

CURRICULUM VITAE – SARA B. POLICE

CONTENT ORGANIZATION

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Professional Licensure, Board Certification, Research Certification

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Date Prepared: July 19, 2018

CURRICULUM VITAE

Sara Police, PhD
Assistant Professor, Special Title Series
Associate Director of Graduate Studies
Department of Pharmacology & Nutritional Sciences
University of Kentucky College of Medicine



I. GENERAL INFORMATION

Office Address: University of Kentucky
Department of Pharmacology and Nutritional Sciences
Division of Nutritional Sciences
900 South Limestone
588 CT Wethington Building
Lexington, KY
40536-0200

Email: sara.police@uky.edu

Office Telephone: (859) 218-1741

Mobile: (859) 983-5578

II. EDUCATION

Undergraduate

08/1999-05/2003 Georgetown College
Georgetown, KY
B.S., Biology

Graduate

01/2004 – 09/2008 University of Kentucky
Lexington, KY
Ph.D., Nutritional Sciences
Graduate Certificate in College Teaching & Learning

III. PROFESSIONAL EXPERIENCE

5/03-12/03 **Microbiology Laboratory Technician**
Alltech, Inc.
Nicholasville, KY

1/04-9/08 **Research Assistant**
University of Kentucky
Lexington, KY

1/12 – 12/16 **Studio Writer**
Studio D
Santa Monica, CA

4/16 – 5/17 **Health Coach**
Corporate Health Partners, Inc.
Kennesaw, GA

IV. ACADEMIC APPOINTMENTS

8/09 – 5/16 **Part-Time Adjunct Faculty**
1/15: Promoted to Full-Time Adjunct Faculty; College of Health
Sciences, Kaplan University

8/12 – 5/13 **Adjunct Faculty**
Bluegrass Community & Technical College; Lexington,
KY

8/15 – 12/16 **Adjunct Faculty**
Transylvania University; Lexington, KY

7/17 – Present **Assistant Professor**
4/18: appointed Associate Director of Graduate Studies
Department of Pharmacology and Nutritional Sciences
College of Medicine, University of Kentucky
Lexington, KY

V. HOSPITAL APPOINTMENTS

VI. CONSULTING ACTIVITIES

VII. TEACHING ACTIVITIES

- 08/2012-05/2013 **Bluegrass Community & Technical College (undergraduate students)**
Lexington, KY
NFS101: Human Nutrition & Wellness
36 lecture contact hours
ANA209: Principles of Human Anatomy
16 lecture contact hours
- 08/2009 – 05/2016 **Kaplan University (undergraduate students)**
Online
NS325: Nutrition Across the Life Cycle (multiple sections)
9 lecture contact hours
NS220: Nutrition Planning and Management (multiple sections)
Course Lead 2015-2016
9 lecture contact hours
NS335: Nutrition for Special Populations (multiple sections)
9 lecture contact hours
HW425: Health and Wellness Programming: Design & Administration
(multiple sections)
Course Lead 2015-2016
9 lecture contact hours
HW205: Vitamins, Herbs & Dietary Supplements (multiple sections)
9 lecture contact hours
NS415: Food Science with Lab (multiple sections)
9 lecture contact hours
- 08/2015 – 12/2016 **Transylvania University (undergraduate students)**
Lexington, KY
EXSC 1113: Lifetime Fitness & Wellness
16 lecture contact hours, 19 gym contact hours
- 07/2017 – Current **University of Kentucky (graduate and professional students)**
Lexington, KY
NS601: Integrated Nutritional Sciences I (MS & PhD)
Co-Director: 45 contact hours
11 Lecture Contact Hours
NS602: Integrated Nutritional Sciences II (MS & PhD)
Director: 45 contact hours
3 Lecture Contact Hours
NS605: Wellness and Sports Nutrition (MS & PhD)
2 Lecture contact hours
NS771: DPNS Seminar (MS & PhD)

