

CURRICULUM VITAE
Lara H. Sattgast, M.S.
Oregon State University

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A. EDUCATION AND EMPLOYMENT INFORMATION

Education

Ph.D.	Nutrition , Concentration: Bone Physiology, Oregon State University, Corvallis, OR Dissertation: <i>The relationship between IGF-1, bone turnover, and bone marrow adiposity in a non-human primate model of voluntary ethanol consumption</i>	2022
M.S.	Nutrition and Food Studies , George Mason University, Fairfax, VA Thesis: <i>Differences in nutritional intake and bone health among adults with and without celiac disease: NHANES and What We Eat in America 2009-2014</i>	2016
B.A.	Anthropology , Smith College, Northampton, MA	2012

Experience

Oregon State University, Corvallis, OR

2018 - present	Graduate Research Assistant, Skeletal Biology Laboratory
2018 - 2021	Graduate Teaching Assistant, College of Public Health and Human Sciences Food Surveys Research Group, U.S. Department of Agriculture , Beltsville, MD
2016 - 2018	Research Scientist, Contract with the American Society for Nutrition, Rockville, MD

Professional Affiliations

2016 - present	American Society for Nutrition (ID# 52395)
2019 - present	Academy of Nutrition and Dietetics (ID# 86156522), <i>Student member</i> Research Dietetic Practice Group
2019 - present	American Society for Bone and Mineral Research (ID# 271938)
2019 - present	International Society of Bone Morphometry

Honors and Awards

2021 - 2022	Graduate Fellowship, National Aeronautics and Space Administration (NASA).
2021 - 2022	Nutrition Science Fellowship (\$2000), Oregon State University.
2021 - 2022	May DuBois Memorial Fellowship (\$500), Oregon State University.
2021 - 2022	Marjorie J. Woodburn Fellowship (\$500), Oregon State University.
2021	George Bray Obesity Research Student Award (\$500). American Society for Nutrition 2021 Annual Meeting.
2021	Finalist, Emerging Leaders in Nutrition Science Abstract Recognition Award Program. American Society for Nutrition 2021 Annual Meeting.

- 2019 Travel Award (\$500). XIVth Congress of the International Society of Bone Morphometry.
- 2019 - 2020 Cynthia W. H. Fang Memorial Scholarship (\$1000), Oregon State University.
- 2019 - 2020 Helen Charley Fellowship in Foods & Nutrition (\$550), Oregon State University.
- 2019 - 2020 Marjorie J. Woodburn Fellowship (\$500), Oregon State University.
- 2019 - 2020 Betty Hawthorne Memorial Fellowship (\$300), Oregon State University.
- 2019 Travel Award (\$500), Gordon Research Conference: Alcohol-Induced End Organ Disease.
- 2018 - 2019 Jewell Fields Rohlfing Graduate Fellowship (\$500), Oregon State University.
- 2018 - 2019 Nutrition Science Graduate Fellowship (\$100), Oregon State University.
- 2018 Honorary Member of the Food Surveys Research Group. Awarded for exemplary work to advance dietary survey research. U.S. Department of Agriculture.
- 2017 Graduate Student Thesis Award, George Mason University, Department of Nutrition.

