hunter, J.L. (Host). The Gluten Free Diet. [Audio blog post]. *Talking FACS*, 2019 March 4; Season 1, Episode 38.
<https://ukfcsext.podbean.com/e/the-gluten-free-diet-1551715506/>.
- 27) **Norman-Burgdolf, H.**, Jones, N., Hunter, J.L. (Host). All about Essential Oils. [Audio blog post]. *Talking FACS*, 2019 February 18; Season 1, Episode 36.
<https://ukfcsext.podbean.com/e/all-about-essential-oils-1550506967/>.
- 28) **Norman-Burgdolf, H.**, Hunter, J.L. (Host). Kids in the Kitchen. [Audio blog post]. *Talking FACS*, 2018 December 17; Season 1, Episode 27.
<https://ukfcsext.podbean.com/e/kids-in-the-kitchen-1545054058/>.
- 29) **Norman-Burgdolf, H.**, Mineer, S., Hunter, J.L. (Host). Special Edition Episode: Dining In for FCS Day. [Audio blog post]. *Talking FACS*, 2018 November 26; Season 1, Special Episode.
<https://ukfcsext.podbean.com/e/special-edition-episode-dining-in-for-fcs-day/>.
- 30) **Norman-Burgdolf, H.**, Norris, A., Hunter, J.L. (Host). Talking Turkey. [Audio blog post]. *Talking FACS*, 2018 November 7; Season 1, Episode 22.
<https://ukfcsext.podbean.com/e/talking-turkey-1541601933/>.
- 31) **Norman-Burgdolf, H.**, Hunter, J.L. (Host). Adventures in New Parenthood – When Should I Introduce Solid Foods? [Audio blog post]. *Talking FACS*, 2018 October 15; Season 1, Episode 19.

<https://ukfcsext.podbean.com/e/adventures-in-new-parenthood-when-should-i-introduce-solid-foods-1539611608/>.

- 32) **Norman-Burgdolf, H.**, Hunter, J.L. (Host). Healthy Eating for Busy Families. [Audio blog post]. *Talking FACS*, 2018 September 24; Season 1, Episode 16.
<https://ukfcsext.podbean.com/e/healthy-eating-for-busy-families/>.
- 33) **Norman-Burgdolf, H.**, Aull, M., McCulley, M. (Host). Back to School Edition: Packing lunches kids will eat. [Audio blog post]. *Talking FACS*, 2018 August 20; Season 1, Episode 11.
<https://ukfcsext.podbean.com/e/back-to-school-edition-packing-lunches-your-kids-will-eat/>.
- 34) **Norman-Burgdolf, H.**, Hunter, J.L. (Host). Insider's Guide to Grocery Shopping. [Audio podcast episode]. *Talking FACS*, 2018 July 16; Season 1, Episode 6.
<https://ukfcsext.podbean.com/e/insiders-guide-to-grocery-shopping-1531501531/>.
- 35) **Norman-Burgdolf, H.**, Hunter, J.L. (Host). Meal Kit Delivery Services: Are they right for you? [Audio blog post]. *Talking FACS*, 2018 June 15; Season 1, Episode 3.
<https://ukfcsext.podbean.com/e/meal-kit-delivery-services-are-they-right-for-you/>.

Print Media

Regional/National Print Media

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

Agent Exclusives

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.

- 1) Elwell, J., **Norman-Burgdolf, H.** Meal prepping saves time, frustration, and calories. September 2025.
- 2) Strickler, J., **Norman-Burgdolf, H.** Those living with alpha-gal can still lead normal lives. May 2025.
- 3) Strickler, J., **Norman-Burgdolf, H.**, Cason, A. Become a smoothie-making pro. March 2024.
- 4) Strickler, J., **Norman-Burgdolf, H.** Meal prepping saves time and frustration (updated). May 2023.
- 5) Strickler, J., **Norman-Burgdolf, H.** Family mealtime: a tasty base for healthy youth development (updated). January 2023.
- 6) Strickler, J., **Norman-Burgdolf, H.** Help the environment by reducing food waste. October 2021.
- 7) Strickler, J., **Norman-Burgdolf, H.** Fruit and vegetable peels contain many nutrients. September 2021.
- 8) Strickler, J., **Norman-Burgdolf, H.** Teach kids how to snack healthy. September 2021.

