**Lindsey English**

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**Educational Background**

**University of Michigan School of Public Health** 2024-Present *Doctor of Philosophy*

Cognate: Nutritional Epidemiology

**University of Michigan School of Public Health** 2022-2024 *Master of Public Health*

Concentration: Nutritional Sciences

**University of North Dakota, Grand Forks, ND**  2018**-**2022

*Bachelor of Science*

Majors: Dietetics and Public Health Education

Honors: Summa Cum Laude

**Certifications**

**Registered Dietitian Nutritionist** *ID #86170467* Certified through May 2028

**Certified Health Education Specialist** *ID #37304* Certified through March 2027

**Research Experiences and Accomplishments**

**1. Research Assistant**  June 2022-Present

*School of Public Health-Nutritional Sciences Department*

*PIs: Dr. Karen Peterson and Dr. Erica Jansen*

*Project 1:* Project management of the metabolic health risk among mid-life women: the roles of toxicants, inflammation, and epigenetics R01 grant

* Formulating project plans to address grant aims developing both individual projects and projects for doctoral students and co-collaborators
* Assisting in statistical analysis planning and manuscript development of projects

*Project 2:* Changes in endocrine disrupting chemical exposure related changes in anthropometry

* Creating code book of EDC, anthropometrics, and demographics from two time points over a 10-year period
* Analyzing individual and categorized EDC changes and the impact on BMI, waist circumference, and body fat percentage changes
* Completing literature review and manuscript draft for publication

*Project 3:* Sex-specific associations of epigenetic age acceleration in adolescence with physical activity and sleep

* Completed a literature review on assessments of epigenetic aging in adolescents and the environmental and biological influences on accelerated epigenetic aging
* Assisted with writing of introduction and discussion sections of a manuscript

*Project 4:* Biorepository management

* Aliquoting and taking specific gravity of urine samples for current and future analyses
* Organizing and cataloging samples in seven biological freezers

2. **Research Intern** Summer 2023

*African Population and Health Research Center, Nairobi, Kenya*

*PI: Dr. Agnes Kiragga*

*Project 1:* Individual Supermarket Purchases and Predictions of Population Non-Communicable Disease Rates in Kenya

* Completed literature review of diet patterns and non-communicable diseases in Kenya
* Developed project protocol for analysis plan and ethical approval (IRB equivalent)
* Assisting with data analysis of purchasing patterns and prediction of NCDs based on variations in diet patterns and individual product purchases

*Project 2:* Comparing Causes of Death Using Verbal Autopsy Algorithms in East Africa

* Completed a literature review on applications of verbal autopsy algorithms and rationale for observed causes of death variation across Health and Demographic Survey Sites
* Wrote discussion section and assisted with methods section of a manuscript

*Project 3:* Factors Influencing Morbidity in a Ugandan Health and Demographic Survey Site

* Completed a literature review on environmental and societal influences on morbidity and healthcare utilization in Uganda and policy implications and recommendations
* Wrote introduction and discussion sections of a manuscript

**3. National Institutes of Health: MARC U-STAR Scholar** August 2020-May 2022

*University of North Dakota NIH-NIGMS funded research training scholarship*

*PI: Dr. Thomas Petros*

*Project 1:* Relationship Between Race, Food Insecurity, and Academic Performance in College Students

* Completed a literature review of food security, race, and academic performance
* Received a $5000 grant to complete a study with 120 participants.
* Collected participant assessments throughout the Spring/Summer 2022 semesters

*Project 2:* Food Insecurity vs Mental Health Outcomes and Quality of Life in Northern Plains Indians

* Completed regressions and correlations of food security and mental health scores in SPSS
* Completed literature reviews of food security and mental health
* Co-authored a manuscript for publication

*Project 3:* The Effects of Antioxidant Status, Omega-6 to Omega-3 Ratio, and Dietary Diversity on Cognitive Performance

