

Sarah Hortman PhD, MS, RDN

As a Nutrition and Health Sciences Professor and registered dietitian I aspire to promote health and preclude disease through my expertise in public health and nutrition.

This evidence-based foundation applied to instruction and experiential learning allows future health professionals to create behavioral, environmental, and systems change with the goal of improved health outcomes across diverse populations.

This is essential to improve community health and wellness.

Interests include community health and wellness, health promotion program design and implementation, life cycle nutrition, nutritional sciences, chronic disease prevention, plus food access and the built environment.

Experience

Assistant Professor of Practice

Department of Nutrition and Health Sciences
College of Education and Human Sciences
University of Nebraska Lincoln
August 2020 – Present

- Course Instruction:
 - Human Nutrition & Metabolism
 - Food & Nutrition for Optimal Health
 - Health Promotion Program Planning & Implementation
 - A Focus on Life Stages
 - Community Nutrition
 - Organization & Management in Community Nutrition & Health Promotion
 - Experiential learning in community settings
 - Establish and maintain collaborative partnerships with public health, Extension, social services, dietetics, healthcare, entrepreneurs, and for profit and non-profit businesses, highlighting health equity.
 - Organize academic program coordination in community nutrition, health promotion, and wellness.
 - Develop course curriculum with learning objectives in support of program outcomes.
 - Develop, implement, and report processes and procedures of experiential learning courses in community settings.
 - Organize and process community site agreements with the college business center.
 - Conduct and chronicle experiential learning site preceptor evaluation and training.
- Graduate Faculty
- Community Health & Wellness/Community Nutrition Health Promotion Steering Committee Member
- Nutrition & Health Sciences Chair's Advisory Council Member
- Professional Studies in Dietetics Selection Committee Member
- Nutrition & Health Sciences Safety Committee Member
- Undergraduate & Graduate Student Mentor, Honors Thesis Advisor

Douglas Sarpy County WIC Director

Douglas County Health Department
May 2019 – August 2020



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- Coordinated and directed the Douglas Sarpy County Special Supplemental Food Program for Women, Infants and Children (WIC) including program promotion and implementation of the annual Farmer's Market Nutrition Program.
- Planned, collected, and analyzed data for annual program planning and outcome goals to improve retention, ensure diversity, increase breastfeeding rates, decrease childhood obesity rates, and promote community resource referrals.
- Managed, processed, and recorded monthly and annual financial status reports and accounting for all aspects of the program budget.
- Established a strong working relationship with the Nebraska Department of Health and Human Services to ensure Douglas Sarpy County WIC activities compliment overall State WIC goals and objectives.
- Managed and supervised personnel responsibilities of nearly 50 WIC program staff across 5 clinics including Federally Qualified Health Centers. Carried out WIC program staff performance evaluations.
- Established and maintained relationships with community partners to maximize exposure to those who may be eligible for the WIC program and work together on health projects to improve community health and wellness.
- Collaborated with Program Directors and Management within the Health Department on creating and implementing strategies to improve company culture, accreditation activities, and various other projects.

Health Educator/Registered Dietitian Nutritionist

Wellness Corporate Solutions

October 2017 - 2020

- Provide nutrition education through participant consultations incorporating biometric screening data results.
- Encourage realistic health strategies based on stage of readiness to lead participants toward a healthier lifestyle and improvement in their lab values.

Course Instructor

Department of Nutrition and Health Sciences

College of Education and Human Sciences

University of Nebraska, Lincoln

June 2017 – December 2018

- Cultural Aspects of Food and Nutrition - NUTR 253 via Blackboard and Canvas to facilitate classroom instruction and activities.

Graduate Research Assistant – UNMC

Fall 2015 to Spring 2017

- Assist with research projects and contribute to research publications in public health, nutrition, and health promotion.

Registered Dietitian - Private Nutrition Consultant

June 1997 to Present

- Provide nutrition education for individuals and groups on a variety of nutrition topics.
- Develop meal plans and strategies based on activity, health status, nutritional needs, resources, capabilities, and readiness of change stage.
- Provide nutrition education articles for various publications and outlets.
- Social media: Ask A Dietitian by Sarah Hortman, RD Facebook page; and Twitter @Sarah_HortmanRD

Department of Nutrition - Program Coordinator



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Department of Nutritional Sciences
University of Arizona, Tucson, AZ
May 1999 – September 2001

- Supervised student assistants and provided performance reviews.
- Developed materials and presented at workshops; facilitated meetings.
- Assisted in bone health research, co-authored bone health materials.
- Provided nutrition information segments for local media outlets.
- Provided nutrition education and presentations for University college athletes, health professionals, and community groups on various nutrition topics.
- Managed and maintained the Nutrition, Health and Wellness website.

Community Nutrition Specialist/Registered Dietitian

Women, Infants and Children
Pima County Health Dept., Tucson, AZ
December 1998 – April 1999

- Assessed nutritional status and determined eligibility of each client.
- Obtained and interpreted anthropometric, biochemical, clinical/diagnosis, dietary, socioeconomic, and behavioral data.
- Provided nutrition education on maternal and child nutrition.

Nutritionist/Registered Dietitian

Canyon Ranch Spa and Resort, Tucson, AZ
September 1997 - November 1998

- Provided nutrition counseling to clients specializing in nutrition education and disease management.
- Created individual meal plans and recipes based on client's capabilities.
- Developed and presented nutrition lectures and nutrition education materials to individuals, groups, and health professionals in the Nutrition, Medical, and Health & Wellness Departments.


Education

University of Nebraska Medical Center, Omaha, NE
May 2021
PhD in Health Promotion and Disease Prevention Research
College of Public Health
Department of Health Promotion, Social, and Behavioral Health

University of Nebraska, Lincoln, NE
May 2015
Master of Science Degree in Nutrition and Dietetics
Graduated with Honors

Georgia State University, Atlanta, GA
June 1997
Bachelor of Science Degree in Community Health Nutrition

- Coordinated Nutrition Program incorporating 900+ hours of internship in clinical, community and food service practice environments



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Publications

- Parks, C. A., Jaskiewicz, L. J., Dombrowski, R. D., Fricke, H. E., Hortman, S. B., Trumbull, E., . . . Yaroch, A. L. (2018). What Characteristics Define Participants of Michigan's Healthy Food Incentive Program? *Journal of Planning Education and Research*. doi:10.1177/0739456x18772081
- Soliman, G. A., Kim, J., Lee, J., High, R., Hortman, S., Kim, Y., . . . Canedy, J. (2018). Wellness programme at the workplace promotes dietary change and improves health indicators in a longitudinal retrospective study. *Public Health Nutrition*, 1-9. doi:10.1017/s1368980018002380

Professional Associations

- Academy of Nutrition and Dietetics (AND) Member
- Nebraska Academy of Nutrition and Dietetics (NAND) Member
- American Public Health Association (APHA) Member

Honors & Awards

- Phi Upsilon Omicron National Honor Society Member, 2013-Present
- UNMC College of Public Health Chancellor Robert D. Sparks, MD, Public Health Student Research Award Recipient April 2017 – Awarded for Dissertation Proposal

References

- Available upon request