- 9) Pratt, K., **Norman-Burgdolf, H.**, Norris, A., Mullins, J. Cooking with oils and vinegars. July 2021.
- 10) Pratt, K., **Norman-Burgdolf, H.** UK helping Kentuckians lower diabetes risks. February 2020.
- 11) Pratt, K., Weisenhorn, D., **Norman-Burgdolf, H.** Fun ways to incorporate turkey into Thanksgiving. November 2020.
- 12) Pratt, K., **Norman-Burgdolf, H.**, Luecking, C.T. Tips for healthier snacking. October 2020.
- 13) Pratt, K., **Norman-Burgdolf, H.** When temps are up, drink up: importance of staying hydrated during summer. August 2020.
- 14) Pratt, K., **Norman-Burgdolf, H.**, Larson, J. Alpha-gal syndrome info. July 2020.
- 15) Pratt, K., **Norman-Burgdolf, H.** Fad dieting problems. January 2020.
- 16) Pratt, K., **Norman-Burgdolf, H.** Use dietary supplements wisely. November 2019.
- 17) Pratt, K., **Norman-Burgdolf, H.** Grilling fruits and vegetables. May 2019.
- 18) Pratt, K., **Norman-Burgdolf, H.** Meal prepping saves time, frustration and calories. April 2019.
- 19) Pratt, K., **Norman-Burgdolf, H.** Teach kids how to snack. September 2018.
- 20) Pratt, K., **Norman-Burgdolf, H.** Packing a fun school lunch. August 2018.
- 21) Pratt, K., **Norman-Burgdolf, H.** Key to preventing colon cancer may be in your gut. March 2018.
- 22) Pratt, K., **Norman-Burgdolf, H.** Benefits to cooking as a family. February 2018.
- 23) Pratt, K., **Norman-Burgdolf, H.** Family mealtime: a tasty base for healthy youth development. February 2018.
- 24) Pratt, K., **Norman-Burgdolf, H.** Paying for Convenience at the Grocery Store. November 2017.
- 25) Pratt, K., **Norman-Burgdolf, H.** At the Farmers Market: Cauliflower. September 2017.
- 26) Pratt, K., **Norman-Burgdolf, H.** At the Farmers Market: Apples. August 2017.
- 27) Pratt, K., **Norman-Burgdolf, H.** At the Farmers Market: Corn. July 2017.
- 28) Pratt, K., **Norman-Burgdolf, H.** At the Farmers Market: Brambleberries. June 2017.
- 29) Pratt, K., **Norman-Burgdolf, H.** At the Farmers Market: Broccoli. June 2017.
- 30) Pratt, K., **Norman-Burgdolf, H.** At the Farmers Market: Strawberries. May 2017.
- 31) Pratt, K., **Norman-Burgdolf, H.** At the Farmers Market: Asparagus. April 2017.
- 32) Pratt, K., **Norman-Burgdolf, H.** Colorectal Cancer Rates Rise in Young Adults. March 2017.
- 33) Pratt, K., **Norman-Burgdolf, H.** Drink Up for Good Health. February 2017.

34) Pratt, K., **Norman-Burgdolf, H.** Make Your Next Work Meeting Healthier. January 2017.

