

## SARAH E.T. HOOVER, M.S.

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### Professional Summary

Experienced scholar, researcher, and nutrition professional with expertise in polycystic ovary syndrome, obesity, and diet interventions. Experience in clinical research, teaching, and interpreting and translating science into accurate and effective communication to diverse audiences. Strong focus revolving around low glycemic load meal and diet effects for their potential to improve insulin resistance, hyperandrogenism, weight management, and appetite suppression in the treatment of polycystic ovary syndrome (PCOS).

### Key Skills

Metabolism · Biochemistry · Clinical Nutrition · Polycystic Ovary Syndrome · Appetite Management · Weight Management · Public Speaking · Data Collection · Statistical Modeling · Clinical Trial Development · Communication · Collaboration · Scientific Writing

### PROFESSIONAL EXPERIENCE

#### THE UNIVERSITY OF ALABAMA – BIRMINGHAM

##### Pre-doctoral Trainee in Obesity-Related Research, Department of Nutrition Sciences (8/2018 – 8/2022)

*Participated in all aspects of clinical research trials including recruitment, enrollment, data collection, analysis, and manuscript drafting.*

- Utilized dual energy x-ray absorptiometry (DEXA) for the analysis of body composition.
- Worked alongside study dietitian in diet provision and counseling.
- Performed data analysis and drafted scientific manuscripts for academic journals in clinical populations.

#### TEXAS WOMANS UNIVERSITY

##### Research Project Manager (1/2016 – 12/2016)

*Supervised data collection, attained/maintained IRB-approval, and processed blood samples in a study designed to accommodate multiple student thesis.*

- Managed participant recruitment, scheduling, and consenting.
- Obtained, processed, and analyzed human biological samples (blood) for the measurement of fat-soluble vitamins.

##### HPLC Technician/Lab Manager (5/2015 – 8/2017)

*Provided HPLC consulting and training for student projects. Oversaw lab safety and organization for outgoing and incoming faculty.*

- Developed a novel method for the identification and quantification of fat-soluble vitamins in human plasma using high performance liquid chromatography with diode array detection.
- Managed inventory and implemented/upheld lab safety protocol during laboratory transitions.

##### Food Shopper (5/2015 – 8/2017)

*Responsible for the grocery shopping and food organization for departmental food courses.*

- Worked with student teaching assistants and faculty in the ordering and provision of food required for food courses.
- Implemented working relationships with local grocers to improve efficiency in attaining foods.

### EDUCATION

**PhD in Nutrition Sciences** | The University of Alabama at Birmingham | *Birmingham, AL*

**Master of Science in Nutrition** | Texas Woman's University | *Denton, TX*

**Bachelor of Science in Family Consumer Sciences: Food in Business** | George Fox University | *Newberg, OR*

## CURRICULUM VITAE

### Sarah E.T. Hoover, M.S.

sarahtucker1@mac.com

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#### EDUCATION

##### **Ph.D. in Nutrition Sciences** December 2022

The University of Alabama at Birmingham, Birmingham AL

*Dissertation: Influence of a Low Glycemic Load Diet on Appetite in Women with PCOS.*

##### **M.S. in Nutrition** August 2017

Texas Woman's University, Denton, Texas

*Thesis: Reverse Phase High Performance Liquid Chromatography with Photodiode Array Detection Method for the Identification and Detection of Fat-Soluble Vitamins in Plasma.*

##### **B.S. in Family Consumer Sciences** December 2013

George Fox University, Newberg, Oregon

Concentration: Food in Business

#### PROFESSIONAL EXPERIENCE

##### **DXA Technician** 7/2019 – 1/2020

The University of Alabama at Birmingham – Nutrition Obesity Research Center, Birmingham, AL

##### **Research Project Manager** 1/2016 – 12/2016

Texas Woman's University - Department of Nutrition, Denton, TX

##### **HPLC Technician/Lab Manager** 5/2015 – 8/2017

Texas Woman's University - Department of Nutrition, Denton, TX

##### **Food Shopper** 5/2015 – 8/2017

Texas Woman's University - Department of Nutrition, Denton, TX

##### **Dietary Aide** 4/2013 – 8/2013

Friendsview Senior Living Community – Newberg, OR

#### ACADEMIC POSITIONS AND SCHOLARSHIPS

##### **NIH T32 Funded Pre-doctoral Trainee in Obesity Related Research**

The University of Alabama at Birmingham, Department of Nutrition Sciences  
August 2018 – August 2022

Mentors – Drs Barbara Gower, Amy Goss, Jose Fernandez

##### **Blazer Graduate Research Fellowship**

The University of Alabama at Birmingham, Department of Nutrition Sciences  
August 2017 – August 2018

##### **Graduate Student Scholarship**

Texas Woman's University, Department of Nutrition  
August 2014 – December 2017.