B. SCHOLARSHIP

Refereed Journal Articles

1. **Sattgast LH**, Branscum AJ, Newman N, Gonzalez SW, Grant KA, Turner RT, and Iwaniec UT. (2021). Between-subject and within-subject variability in measures of biochemical markers of bone turnover in cynomolgus and rhesus macaques. *Bone Reports*. 15:101126. PMID: 34541261. <https://doi.org/10.1016/j.bonr.2021.101126>
2. Turner RT, **Sattgast LH**, Jimenez VA, Grant KA, and Iwaniec UT. (2021). Making sense of the variable effects of alcohol on bone. *Clinical Reviews in Bone and Mineral Metabolism*. <https://doi.org/10.1007/s12018-021-09277-8>
3. Gamboa A, Branscum AJ, Olson DA, **Sattgast LH**, Iwaniec UT, and Turner RT. (2021). Effects of spaceflight on cancellous and cortical bone in proximal femur in rats. *Bone Reports*. 14:100755. PMID: 33665238. <https://doi.org/10.1016/j.bonr.2021.100755>
4. **Sattgast LH**, Branscum AJ, Walter NAR, Newman N, Gonzalez SW, Grant KA, Turner RT, and Iwaniec UT. (2021). Effects of graded increases in ethanol consumption on biochemical markers of bone turnover in young adult male cynomolgus macaques. *Alcohol*. 91:53-59. PMID: 33358984. <https://doi.org/10.1016/j.alcohol.2020.12.003>
5. **Sattgast LH**, Gallo S, Frankenfeld CL, Moshfegh AJ, and Slavin M. (2020). Nutritional intake and bone health among adults with probable undiagnosed, untreated celiac disease: What We Eat in America and NHANES 2009-2014. *J Am Coll Nutr* 39(2):112-121. PMID:31322483. <https://doi.org/10.1080/07315724.2019.1616003>

Refereed Databases and Documentation

1. Rhodes DG, Morton S, Martin CL, Adler ME, Hymes MA, Garceau AO, Kovalchik A, **Sattgast LH**, Steinfeldt LC, Clemens JC, & Moshfegh AJ. (2018). USDA Food and Nutrient Database for Dietary Studies 2015-2016. U.S. Department of Agriculture, Agricultural Research Service. Available: <https://www.ars.usda.gov/nea/bhnrc/fsrg>.
2. Martin C, **Sattgast LH**, & Moshfegh AJ. (2017). Items Designated as Fortified in FNDDS 2013-2014. U.S. Department of Agriculture, Agricultural Research Service. Available: <https://www.ars.usda.gov/nea/bhnrc/fsrg>.

Presented Abstracts

1. **Sattgast LH**, Branscum AJ, Newman N, Gonzalez SW, Grant KA, Turner RT, and Iwaniec UT. (2021). Between-Subject and Within-Subject Variability in Measures of Biochemical Markers of Bone Turnover in Adolescent to Young Adult Cynomolgus and Rhesus Macaques. American Society for Bone and Mineral Research Annual Meeting. October 1-4, 2021. [Poster].
2. **Sattgast LH**, Wong CP, Olson DA, Turner RT, and Iwaniec UT. (2021). Hypothalamic Leptin Gene Therapy and Caloric Restriction Have Differential Effects on Energy Intake and Energy Partitioning in Adult Female Rats. American Society for Nutrition Annual Meeting. Virtual. June 7-10, 2021. [Oral Presentation]. [Finalist for Emerging Leaders in Nutrition Science Abstract Recognition Award Program; Recipient of George Bray Obesity Research Student Award].
3. **Sattgast LH**, Gamboa A, Olson DA, Branscum AJ, Iwaniec UT, and Turner RT. (2020). Effects of spaceflight on cancellous and cortical bone in proximal femur in rats. American Society for Gravitational and Space Research Annual Meeting. Virtual. November 5-6, 2020. [Oral Presentation].
4. **Sattgast LH**, Gamboa A, Olson DA, Branscum AJ, Iwaniec UT, and Turner RT. (2020). Effects of spaceflight on cancellous and cortical bone in proximal femur in rats. American Society for Bone and Mineral Research Annual Meeting. Virtual. September 11-14, 2020. [Poster].
5. **Sattgast LH**, Wong CP, Doerge DR, Helferich WG, Iwaniec UT, and Turner RT. (2020). Effects of isoliquiritigenin on bone metabolism and uterus in ovariectomized (ovx) rats. American Society for Nutrition Annual Meeting. Virtual. June 1-4, 2020. [Poster].
6. **Sattgast LH**, Kuah AF, Walter NAR, Newman N, Branscum AJ, Grant KA, Turner RT, and Iwaniec UT. (2019). Effects of ethanol consumption on intracortical bone remodeling and biochemical markers of bone turnover in young adult male cynomolgus macaques. XIVth Congress of the International Society of Bone Morphometry, Orlando, FL. September 24-26, 2019. [Oral Presentation].
7. **Sattgast LH**, Walter NAR, Newman N, Branscum AJ, Grant KA, Turner RT, and Iwaniec UT. (2019). Effects of graded increases in ethanol consumption on biochemical markers of bone turnover in young adult male and female cynomolgus macaques. American Society for Bone and Mineral Research Annual Meeting, Orlando, FL. September 20-23, 2019. [Poster].
8. **Sattgast LH**, Walter NAR, Newman N, Branscum AJ, Grant KA, Turner RT, and Iwaniec UT. (2019). Effects of graded increases in ethanol consumption on biochemical markers of bone turnover in young adult male and female cynomolgus macaques. College of Public Health & Human Sciences Graduate Student Research Poster Session. Oregon State University, Corvallis, OR. April 5, 2019. [Poster].
9. **Sattgast LH**, Walter NAR, Newman N, Branscum AJ, Grant KA, Turner RT, and Iwaniec UT. (2019). Effects of graded increases in ethanol consumption on biochemical markers of bone turnover in young adult male and female cynomolgus macaques. Gordon Research Conference: Alcohol-Induced End Organ Disease. Ventura, CA. March 24-29, 2019. [Poster].
10. Martin C, **Sattgast LH**, and Moshfegh AJ. (2018). Items Designated as Fortified: Food and Nutrient Database for Dietary Studies (FNDDS), 2013-2014. National Nutrient Databank Conference. Minneapolis, MN. July 23-25, 2018.
11. Moshfegh AJ, **Sattgast LH**, Rhodes DG, and Clemens JC. (2018). What We Eat in America, NHANES: Comparing Day 1 and Day 2 Dietary Intake Data. National Nutrient Databank Conference. Minneapolis, MN. July 23-25, 2018. [Poster].
12. **Habel L**, Frankenfeld CL, Gallo S, Moshfegh AJ, and Slavin M. (2016). Differences in nutritional intake and bone health among adults with and without celiac disease: data from NHANES and