FCS Information Releases (Total = 150)

Information releases are written and developed for use by county Extension agents in newsletters, newspapers, fact sheets, 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 fifty 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

COURSES

<u>Course</u>	<u>Years Taught</u>	<u>Sample Class Size</u>
<i>DHN 510 Advanced Nutrition</i> Synchronous, In-person Spring offering	2025 – present	43 students (Spring 2025)
<i>DHN 311 Nutritional Biochemistry</i> Synchronous, In-Person Fall offering	2018 – 2023	69 students (Fall 2020)
<i>DHN 408 Seminar in Nutrition</i> Synchronous, In-Person Spring and Fall offerings	2017 – 2019	38 students (Spring 2018)

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 Martin-Gatton College of Agriculture, Food, and Environment means for Fall 2025 were as follows:

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

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	S 25
DHN 311				4.9		4.7	4.9	4.8	4.9	4.7	
DHN 408G	4.7	4.8	5.0		5.0						
DHN 510											4.8

**Taught online, synchronously during the COVID-19 pandemic*

*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; Journal metrics determined by Web of Science unless indicated otherwise

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	S 25
DHN 311				4.7		4.9	4.5	4.4	4.9	4.6	
DHN 408G	4.4	4.5	4.8		5.0						
DHN 510											4.9

*Taught online, synchronously during the COVID-19 pandemic

GRADUATE STUDENT MENTORING

Table 5. Summary of Graduate Student Mentoring

Student Name Program	Thesis/Special Project Distinctions and Notes	Role	Graduation
Dissertations			
Kayla Anderson <i>Nutritional Sciences</i>	Assessing the Impact of a Plant-Based Diet for Diabetes Prevention	Member	In progress
Danielle Barrett <i>Education</i>	Leveraging Technology to Implement Curriculum: An Innovative Approach to Community Outreach in Cooperative Extension Programming <i>Morehead State University</i>	Member	2020
Theses			
Jenny Wells <i>Nutrition and Food Systems</i>	Development of Community-Based Plan to Inform an Intervention to Reduce Childhood Obesity in an Appalachian County	Member	2023
Sydney McIntosh <i>Nutrition and Food Systems</i>	Assessing the Effectiveness of a Post Metabolic and Bariatric Surgery Support and Nutrition-Based Program for Satisfaction, Perceived Self-Efficacy, and Weight Loss	Member	2023
Katie Pickford <i>Nutrition and Food Systems</i>	Examining the Utility of a Kentucky FCS Cooperative Extension Curriculum on Community Members' Healthy and Sustainable Diet-Related Behaviors <i>This thesis generated a 4-lesson Extension program focused on sustainable and local eating practices and a poster presentation.</i>	Member	2023
Dolph Davis <i>Nutrition and Food Systems</i>	Sex Differences in Critical Care Nutrition in Patients with COVID-19	Member	2022
Lauren Batey <i>Nutrition and Food Systems</i>	Exploration of cultural factors within a rural Appalachian community that may be leveraged to address health disparities <i>This thesis resulted in an award-winning peer-reviewed manuscript, poster, and national presentation. Employed as the Program Coordinator for the WiN-WiN program at the University of Kentucky.</i>	Chair	2022
Lindley Barker <i>Nutrition and Food Systems</i>	The Development of a Sustainable Eating Family and Consumer Sciences Extension Curriculum for Kentuckians <i>This thesis resulted in a poster presentation and peer-reviewed publication.</i>	Member	2022