* Completed regressions of nutrient effects on performance on the Repeatable Battery for the Assessment of Neuropsychological Status (RBANS)
* Ran interactions using one-way ANOVA
* Co-authored a manuscript for publication

**4. U of M Summer Research Opportunities Program (SROP)** May 2020-August 2021

*School of Public Health-Nutritional Sciences Department*

*Mentors: Dr. Karen Peterson and Dr. Erica Jansen*

*Project 1:* Sugar Sweetened Beverage Intake During Adolescence: Sociodemographic Predictors and Body Composition Outcomes

* Completed a background literature review
* Worked with various datasets in Excel and calculated metrics of nutritional intake data
* Interpreted output data from STATA and created several table shells with data
* Wrote a manuscript for publication

*Project 2:* Dietary Pesticide Exposure and Its Relation to Urinary Pesticide Biomarkers in Pregnant Mexican Women

* Completed a background literature review about pesticide use in Mexico
* Used the USDA PDP database to gather data on pesticide exposure from the diet
* Calculated residue scores using Excel and SPSS and created a codebook for classifying food products
* Ran correlation and multiple regression analyses in STATA using FFQ pesticide and urinary biomarker data

*Project 3:* University Student Dietary Intake

* Coded self-reported survey FFQ data into categories for assessing dietary diversity

*Project 4:* Exposure to Hg and n-3 PUFAS and Its Relation with Metabolic Outcomes In Adolescents

* Completed a literature review on the sex-specific differences observed in the PUFAs vs MetRisk output.

*Project 5:* Biorepository management

* Organized ELEMENT biological samples in freezers by type and cohort and developed centralized online map and inventory
* Analyzed specific gravity of maternal urine for cataloging

**Publications**

1. **English, L.**, Rodríguez-Carmona, Y., Peterson, K., Jansen, E., Téllez Rojo, M.M., Torres Olascoaga, L., & Cantoral, A. (February 2022). [Changes in Sugar Sweetened Beverage Intake Are Associated with Changes in Body Composition in Mexican Adolescents: Findings from the ELEMENT Cohort](https://www.mdpi.com/2072-6643/14/3/719). *Nutrients,* 14(3).

2. Banker, M., Jansen, E.C., Goodrich, J.M., **English, L.,** Dolinoy, D.C., Song, P.X.K., Tellez-Rojo, M.M., Cantoral, A., & Peterson, K. Associations between physical activity and sleep on epigenetic age acceleration in adolescence are sex-dependent: Findings from the ELEMENT cohort. Accepted for publication in *Medicine & Science in Sports & Exercise*.

3. English, L. Lindsey English, Erica C. Jansen, Deborah Watkins, Jackie Goodrich, Libni Torres-Olascoaga, Alejandra Cantoral, John Meeker, Brisa Sanchez, Martha M Téllez-Rojo\*, Karen E. Peterson

Phthalate, Phenol, and Paraben Exposure Changes in Relation to Aberrant Anthropometric Changes Over an 11-year period in Mexican Mid-Life Women.

4. Cygu, S., Nabukera, B., Babirye, S, Ng’etich, M., **English, L.,** Ochola, M., Kiragga, A., Kadengye, D, & Kajungu, D. Demographic and socio-economic differentials on disease burden in Uganda: population outcomes and policy implications. Under revision for *BMJ Public Health*.

5. Ng’etich, M., **English, L.,** Kajungu, D., Dube, A., Kiragga, A., & Kadengye, D. Using Community Health and Demographic Surveillance Sites in 3 African Countries to Assess Differences in Disease Burden. In preparation.

**Oral Presentations**

**1. English, L.** Minority Health and Health DisparitiesResearch Training Program Scholar Presentation. Presented at the *University of Michigan Global Crossroads Lecture Series.*

2. Ng’etich, M., **English, L.,** Kajungu, D., Dube, A., Kiragga, A., & Kadengye, D. Using Community Health and Demographic Surveillance Sites in 3 African Countries to Assess Differences in Disease Burden. Presented at the *International Conference on Public Health in Africa 2023,* Lusaka, Zambia.

