Abbreviated Curriculum Vitae

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THE OHIO STATE UNIVERSITY
COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

Assistant Professor and Extension Educator
Ohio State University Extension, Family and Consumer Sciences
College of Food, Agriculture and Environmental Sciences
The Ohio State University

Area of Specialization: Health and Wellness, Food Preservation and Diabetes Education

Career Positions:
2022-present – Assistant Professor, Ohio State University Extension
2009-2022 – Educator III and IV
2001-2008 - Assistant Professor, Mount Vernon Nazarene University

Education:
M.S. in Family and Consumer Education and Adult Education, The Ohio State University
B.S. in Family and Consumer Science Education and Business Administration

Certifications:
- Certified Health and Wellness Coach, 2017-present. Wellcoaches® and American College of Sports Medicine.
- ServSafe, 2016 - current

Teaching:
Past courses taught:
- Nutrition Across the Lifespan (4.00 credits)
- Parenting and Family Decisions (3.00 credits)
- Tailoring (3.00 credits)
- Basic Construction (3.00 credits)
- Family and Consumer Science Capstone (3.00 credits)

Extension and Continuing Education Instruction:
My teaching includes both group and individual instruction. Participants include Extension professionals, elected officials, community members, and university colleagues in Ohio and around the nation. Over the past 4 years, my teaching averaged 2,000 persons per year in groups.

Curriculum Development:
My curriculum pieces focus on the application of tools and techniques to help citizens and community organizations how to improve their health and wellbeing.

(2024-present) **The Blue Zones: Lessons in Health for Longevity**. This curriculum includes three lessons and an evaluation.
(2022-present) **A Beginners Guide to Nature**. This curriculum includes a Power Point lesson, lesson plan, activities, and evaluation.
(2015-present) **Dining with Diabetes –** A series of four Power Point lessons, activities, a pre, post and follow up evaluation, 40 recipes and resource materials.

Research:
Journal Articles (editor reviewed):

1. Balis, L. E., Gallup, S., Norman-Burgdolf, H., Buck, J.H., Daniels, P., Remley, D.T., Graves, L., Jenkins, M., Price, G. "Unifying Multi-State Efforts Through a Nationally Coordinated Extension Diabetes Program." Journal of Human Sciences and Extension, April 2022. Volume 10, No. 1, Article 5. https://doi.org/10.54718/WCGP8929

2. Nancilynne Cumming, Beth Thorne, Ann Vail Mary Bendixen-Noe, Joan E. Gritzmacher, Sharon S. Redick & Shari Gallup (1995) Gender Equity Competencies Across Ohio Educational Levels: Development and Validation, Equity and Excellence in Education, 28:1, 44-51, DOI: 10.1080/1066568950280108. https://doi.org/10.1080/1066568950280108

Invited Presentations:

1. Gallup, S.L. (2025). *Fascial Maneuvers 101*. Art & Science of Health Promotion National Conference, Scottsdale, Arizona. April 2025.
2. Gallup, S.L. and Heer, Candace (2025). *Freeze Drying Fundamentals.* Presented at Ohio Ecological Food and Farming Association, Newark, Ohio.
3. Gallup, S.L. (2024). *Health Promotion Strategies in Extension*. Distributed by: The Ohio State University, College of Nursing.
4. Gallup, S. L., Heer, C.J.; (2024). *The Farm Kitchen: Freeze-Drying vs Dehydrating.* Sowing Seeds for Success 2024 Small Farm Conference and Trade Show. Lecture conducted from Senecaville, Ohio. Retrieved from https://u.osu.edu/gofarmohio/programs/new-and-small-farm-conference/
5. Gallup, S.L. (2024). *Protect Your Skin*. (Peer Review). Authorship: 70%. Presentation: 100%. Description of Effort: I developed the lesson adapted from a statewide material and taught to agriculture majors enrolled in course HSM 5600, Agriculture Farm Safety and Health course.
6. Gallup, S.L. (2024). *The Blue Zones*. Distributed by: The Ohio State University. Authorship 100%. Presentation 100%. Description of Effort: I wrote and presented a program to faculty and staff on behalf of Your Plan for Health.
7. Gallup, S. L., Barlage, L.O., Heer C.J. (2024). *Freeze-Drying 101: What we know. What we don't know. Resources Available.* Family and Consumer Sciences Food Preservation Professional Development Inservice. Lecture conducted from Columbus, Ohio. Retrieved from Food Preservation April 2024 PD Day Agenda.pdf.
8. S.L. (2024). *Protect Your Skin*. (Peer Review). Authorship: 70%. Presentation: 100%. Description of Effort: I developed the lesson using some statewide materials and taught to agriculture majors enrolled in course HSM 5600, Agriculture Farm Safety and Health course.
9. Gallup, S.L. (2021). *Mindfulness Practices for the Educator.* Ohio Association of Family and Consumer Sciences Annual Conference. Lecture conducted from online in Ohio. Authorship 100% Presentation 100%.