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Brynnan Dunaway <i>Nutrition and Food Systems</i>	In-store Marketing Campaign to Promote the Purchase of Healthy Foods and Beverages at Convenience Stores in Rural Kentucky	Member	2021
Nasreen Omran <i>Nutrition and Food Systems</i>	Exploring the Relationships between Cultural Values and Diet Patterns among Mexican and Cuban Immigrants in Kentucky	Member	2021
Caroline Blincoe <i>Nutrition and Food Systems</i>	Procuring Produce in a Rural, Appalachian County: A Thematic Analysis of Community Member Experiences <i>Employed as a Sports Registered Dietitian at the University of Louisville in Louisville, KY</i>	Chair	2021
Austyn Erikson <i>Nutrition and Food Systems</i>	Examining Cultural Influences on Dietary Behaviors among Mexican Americans	Member	2020
Ashley Mattingly <i>Nutrition and Food Systems</i>	Pilot Study for Educational Intervention to Increase Environmental Health Literacy in Rural Kentucky Youth during Summer Camp	Member	2020
Kayla Dudick <i>Nutrition and Food Systems</i>	Cardiac Effect of Obesity during Pregnancy in C57BL/6J Mice	Member	2020
Kara Coldiron <i>Nutrition and Food Systems</i>	Interactive Effect of a Text Message Intervention and Connectivity among Rural Adolescents on Dietary Habits in Kentucky and North Carolina	Member	2019
Alexa Kuziel <i>Nutrition and Food Systems</i>	Text Message Nudges and Dietary Changes	Member	2019
Jordan Bressler <i>Nutrition and Food Systems</i>	Evaluating the Experiences of FCS Cooperative Extension Agents Use of Policy, Systems, and Environmental Strategies to Reduce Obesity in Rural Counties <i>Employed as a WIC Dietitian at the Fairfield County Health Department in Lancaster, OH</i>	Chair	2019
Caroline Durr <i>Nutrition and Food Systems</i>	Cultural Sensitivity in Cooperative Extension Nutrition Education Programming in Kentucky	Member	2018
Madison Hilgendorf <i>Nutrition and Food Systems</i>	Assessing Malnutrition in Liver Disease Patients Being Evaluated for Transplant Using the Nutrition Focused Physical Exam	Member	2018
Julie Martin <i>Nutrition and Food Systems</i>	Determining Consumer Preference for Vanilla Ice Cream for Manufacturers	Member	2018
Capstones			
Leslie Workman <i>Science, Translation and Outreach in Agriculture, Food and Environment</i>	Impact of Pathways to Wellness on Participant knowledge about Social Determinants of Health	Member	2022
Sarah Congleton <i>Science, Translation and Outreach in</i>	Implementation of a StoryWalk in a Rural Kentucky County	Principal Advisor	2021

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<i>Agriculture, Food and Environment</i>			
Karli Giles <i>Science, Translation and Outreach in Agriculture, Food and Environment</i>	Effects of a Garden Club on Youth Vegetable Consumption: A Program Proposal	Principal Advisor	2021
Evidence-based Practice Projects			
Allison Steele <i>Nutrition and Food Systems</i>	Marine-sources versus Omega 3 Supplementation in Prediabetes and Metabolic Health	Member	2025
Sara Zawadski <i>Nutrition and Food Systems</i>	Exploring Interventions to Address Positive Body Image in Adolescents with Social Media Usage	Member	2025
Gabriella Music <i>Nutrition and Food Systems</i>	Role of Collagen Supplementation in Osteoarthritis	Member	2025
Jessica Hantle <i>Nutrition and Food Systems</i>	Beyond the Classroom: How Experiential Learning Shapes Supervised Practice Readiness in Dietetics	Member	2025
Ethan Cosson <i>Nutrition and Food Systems</i>	Dietary Emulsifiers and Their Effect on Gut Microbiome Health	Member	2025
Gracie Watkins <i>Nutrition and Food Systems</i>	Anti-Inflammatory Diet Patterns for Pelvic Pain Management in Women with Endometriosis	Member	2025
Caroline Gailbraith <i>Nutrition and Food Systems</i>	Soy Isoflavones and Impact on Vasomotor Symptoms in Menopause	Member	2025
Ashley Root <i>Nutrition and Food Systems</i>	Vitamin D Supplementation and the Effects on Diabetes Risk Factors in Youth	Member	2025
Lindsey Huff <i>Nutrition and Food Systems</i>	Association between Early Egg Exposure and Atopic Dermatitis in Infants	Member	2025
Kelly Alsip <i>Nutrition and Food Systems</i>	Lactation Education and Social Support for Women of Childbearing Age	Principal Advisor	In progress
Zahria Crowder <i>Nutrition and Food Systems</i>	Fueling the Game: Addressing Disordered Eating Risk in Female Collegiate Athletes	Principal Advisor	2025
Kelly Bland <i>Nutrition and Food Systems</i>	Nutritional Status of Older Adults using Farmers' Market Incentive Programs	Member	2025
Nan Montgomery <i>Nutrition and Food Systems</i>	Nutrition Interventions with Caregivers of People with Down Syndrome	Member	2025
Mike Keller <i>Nutrition and Food Systems</i>	Examining the Effectiveness of Culinary Interventions with Hands-on Participation as Opposed to Lecture Style Learning on the Impacts of Food Insecure Populations	Principal Advisor	2024