3. **English, L.**, Karen E. Peterson, Erica Jansen, Yanelli Rodríguez-Carmona, Martha María Téllez Rojo, Libni Torres Olascoaga, & Alejandra Cantoral. (2020) Beverage Consumption Changes vs Body Composition Changes in Mexican Adolescents. Presented at the virtual *American Society of Nutrition 2021,* and the *2020 University of Michigan SROP Student Symposium.*

4. **English, L.** (2021) Dietary Pesticide Exposure and Its Relation to Urinary Pesticide Biomarkers in Pregnant Mexican Women. *2021* *University of Michigan SROP Student Symposium.*

**Poster Presentations**

1. **English, L.** (2019) Supplemental Insurance Coverage for Preventative Nutritional Care.

Presented at North Dakota Academy of Nutrition and Dietetics Student Symposium, Fargo, ND, March 8th, 2019, and the University of North Dakota Research and Scholarship Day,Grand Forks, ND, April 25th, 2019.

2. Rodríguez-Carmona, Y., Betanzos-Robledo, L., Cantoral-Preciado, A., Perng, W., **English, L.,** Tellez-Rojo, M.M., Peterson, K.E., & Jansen, E.C. (2020) Exposure to polyunsaturated fatty acids and mercury from seafood and its relation with metabolic syndrome in Mexican children and adolescents. Presented at the virtual *2020 Society for Epidemiologic Research Annual Conference.*

3. Gray, J., **English, L.,** & Petros, T. (2021) Factors that Impact Food Security in Northern Plains American Indians. Presented at the *2021 APA Annual Convention.*

**Teaching and Mentorship**

**SROP Student Ambassador** August 2022-May 2023

*University of Michigan Rackham Graduate School*

* Work directly with prospective students reviewing graduate student application materials
* Participate in informational sessions for Michigan summer research programs
* Assist in the evaluation, selection, and interviewing of SROP 2023 applicants

**Graduate Student Instructor** August-December 2022

*University of Michigan Department of Biology*

*BIO226 Animal Physiology Lab*

* Instructor during fall semester for 2 sections of 16 students each.
* Was responsible for all grading, course content creation, assisting during lab procedures, and communicating with students about course expectations and lab assignments.
* Course content consisted of data analysis, literature reviews, and animal dissection and physiology review on goldfish, frogs, and mice.

**Graduate Student Summer Coordinator** May-August 2022

*University of Michigan Rackham Graduate School*

*PACE Summer Programs*

* Organized social programs for residential undergraduate research programs
* Provided individualized coaching for undergraduate students about graduate funding, applications, weighing decision offers, and conducting graduate-level research
* Coordinated workshops and discussions regarding navigating the graduate admissions process and research careers for students from underrepresented backgrounds
* Develop a positive living environment for residents, often resolving conflicts

**Honors and Awards**

**ND Academy of Nutrition and Dietetics 2022 Student of the Year**

**UND Nutrition & Dietetics 2022 and 2021 Outstanding Student Leader**

**Quo Vadis Mortar Board Honor Society Member**

**Professional Experience**

**Altru Health Systems**

Dietary Aide January 2019-August 2020

**Manfred Heritage Museum**

Outreach Coordinator May 2018-May 2020

**Academic and Professional Leadership**

**University of Michigan Student Run Free Clinic**

Nutrition Director August 2023-Present

Dietitian Preceptor August 2022-Present

**Student Association of Nutrition and Dietetics**

President August 2020-May 2021

**The Penny House, 501 c(3) non-profit recreational center**

State Secretary August 2019-August 2020

Chapter president August 2017-August 2018

**UND Catholic Newman Board**

Social Chair August 2020-December 2021

Social Media chair August 2019-May 2020

**Professional Affiliations**

Member, Academy of Nutrition and Dietetics 2019-present

Member, American Society of Nutrition 2020-present

Member, American Public Health Association 2019-present