Co-Director: 15 contact hours
MI685: Immunobiology, Infection and Inflammation (PhD)
2 Lecture contact hours
MD828: Gastrointestinal System & Nutrition (Medical)
2 Lecture contact hours
IBS608: Integrated Biomedical Sciences mini-course “Preparing
Science Professionals”
Invited Panelist: 1 contact hour
GS600/TOX 780: Preparing Science Professionals (2 hours)
Invited Lecturer: 2 contact hours

VIII. ADVISING ACTIVITIES

10/2017 – present University of Kentucky College of Medicine
Department of Pharmacology & Nutritional Sciences
Nutritional Sciences and Pharmacology Students (NSPS) Association–
Faculty Advisor

IX. ADMINISTRATIVE ACTIVITIES & UNIVERSITY SERVICE

University

University of Kentucky
Lexington, KY
The Graduate School
08/20/2017 Recruiter, Education USA: Southeast Asia Virtual Graduate Fair

University of Kentucky
Lexington, KY
Center for Excellence in Learning & Teaching (CELT)
1/2017-1/2019 Faculty Learning Community (FLC) Participant: Teaching for Equity

College

University of Kentucky
Lexington, KY
College of Medicine
Women in Medicine and Science (WIMS)
09/7/2017 Co-Chair: Membership & Nominations Committee

University of Kentucky
Lexington, KY
College of Medicine
2018-2021 Wellness in Training Committee

Department

02/27/2018	Spotlight Career Fair in Lexington, KY (recruiter)
Date here	Nutrition Task Force (Committee Member)
1/30/2018	MS in Nutritional Sciences Exam Committee Member: Shae Carson
3/29/2018	MS in Nutritional Sciences Exam Committee Member: Kaiyuan Tan
4/9/2018	MS in Nutritional Sciences Exam Committee Member: Andi Cheng
4/19/2018	MS in Nutritional Science Exam Committee Chair: Nigel Vinegar

X. SPECIAL ASSIGNMENTS

2/23/2018	DPNS Diversity & Inclusion Breakfast Event – Organizer
5/25/2018	DPNS Diversity & Inclusion Breakfast Event – Coordinator
08/16/2017	IBS Orientation: Point Contact for Faculty & Organizer Created marketing flyer showcasing hiring DPNS faculty
08/22/2017	Nutritional Sciences New Student Orientation Created graphics for MS and PHD Student Orientation Developed New Student Entrance Survey
10/10/2017	Nutrition Sciences Graduate Programs Program Assessment Revised MS and PhD metrics/assessment tools
02/09/2018	DPNS Photography Shoot – Organizer & Contact
02/23/2018	Revised DPNS Marketing Material – Organizer & Project Manager
04/18/2018	Kentucky State University Open House – Student & Lab tours Organizer

XI. HONORS & AWARDS

08/2005	AHA Young Investigator Award, American Heart Association
05/2003	Class of 2003 President’s Award, Georgetown College

04/2018 Faculty of the Year Award, Department of Pharmacology & Nutritional Sciences, College of Medicine, University of Kentucky 2018

XII. PROFESSIONAL ACTIVITIES, PUBLIC SERVICE & PROFESSIONAL DEVELOPMENT

Memberships

7/04/2017 - American Society for Nutrition
Associate Member

7/16/2018 - Barnstable Brown Diabetes and Obesity Center
Associate Member

Professional Development

04/25/2017 **Center for Excellence in Learning & Teaching/University of Kentucky**
“Online Education + Student Motivation and Engagement Faculty Panel”

08/08/2017 **College of Medicine/University of Kentucky**
College of Medicine New Faculty Orientation

08/09/2017 **Department of Pharmacology & Nutritional Sciences Educators/ UK**
DPNS Teaching Retreat

10/30/2017 **Office of Institutional Effectiveness/ UK**
Student Learning Outcomes (SLO) Report Training Workshop