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Cora Teets <i>Nutrition and Food Systems</i>	Understanding the Experiences of Nutrition Educators Working within Substance Use Recovery Settings <i>This project resulted in a peer-reviewed manuscript. Employed as a Research & Extension Associate at Kentucky State University in Frankfort, KY.</i>	Principal Advisor	2021
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DIRECTED UNDERGRADUATE STUDENT LEARNING**Table 6. Summary of Undergraduate Students and Experiences**

Student Name Role/Program	Project Distinctions	Output	Timeframe
Donya Nikouharf <i>Honors Conversion Project (DHN313)</i>	Development of Resources focused on Dairy and Skin Health	2 Peer-reviewed Extension publications	2025
Annika Francke <i>Bridge Scholar</i>	Examination of the Resources, Supports, and Trainings Necessary to Support Adolescent Sports Nutrition Education in Cooperative Extension	Poster presentation	2023 – 2024
Tyler Markosy <i>Bridge Scholar</i>	Exploring the Confidence of Cooperative Extension Agents In Delivering Sports Nutrition Education to Adolescents in Kentucky	Poster presentation	2023 - 2024
Lauren Nunez <i>Honors Conversion Project (DHN313)</i>	Nutrition Education focused on Carbohydrates	Peer-reviewed Extension publication	Spring 2023
Nick Wilkins <i>Independent Study</i>	Big Blue Book Club Preparation and Implementation		Spring 2023
Nathan Bandy <i>Independent Study</i>	Qualitative Data Collection and Analysis of Focus Groups in an Appalachian Community focused on Inflation and Food Security <i>Recipient of an Undergraduate Research Award</i>	Peer-reviewed manuscript	2022 - 2023
Arrington Wright <i>Bridge Scholar</i>	Impact of Environmental Pollution on Rural Kentucky Populations	Poster presentation	2021 - 2022
Anna McDonald <i>Bridge Scholar</i>	Protective Effects of Nutrition Practices on Environmental Pollution in Humans	Poster presentation	2021 - 2022
Lauren Turner <i>Bridge Scholar</i>	Review of the Evidence Base for the Body Balance Extension Curriculum	Poster presentation	2021 - 2022
Katie Marshall <i>Mentee</i>	Plate it up! Kentucky Proud Nutrition Analysis		2020 - 2021
Grace Anderson <i>Independent Study</i>	Policy, Systems, and Environment Work Developing Social Media Posts and Messaging		Spring 2020
Claire Crosby <i>Undergraduate Extension Assistant</i>	Extension Publication Management	16 Information Releases; 5 revised Extension publications	2020

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Zack Meuth <i>Undergraduate Research Assistant</i>	Healthy Trees, Healthy People		2017 - 2018
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DIETETIC INTERNS

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
Rachel Gillespie	Priority Nutrition Care Distance Dietetic Internship Program	December 2018-March 2019; 280 hours

Experiential Learning

Summer 2023 *DHN 300: The Italian Table*

Co-Director, Enrolled: 20 undergraduate students representing dietetics, human nutrition, and biology. 20-day study abroad program across 6 Italian cities.

May 2020

Virtually Impacting Every Kentuckian, Preceptor. Enrolled 19 DHN Supervised Practice Dietetic Interns. Remote experiences to develop new programming for use by Family and Consumer Science Agents regarding the role of nutrition in the prevention and management of the most prevalent chronic diseases affecting Kentuckians.