WWEIA, 2009-2014. USDA Beltsville Human Nutrition Research Center (BHNRC) Poster Symposium. Beltsville, MD. May 9, 2017. [Poster].

13. **Habel L**, Frankenfeld CL, Gallo S, Moshfegh AJ, and Slavin M. (2016). Differences in nutritional intake and bone health among adults with and without celiac disease: data from NHANES and WWEIA, 2009-2014. American Society for Nutrition's Scientific Sessions at Experimental Biology. Chicago, IL. April 22-26, 2017. [Oral Presentation].

*Several presentations given under the surname **Habel**.

Invited Presentations (for science and non-science audiences)

- 2019 Lifestyle, Nutrition, and Chronic Disease: Osteoporosis. NUTR 240: Human Nutrition, Oregon State University.
- 2019 NHANES and What We Eat in America (WWEIA): Use in epidemiological and health science research. Oregon State University Department of Nutrition Seminar Series.
- 2018 Graduate Student Thesis Research. [Panel]. NUTR 670: Nutrition Research Methods. George Mason University.
- 2015 Energy Through Depositions, Part 2: Nutritional Self-Efficacy. [Webinar]. Co-Presented with Katelyn Brennan. National Court Reporters Association.
- 2015 Energy Through Depositions, Part 1: Nutrition 101. [Webinar]. Co-Presented with Katelyn Brennan. National Court Reporters Association.
- 2015 Nutrition Myths. National Court Reporters Association, Vienna, VA.
- 2014 Sports Nutrition for Rowers. JEB Stuart High School Crew Team, Falls Church, VA.

