



Sarah Hortman PhD, RDN

Professional Summary

Assistant Professor of Practice with 5 years of University experience successfully contributing to nutrition and public health curriculum development and delivery. Driven to contribute to program outcomes by facilitating engagement and supporting learning objectives, preparing future health professionals create systems change through sound, realistic nutrition and health interventions based on assessing needs, reducing barriers, and assisting community stakeholders in health promotion. Enthusiastic professional with a background in nutritional sciences as applied to health promotion and disease prevention in community nutrition and public health settings.

Work History

Department of Nutrition and Health Sciences, College of Education and Human Sciences, University of Nebraska Lincoln

Assistant Professor of Practice

08/2020 - Current

- Community nutrition: food insecurity, food systems, food sustainability, Government/community nutrition and health programs, and healthcare perspectives
- Health and wellness: nutrition education, and social behavioral health theory
- Health promotion program planning and implementation; organizational management of health promotion programs
- Nutritional science: human nutrition and metabolism, dietetics, and life cycle
- Coordinate experiential learning for students 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
- Develop course curriculum with learning objectives, competencies, and performance indicators in support of program outcomes
- Mentor students – offering course and career guidance and support to undergraduate and graduate students; serving on students' Doctoral Supervisory and Honors Committees; assisting in the Comprehensive Exam process for Master's and PhD students
- College/Department Service and Committees: Community Health and Wellness Specialization Lead, Community Nutrition Health Promotion

Skills

- Health Promotion Program Design and Implementation
- Community and Life Cycle Nutrition
- Nutritional Sciences
- Public Health
- Chronic Disease Prevention
- Diversity, Equity, and Inclusion Considerations
- Thesis, Dissertation, and Honors Program Advisement
- Classroom Lectures and Instructional Strategies
- Evaluations and Assessments
- Canvas and Blackboard LMS

Grants and Scholarships

Great Plains Interactive Distance Education Alliance (GP-IDEA), Human Sciences Board, Student Recruitment Funds, Food and Nutrition Conference and Expo (FNCE) October 2023, \$1,000

Chancellor Robert D. Sparks, MD, Public Health Student Research Award Recipient UNMC April 2017, \$1,500

Education

University of Nebraska Medical Center
Omaha, NE

PhD: Health Promotion and Disease Prevention Research
College of Public Health, Department of Health Promotion, Social Behavioral Health

Steering Committee, Chair's Advisory Board, Graduate Faculty, Graduate (Curriculum) Committee, Undergraduate Curriculum Committee, Professional Studies in Dietetics Selection Committee and Professional Studies in Dietetics Master's Degree Program, GPIEDA final oral exam committee member, Bachelors of Science in Public Health Co-Lead (under development). Previously: Departmental Safety (2020-2022)

- New course and curriculum development: Health Promotion Program Planning, Life Cycle Nutrition, Organizational Management of Health Promotion Programs, and Community Nutrition
- Teach classes in-person and online using Canvas LMS

Wellness Corporate Solutions

Health Educator/Registered Dietitian Nutritionist

10/2017 - Current

- 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

Private Nutrition Consultant - Registered Dietitian

04/1998 - Current

- 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

Douglas County Health Department

WIC Program Director

05/2019 - 08/2020

- Directed, coordinated, and managed procedures, finances, and activities for the Douglas Sarpy County Special Supplemental Food Program for Women, Infants and Children (WIC)
- Managed, supervised, and carried out performance evaluations on nearly 50 WIC program staff across 5 clinics including Federally Qualified Health Centers and ensured compliance within all aspects of the program
- Coordinated the annual Farmer's Market Nutrition Program with community stakeholders
- Managed and analyzed data for the Douglas Sarpy County WIC Program to assess and utilize in annual program planning
- Maintained a community health plan, adapting goals and activities to continually aim to improve retention, diversity, breastfeeding rates, childhood obesity rates, and community resource referrals
- Maintained 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

University of Nebraska

Lincoln, NE

Master of Science Degree: Nutrition and Dietetics

Georgia State University

Atlanta, GA

Bachelor of Science Degree: Community Health Nutrition
Coordinated Nutrition Program
incorporating 900+ hours of internship in clinical, community and food service practice environments

Certifications

Registered Dietitian Nutritionist (RDN)

Awards and Publications

- Phi Upsilon Omicron National Honor Society Member
- UNMC College of Public Health Chancellor Robert D. Sparks, MD, Public Health Student Research Award Recipient April, 2017
- Parks, C. A., Jaskiewicz, L. J., Dombrowski, R. D., Fricke, H. E., Hortman, S. B., Trumbull, E., . . . (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., . . . (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

County WIC activities complement overall State WIC goals and objectives

- Established and maintained relationships with community partners to maximize WIC program eligibility exposure and collaborate on health intervention development to improve community health and wellness initiatives
- Attended Douglas County Board of Health meetings to stay current on community health concerns and apply to WIC as needed

Department of Nutrition and Health Sciences, College of Education and Human Sciences, University of Nebraska Lincoln

Temporary Course Instructor

06/2017 - 12/2018

- Cultural Aspects of Food and Nutrition - NUTR 253
- Taught classes online using Canvas LMS

**University of Nebraska Medical Center, College of Public Health
Graduate Research Assistant**

Omaha, NE

10/2015 - 07/2017

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

Affiliations

- Academy of Nutrition and Dietetics, Community Nutrition and Public Health Dietetic Practice Group
- American Public Health Association