Invited Lectures

Sept. 2025	<i>DHN301 Dietetics Practice</i> . University of Kentucky, guest lecture. "Informational Interviews in the Dietetics Field"
Feb. 2025	<i>AEC500 Advanced Topics</i> . University of Kentucky, guest lecture. "Diverse Roles of Extension Specialists"
April 2022	<i>DHN313 Lifecycle and Community Nutrition</i> , University of Kentucky, guest lecture. "Cooperative Extension Overview"
March 2022	<i>GS600 Preparing Future Professionals</i> , University of Kentucky, guest lecture. "Effective Informational Interviews"
April 2021	<i>DHN313 Lifecycle and Community Nutrition</i> , University of Kentucky, guest lecture. "Cooperative Extension Overview"

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March 2021	<i>GS600 Preparing Future Professionals</i> , University of Kentucky, guest lecture. "Effective Informational Interviews"
Feb. 2021	<i>NS602 Integrated Nutritional Sciences</i> , University of Kentucky, guest lecture. "Glutamine, Arginine, and Nitric Oxide"
Feb. 2020	<i>NS602 Integrated Nutritional Sciences</i> , University of Kentucky, guest lecture. "Glutamine, Arginine, and Nitric Oxide"
Feb. 2019	<i>NS602 Integrated Nutritional Sciences</i> , University of Kentucky, guest lecture. "Glutamine, Arginine, and Nitric Oxide"
Oct. 2018	<i>DHN603 Advanced Community Program Development</i> , University of Kentucky, guest lecture. "Faithful Families Programming"
Feb. 2018	<i>GS600 Preparing Future Professionals</i> , University of Kentucky, guest lecture. "Effective Informational Interviews"
Feb. 2018	<i>NS602 Integrated Nutritional Sciences</i> , University of Kentucky, guest lecture. "Glutamine, Arginine, and Nitric Oxide"
Jan. 2018	<i>EXSC-2004 Health Promotions</i> , Transylvania University, guest lecture. "Cooperative Extension and Community Health"
Feb. 2017	<i>IBS608 Special Topics in Biomedical Sciences</i> , University of Kentucky, guest lecture. "Resumes and Cover Letters"
Feb. 2017	<i>NS602 Integrated Nutritional Sciences</i> , University of Kentucky, guest lecture. "Glutamine, Arginine, and Nitric Oxide"

SERVICE

Professional

Ad hoc	<i>Peer reviewer</i> , Family & Community Health, Sustainability, Nutrients, Journal of Human Sciences and Extension, Journal of Extension, International Journal of Environmental Research and Public Health, Topics in Clinical Nutrition, Journal of Nutrition Education and Behavior, Nutrients
Ad hoc	<i>External content reviewer</i> , University of Missouri Extension, Ohio State University, University of Nevada Reno, Kentucky State University
2018 – 2021	<i>Board member</i> , Kentucky Association of State Extension Professionals (elected)
2017 - 2022	<i>Work group member</i> , Multi-state Research Project W3005: Developing synergistic approaches to healthy weight in childhood through positive relationships, diet quality and physical activity
2017 – 2018	<i>Weekly reviewer</i> , Society of Nutrition Education and Behavior eCommunicator

Institutional

<i>University</i>	
2025	<i>Outside examiner</i> , Final Doctoral Defense
2025	<i>Panelist</i> , University New Faculty Orientation Promotion and Tenure Panel (Invited)
2017 – 2023	<i>Faculty committee member</i> , University Appeals Board (appointed)

College

2025	<i>Panelist</i> , College Promotion & Tenure Workshop (Invited)
2025	<i>Team member</i> , Advancing Kentucky Together Health Disparities Team (Selected)
2025	<i>Team member</i> , Advancing Kentucky Together Population Health, Improvement, Wellness, & Prevention Team (Selected)
2024	<i>County review team member</i> , University of Kentucky Cooperative Extension Service
2023 – present	<i>Extension Coordinator</i> , Extension Faculty Coordinator Advisory Group (Selected)
2022 – present	<i>Member</i> , Extension Substance Use Prevention & Recovery Collective Impact Initiative
2022 – 2025	College Faculty Council (nominated and elected); <i>Member</i> (2022-2023); <i>Vice-Chair</i> (2023-2024); <i>Chair</i> (2024-2025)