C. TEACHING AND MENTORSHIP

Teaching

Instructor of Record – Oregon State University, Departments of Nutrition (NUTR), Health and Human Services (HHS)

<u>Term</u>	<u>Course</u>		<u>Credits</u>	<u>Delivery</u>	<u>Enrollment</u>
Spring 2021	HHS 231	Lifetime Fitness for Health	2	Ecampus	35
Spring 2021	NUTR 241	Applications in Human Nutrition	1	Ecampus	18
Winter 2021	HHS 241	Lifetime Fitness	1	Ecampus	34
Winter 2021	NUTR 240	Human Nutrition (<i>for Nutrition majors</i>)	3	Ecampus	43
Fall 2020	NUTR 241	Applications in Human Nutrition*	1	Ecampus	27
Fall 2020	HHS 231	Lifetime Fitness for Health	2	Ecampus	35
Summer 2020	NUTR 216	Food in Non-Western Culture	3	Ecampus	22
Spring 2020	NUTR 216	Food in Non-Western Culture	3	Ecampus	38
Winter 2020	NUTR 216	Food in Non-Western Culture	3	Ecampus	40
Fall 2019	NUTR 216	Food in Non-Western Culture	3	Ecampus	30
Spring 2019	NUTR 216	Food in Non-Western Culture	3	Ecampus	27
Winter 2019	NUTR 216	Food in Non-Western Culture	3	Ecampus	29
Fall 2018	NUTR 216	Food in Non-Western Culture	3	Ecampus	28

*Indicates significant remodel (see Course Development section below)

Teaching Assistant – Oregon State University

<u>Term</u>	<u>Course</u>		<u>Credits</u>	<u>Delivery</u>	<u>Enrollment</u>
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Curriculum Vitae

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Spring 2022	HHS 231	Lifetime Fitness for Health	2	Remote	414
Winter 2021	HHS 231	Lifetime Fitness for Health	2	Remote	421
Fall 2020	HHS 231	Lifetime Fitness for Health	2	Remote	390
Winter 2020	HHS 231	Lifetime Fitness for Health	2	In Seat	400
Fall 2019	HHS 231	Lifetime Fitness for Health	2	In Seat	540
Fall 2018	NUTR 417	Human Nutrition Science	3	In Seat	41

Course Development

2020	NUTR 241 – Applications in Human Nutrition
	<ul style="list-style-type: none">• Co-created all new course materials including video lectures, lab activities, and a diet analysis project tailored to revised course learning outcomes• Designed a Canvas-integrated tool for calculating dietary exchanges• Enhanced focus on cultural competency

D. PROFESSIONAL SERVICE

Intramural Service

2020 - 2021	Graduate Student Representative, Promotion & Tenure Review Committee, Department of Nutrition, Oregon State University
2019 - 2021	Nutrition Department Representative, College of Public Health and Human Services Graduate Student Council. Oregon State University.
2019 - 2021	Alumnae Admissions Counselor, Smith College Club of Oregon.
2013 - 2015	Board Member, Smith College Club of Washington D.C.

E. PROFESSIONAL DEVELOPMENT

Conferences and Seminars Attended

2021	American Society for Bone and Mineral Research Annual Meeting	Virtual
2021	American Society for Nutrition Annual Meeting	Virtual
2021	Oregon State University Social Justice Education Initiative Workshop	Virtual
2020	American Society for Gravitational and Space Research Annual Meeting	Virtual
2020	Recovery from Alcohol Use Disorder: NIAAA Roundtable Discussion	Virtual
2020	American Society for Bone and Mineral Research Annual Meeting	Virtual
2020	6th International Meeting on Bone Marrow Adiposity	Virtual
2020	American Society for Nutrition Annual Meeting	Virtual
2019	XIVth Congress of the International Society of Bone Morphometry	Orlando, FL
2019	American Society for Bone and Mineral Research Annual Meeting	Orlando, FL
2019	Gordon Research Seminar & Conference: Alcohol-Induced End Organ Disease	Ventura, CA
2018	American Society for Nutrition Annual Meeting	Boston, MA
2017	SAS® Programming 1: Essentials	Rockville, MD
2017	American Society for Nutrition Scientific Sessions at Experimental Biology	Chicago, IL

Curriculum Vitae

Lara H. Sattgast, M.S.

2016 - USDA Beltsville Human Nutrition Research Center Seminar Series
2018

Beltsville, MD