10/2017 – 1/2018 **College of Medicine/ UK**
Classroom Teaching Development Program

11/4/2017 **College of Medicine/ UK Women in Medicine & Science (WIMS)**
3rd Annual Visiting Professor Program
Leaning in Without Falling Over

1/24/2018 **Office for Faculty Advancement/UK COM**
Dossier Preparation Session

1/31/2018 **Center for Excellence in Learning & Teaching/ UK**
Promoting Cross-Disciplinary Self-Regulation

2/12/2018 **Office for Diversity & Inclusion/UK College of Medicine**
Unconscious Bias Training

WIMS (Women in Medicine & Science) University of Kentucky

- 3/21/2018 Documenting Your Teaching Activities for Promotion & Tenure:
Assembling a Teaching Portfolio
- 3/28/2018 **Office of Strategic Planning and Institutional Effectiveness/ UK**
Updates and Overview of the New Program Approval Process
- 4/10/2018 **The Graduate School**
Discussion on Mental Health Challenges in Graduate Education
- 4/25/2018 **WIMS (Women in Medicine & Science) University of Kentucky**
Early Career Resilience & Academic Leadership Roundtable with Dr. Lori
Gonzalez, University of Tennessee Health Science Center
- 7/12/2018 **The Graduate School**
The Graduate School Funding Workshop
- 7/17/2018 **UK Human Resources: Health and Wellness**
The Courage to Live Well, Amy Rodquist-Kodet

Conferences Attended

- 2017 Association for Nutrition Departments and Programs (ANDP)
American Society for Nutrition, Columbia, MO
- 2017 2028 Summit
American Society for Nutrition, Washington D.C.
- 2018 Nutrition 2018
Boston, MA
- 2018 Pedagogicon
Richmond, KY
- 2018 ABRCMS: Annual Biomedical Research Conference for Minority
Students
Indianapolis, IN

XIII. SPEAKING ENGAGEMENTS

Local

- 2013 **Professional Women's Forum**
Lexington, KY
Invited Nutrition & Wellness Panelist

- 2016 **Transylvania University**
Lexington, KY
Invited Speaker for Women of the Bluegrass
“Keeping It Together”
- 2016 **Kaplan University**
Virtual Difference Makers Session (online seminar)
“Making Stress Less Stressful”
- 2017 **Transylvania University**
Lexington, KY
Invited Lecturer: “Nutrition Myth busters”
- 2018 Salvation Army Clinic
Lexington, KY
Invited Speaker: “Nutrition Myth busters”

XIV. RESEARCH & INTELLECTUAL CONTRIBUTIONS

A. PUBLICATIONS

Peer-Reviewed Original Research in Scientific Journals

Cassis LA, **Police SB**, Yiannikouris F, Thatcher SE. Local adipose tissue renin angiotensin system. *Curr Hypertens Rep*. 2008 Apr;10(2):93-8.

Police SB, Harris JC, Lodder RA, Cassis LA. Effects of diets containing sucrose vs. D-tagatose in hypercholesterolemic mice. *Obesity*. 2009 Feb; 17(2):269-75.

Police SB, Thatcher SE, Charnigo R, Daugherty A, Cassis LA. Obesity promotes inflammation in periaortic adipose tissue and angiotensin II-induced abdominal aortic aneurysm formation. *Arterioscler Thromb Vasc Biol*. 2009 Oct; 29(10):1458-64.

Police SB, Putnam K, Thatcher S, Batifoulier-Yiannikouris F, Daugherty A, Cassis LA. Weight loss in obese C57BL/6 mice limits adventitial expansion of established angiotensin II-induced abdominal aortic aneurysms. *Am J Physiol Circ Physiol*. 2010 Jun; 298(6):H1932-8.