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2019 – 2021 *Member*, College Beef Task Force (selected)
 2019 – 2021 *Member*, Cooperative Extension Transition Team
 2019 *Member*, Search Advisory Committee, Nutrition Education Program Assistant Director
 2018-2019 *Member*, Search Advisory Committee, Associate Dean and Director of Extension, Martin-Gatton College of Agriculture, Food and Environment (nominated)

Department

2025 *Chair*, Rules of Procedure Revision Committee
 2025 *Chair*, Statement on Evidences Revision Committee
 2024, 2025 *Chair*, Search Advisory Committee, Assistant Professor, Regular Title Series Tenure Eligible
 2022 *Presenter*, 4-H Teen Leadership Conference
 2021 – 2022 *Member*, Alumni Event Planning Committee
 2022 – 2022 Reviewer, Dietetic Internship Applicant Review Team
 2019 *Member*, Search Advisory Committee, Assistant Professor, Extension Title Series Tenure Eligible
 2018 – 2020, *Member*, Chairs Advisory Committee
 2024 - present
 2017 – present *Member*, Graduate Faculty Council

State

2023 – present *Member*, Kentucky Department of Public Health Diabetes Prevention and Control Program Strategic Planning Committee
 2023 – 2024 *Member*, Kentucky Department of Public Health State Health Improvement Plan Strategic Planning Committee
 2017 – present *Faculty advisor*, Kentucky Extension Homemakers Association
 2017 – present *Member*, Health Literacy Kentucky Steering Committee
 2017 *Judge*, FCCLA State Meeting Star Competition

Regional/National

2017 – present *Member*, National Dining with Diabetes Working Group
 2017 – 2024 *Member*, Cooperative Extension National Diabetes Prevention Program Interest Group
 2018 – 2020 *Member*, Southern Region Extension Health Collaborative

RECOGNITION

Since 2017 Appointment

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

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- 2021 NEAFCS 3rd Place National Social Media Education Award for the “Use Less, Spend Wise Challenge” (Team Award); NEAFCS 3rd Place National Communication in Television and Video Award for the “Use Less, Spend Wise Challenge” (Team Award); NEAFCS 1st Place Dean Don Felker Financial Management National Award for the “Use Less, Spend Wise Challenge” (Team Award);
- 2020 NEAFCS 1st Place National Excellence in Multi-State Collaboration National Award for Cooperative Extension National Diabetes Prevention Program Interest Group; Bluegrass Academy of Nutrition and Dietetics Outstanding Dietetics Educator Award
- 2019 NEAFCS 2nd Place National Excellence in Multi-State Collaboration National Award for National Dining with Diabetes Workgroup; NEAFCS 2nd Place Central Region Award for National Dining with Diabetes Workgroup; Kentucky Association of State Extension Professionals Outstanding Project Award – Talking FACS Podcast
- 2018 Kentucky Association of State Extension Professionals Outstanding Project Award – Ask the Experts on Facebook Live; Kentucky Association of State Extension Professionals Outstanding New Extension Faculty Award

Prior to Appointment

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

PROFESSIONAL AFFILIATIONS

- 2017 – 2019, Society of Nutrition Education and Behavior
- 2024 -
- 2018 - Kentucky Association of State Extension Professionals
- 2017 – 2018 Kentucky Diabetes Network Member
- 2015 - Academy of Nutrition and Dietetics
- Affiliate Practice Group: Nutrition Education for the Public (2020 - present)