#### PROFESSIONAL AFFILIATIONS

**The Obesity Society (TOS)**

**American Society for Nutrition (ASN)**

**The Endocrine Society  
American College of Sports Medicine (ACSM)**

**CERTIFICATIONS  
AND ADDITIONAL  
TRAINING**

**Nutrition Obesity Research Center Seminar Series** – The University of Alabama at Birmingham, Birmingham, AL, Weekly, August 2017 – August 2022  
**Nutrigenetics, Nutrigenomics, and Precision Nutrition Short Course.** Nutrition Research Institute, the University of North Carolina at Chapel Hill, June 2019  
**MRI Patient Safety Seminar.** Department of Radiology, University of Alabama at Birmingham, June 2019  
**Demystifying the IRB Workshop** – UAB Graduate School and Institutional Review Board, University of Alabama at Birmingham, February 2019  
**Certified Dual-Energy X-Ray Absorptiometry (DXA)** – Lunar Prodigy dual energy X-ray absorptiometry with enCORE software version 10 (Madison, WI).

**FUNDING**

**NIH T32 Training Grant** – UAB Pre-Doctoral Training in Obesity-Related Research Grant Number T32HL105349 from the National Heart, Lung, and Blood Institute  
**Travel Award** - Nutrigenetics, Nutrigenomics, & Precision Nutrition Workshop (2019), University of North Carolina at Chapel Hill, Nutrition Research Institute  
**Ima Jean Boenker Scholars Award**  
Texas Woman’s University, Department of Nutrition  
\$3,000.00  
**Experiential Student Scholar Award** – Texas Woman’s University, Pioneer Center for Student Excellence, \$1500

**TEACHING**

**Teaching Assistant: Department of Nutrition, Texas Woman’s University**  
*NFS 2323 Introduction to Nutrition*  
*NFS 3083: BioNutrition*

**SERVICE**

2020 – Committee Member, Communications and Collaborations Innovations Team, Department of Nutrition Sciences, the University of Alabama at Birmingham  
2019 – 2021 Committee Member, UAB Internal Employee Wellness Committee Department of Nutrition Sciences, the University of Alabama at Birmingham  
2020 – 2021 Founder, PhD Students Group Department of Nutrition Sciences, the University of Alabama at Birmingham

**INVITED EXTRAMURAL LECTURES AND PRESENTATIONS**

- Hoover S, Gower BA, Piccinini F, Goss, AM. Testosterone reduction is differently related to insulin Sensitivity in Low vs High Free Androgen index in polycystic ovary syndrome. The Obesity Society, Obesity Week, Poster Presentation. (November 2020)
- Honors College Food For Thought, October 23rd, 2020. How not to fall for ‘stupid science’: Differentiating between the good, the bad, and the ugly when you are not an expert.
- UAB NORC T32 Retreat, August 19th, 2020. Testosterone Reduction is Differently Related to Insulin Sensitivity in Low vs. High Free Androgen Index in Polycystic Ovary Syndrome.
- PhD Student Meeting, January 17th, 2020. Navigating NORC and DNS requirements: A roundtable discussion of recommended strategies, resources, and addressing common questions to achieve academic success.
- Tucker S, Il’yasova D, Fontaine K, Gower BA, Goss AM Effects of a ketogenic diet on urinary F2-isoprostane isomers in older adults with obesity. The Obesity Society, Obesity Week, Poster Presentation. (November 2019)
- Friday Night Pints Journal Club, October 18th, 2019. Do ultra-processed foods make you eat more? A roundtable discussion of: Ultra-processed Diets Cause Excess Calorie Intake and Weight Gain: an Inpatient Randomized Controlled Trial of Ad Libitum Food Intake. Cell Metabolism, 30: 67-77, 2019

- Tucker S, Il'yasova D, Fontaine K, Gower BA, Goss AM Effects of a ketogenic diet on urinary F2-isoprostane isomers in older adults with obesity. University of Alabama at Birmingham Diabetes Research Day. Poster Presentation. (February 15, 2019)
- TWU: NTR 3083 Invited Lecture: Introduction to Glycolysis. August 3, 2017
- TWU NTR 2323 Invited Lecture: Fat-Soluble Vitamins. November 23, 2015
- Tucker S, Broughton S. Evaluation of Fat-Soluble Vitamin Status in Honduran Pediatric Population and Hispanic Pediatric Population Living in Denton County. Texas Woman's University Experiential Student Scholar Program Presentation. Poster Presentation, February 12, 2015

#### **PUBLISHED MANUSCRIPTS (Peer Reviewed)**

1. Zengul AG, **Hoover SE**, Chandler-Laney PC. Secondary analysis of gut hormone data from children with and without in utero exposure to gestational diabetes: differences in the associations among ghrelin, GLP-1, and insulin secretion. *Pediatric Obesity*. 2020 Nov 25; e12757. Role: Data analysis and interpretation, aided in drafting paper.
2. **Hoover SE**, Gower BA, Cedillo Y, Chandler-Laney PC, Deemer S, and Goss AM. Changes in Ghrelin and Glucagon following a Low Glycemic Load Diet in Women with PCOS. *Journal of Clinical Endocrinology and Metabolism*. 2021 Jan 25; dgab028. Role: Data analysis and interpretation, drafted paper.
3. **Hoover SE**, Il'yasova D, Fontaine KR, Spasojevic I, Gower BA, Goss A. A pilot study of associations between visceral fat, IL-6, and urinary F2-Isoprostanes in older adults exposed to a diet intervention. *Current Developments in Nutrition*. 2021 May 21; nzab082. Role: Data analysis and interpretation, drafted paper.