Media Contributions

Police, Sara. List of Heart-Healthy Wines. LIVESTRONG.COM Nutrition, January 2014:
<http://www.livestrong.com/article/292418-list-of-heart-healthy-wines/>

Police, Sara. List of Non-Starchy Vegetables. LIVESTRONG.COM Nutrition, January 2014:
<http://www.livestrong.com/article/381287-list-of-non-starchy-vegetables/>

Police, Sara. Top Five Things Never to Eat. eHow Nutrition, March 2014:
http://www.ehow.com/info_12337006_top-five-things-never-eat.html

Police, Sara. What is MyPlate & How Is It Used? eHow Nutrition, November 2014:
http://www.ehow.com/facts_5161870_food-pyramid-used.html

Police, Sara. Foods That Are Gluten- and Dairy-Free. eHow Nutrition, March 2015:
http://www.ehow.com/facts_5332340_foods-gluten-dairy.html

Police, Sara. Top Super Foods for Antioxidants. LIVESTRONG.COM Nutrition, June 2015:
<http://www.livestrong.com/article/236254-top-10-super-foods-for-antioxidants/>

Police, Sara. Menstrual Cramps & Vitamins. LIVESTRONG.COM Nutrition, June 2015:
<http://www.livestrong.com/article/94683-menstrual-cramps-vitamins/>

Police, Sara. High-Alkaline, Low-Acid Foods. LIVESTRONG.COM Nutrition, October 2015:
<http://www.livestrong.com/article/346538-high-alkaline-low-acid-foods/>

Police, Sara. Four Characteristics of a Healthful Diet. LIVESTRONG.COM Nutrition, October 2015: <http://www.livestrong.com/article/190554-the-four-characteristics-of-a-healthful-diet/>

Police, Sara. How to Calculate Accurate BMI for a Large Body Frame. LIVESTRONG.COM Nutrition, January 2016: <http://www.livestrong.com/article/36520-calculate-accurate-bmiflarge-frame/>

Police, Sara. How Much Have Obesity Rates Risen Since 1950? LIVESTRONG.COM Nutrition, February 2016: <http://www.livestrong.com/article/384722-how-much-have-obesityrates-risen-since-1950/>

Police, Sara. Fast Low-Carb Meals. LIVESTRONG.COM Nutrition, July 2016:
<http://www.livestrong.com/article/351300-fast-low-carb-meals/>

Police, Sara. For the New Year, Resolve to Treat Your Gut Bugs Right. *Lexington Herald-Leader*: <https://www.kentucky.com/living/health-and-medicine/article190173764.html>

Jared D. Hoffman, Brittany B. Rice, Kaiyuan Tan, James T.F. Wise and **Sara Police**. Fighting Depression? Consider Diet and Exercise As Your Weapons of Choice. *Health and Wellness*; February 2018. <http://healthandwellnessmagazine.net/fighting-depression.html>

Nika Larian, Jessie Hoffman, MS, Kaia Hampton, PhD and **Sara Police, PhD**. Nutrition News for the New Year. *Health and Wellness*; January 2018. <http://healthandwellnessmagazine.net/nutrition-news-for-the-new-year.html>

B. ABSTRACTS

2018

Police, Sara and April Hatcher. Virtual Field Trips in Various Student-Centered Settings. Presented at Pedagogicon; Eastern Kentucky University, Richmond, KY

XIV. OTHER ACTIVITIES

Volunteer Activities

- 2016- 2017 **Veterans Park Elementary Cross Country Team**
Founder and Head Coach
- 01 – 05/2015 **Veterans Park Elementary School PTA**
Pacer’s Club Volunteer
Lexington, KY
Patriot’s Pacers Club aims to promote and improve the physical fitness of students. As a volunteer, I met weekly with students to lead exercise stations and group stretching before school.
- 05/2015 **Veterans Park Elementary School PTA**
Healthy and Green Lifestyles Committee
Lexington, KY
I assisted coordinating Waste-Free Lunch Day and Walk/Ride to School Day as an active member of this committee.
- 11/2015 **Veterans Park Elementary School**
Lexington, KY
Science Fair Judge