FACULTY DEVELOPMENT ACTIVITIES

Extension/Research

Workshops and Trainings

- 2025 Generative AI for Proposal Development: Guidance, Guidelines, and Policies, University of Kentucky Proposal Development Office
- Plan of Work Review Process for Specialists, University of Kentucky Cooperative Extension
- Ripple Effects Mapping Train-the-Trainer, University of Kentucky Cooperative Extension
- 2023 Mental Health First Aid Certification, University of Kentucky Cooperative Extension
- 2022 Developing Effective Data Collection Tools, University of Kentucky Cooperative Extension
- Program and Staff Development Webinar
- Working with County Agents to Enhance Implementation and Evaluation of Extension Interventions, University of Kentucky Cooperative Extension Program and Staff Development

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	Martin-Gatton College of Agriculture, Food and Environment Promotion and Tenure Workshop
2021	USDA Overview of AFRI Food Safety, Nutrition, & Health Program Area Webinar University of Kentucky Promotion and Tenure Beginnings Workshop Martin-Gatton College of Agriculture, Food and Environment Promotion and Tenure Workshop
2019	Kentucky Association of State Extension Professionals Spring Meeting
2018	University of Kentucky Promotion and Tenure Beginnings Workshop Martin-Gatton College of Agriculture, Food and Environment Promotion and Tenure Workshop
2017	National Faithful Families Training, North Carolina State Extension, Raleigh, NC. Solera Health National Diabetes Prevention Program Lifestyle Coach Training School of Human and Environmental Sciences All School Conference School of Human and Environmental Sciences Retreat Faculty Council New Faculty Orientation Martin-Gatton College of Agriculture, Food and Environment Promotion and Tenure Workshop

Conference Attendance

2025	Engagement Scholarship Consortium Annual International Conference, Roanoke, VA, October, International State Extension Conference, Louisville, KY, March, State Local Food Systems Summit, Lexington, KY, May, State
2024	Society of Nutrition Education and Behavior Annual Conference, Knoxville, TN, July/August, International Pacific Southwest Rural Opioid Technical Assistance Food, Mood, and Substance Use Symposium, San Diego, CA, June, National
2023	Academy of Dietetics and Human Nutrition Food and Nutrition Conference and Expo, Denver, CO, October, International
2022	Association of Diabetes Certified Educators and Specialists Annual Conference, Baltimore, MD, August, National National Health Outreach Conference, Kansas City, MO, May, National Association of SNAP Nutrition Education Association Annual Conference, Virtual, February, National
2021	CDC Division of Nutrition, Physical Activity, and Obesity National Training, Virtual, May, National National Health Outreach Conference, Virtual, May, National
2020	ISBNPA virtual
2019	American Association of Diabetes Educators Annual Meeting, Houston, TX, August, National Health Meets Food Culinary Medicine Conference, New Orleans, LA, June, National National Health Outreach Conference, Fort Worth, TX, May, National CDC Division of Nutrition, Physical Activity, and Obesity National Training, Atlanta, GA, May, National
2018	Southern Region Extension Health Collaborative Meeting, Atlanta, GA, January, Regional
2017	American Association of Diabetes Educators Annual Meeting, Indianapolis, IN, August, National American Evaluation Association Summer Institute, Atlanta, GA, June, National University of Tennessee and University of Kentucky Grant Writing Workshop, Knoxville, TN, Regional

Teaching

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Workshop and Conference Attendance

2025	Getting Started with NotebookLM in Teaching and Learning (December)
	Teaching Excellence Symposium (October)
	CELT Symposium on AI in Teaching (May)
2023	Teaching Excellence Symposium (October)
	CELT Introduction to GenAI and Teaching (August)
2021	Diversifying Syllabi and Curricula (April)
	Equity and Inclusion in Online Classrooms (March)
	Critical Compassion and the Pedagogy of People (February)
2018	A Discussion about Leading Large Classrooms (March)
2017	Adding Creativity into Our Classrooms (April)
	Cheating: Curbing, Catching, and Consequences (February)
	Critical Conversations in the Classroom (January)
2016	What Works in Teaching: Engaging Large Classes/Team-based Learning (March)
	The Right Tools: Selecting Technology Strategically and Effectively (March)
	Challenging Situations In and Out of the Classroom (February)

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