10. Gallup, S.L. (2021). *Lessons Learned from Centenarians: Evidenced based Tactics That Lead to High Quality Longevity.* Ohio Association of Family and Consumer Sciences Annual Conference. Lecture conducted online in Ohio. Authorship 100% Presentation 100%

Unpublished Scholarly Presentations (most recent, state, and national) (since 2021):

1. Shumaker, K., Rupp, M. Barlage, L., Heer, C., Arnold, N., Halladay, L. (2025). The BIG Picture: Serving Clients and Colleagues. National Extension Association of Family and Consumer Science.
2. Remley, D., Gallup, S.L. Barlage, L., Carter, S. (2025). (Diabetes Education). Dining with Diabetes State In-Service. Columbus, Ohio.
3. Remley, D., Routh, B., Buck, J., Graves, L., Zies, S., Stefura, B., Jenkins, M., Barton, A., Economos, M., Gallup, S. (2024). Implications of Teaching Dining with Diabetes On-line versus In-Person. Poster Presentation conducted from Galway, Ireland at the XXV World Congress of the International Federation of Home Economic.
4. Shumaker, K., Arnold, N., Barlage, L., Carter, S., Gallup, S., Halladay, L., Heer, C., Hill, M., Marrison, E., McGillvary, T., Rupp, M., Taylor, M., Williams, T. (2024). Preserving the Big Picture: Serving Clients and Supporting Colleagues. Presented at Ohio State University Extension Annual Conference, December 10, 2024.
5. Gallup, S.L. (2024). *A Beginners Guide to Nature*. Presented program at the Ohio 4H State Health Ambassador In-Service.
6. Gallup, S.L. and Stanton, L. (2024). *Where Are We Going…Family and Consumer Science Meets Nature and Human Health*. Presented at Ohio Family and Consumer Science Association. October 17, 2024.
7. Gallup, S.L.; Stanton, L. (2023). *Nature Across the Lifespan.* Epsilon Sigma Phi National Conference. Lecture conducted from Billings, Montana. Acceptance rate 29%.
8. Shumaker, K.; Gallup, S.L.; Marrison, E.; Kendle, C.; Heer, C.; Barlage, L. (2023). (Peer Review). *Anchoring New Programs Using Your Existing Resources*. National Extension Association of Family and Consumer Sciences. Conducted from Rhode Island. Acceptance Rate 68%.
9. Gallup, S.L.; Stanton, L. (2023). *Nature Across the Lifespan.* Epsilon Sigma Phi National Conference. Lecture conducted from Billings, Montana.
10. Shumaker, K.; Gallup, S.; Marrison, E.; Kendle, C.; Heer, C.; Barlage, L. (2023). *Selecting, Storing, Serving Ohio Produce.* Family and Consumer Science Annual State Conference.
11. Gallup, S.L.; Remley, D.; Crum, G.; Jenkins, M.; Buck, J.; Jackey, B. (2022). (Peer Review). *Dining with Diabetes In-Depth Training.* National Extension Association of Family and Consumer Sciences. Lecture conducted from Raleigh, North Carolina.
12. Stanton, L., and Gallup. S. (2022). (Peer Review). *Get Out: How Nature Improves Your Health.* National Extension Association for Family and Consumer Sciences. Lecture conducted from Raleigh, North Carolina.
13. Barlage, L, Marrison, E., Shumaker, K., Kendle, C., Williams, T., Gallup, S., Heer, C., Hill, M. and Halladay, L. (October 2022). (Peer Review) *Selecting, Storing, and Serving Ohio Produce: How to Build a Program from a Publication.* Presented at Ohio FCS Conference, October 2022.
14. Gallup, S.L.; Remley, D. (2022). (Peer Review). *Dining with Diabetes State Training.* Dining with Diabetes Professional Development Training. Lecture conducted from Columbus, Ohio.
15. Moss, M.; Carter, S.; Gallup, S.; Kreager, D.; McCutcheon, L.; Thomas, J. (2022). (Peer Review). *Anticipating and Addressing the Impacts of Large High-Tech Economic Development Projects in* Ohio*.* Ohio State University Extension Annual Conference.
16. Remley, D.; Gallup, S.; Jenkins, M.; Price, G.; Roberts, D.; Daniels, P. (2021). (Peer Review). *Dining with Diabetes Goes Virtual!* National Association of Family and Consumer Sciences Annual Meeting.

17. Gallup, S.L.; Stanton, L. (2021). *Getting to Cloud 9.* Ohio State University Extension Annual Conference. Lecture conducted from Columbus, OH.
18. Gallup, S.L. (2021). (Invited). *Mindfulness Practices for the Educator.* Ohio Association of Family and Consumer Sciences Annual Conference.
19. Gallup, S.L. (2021). (Invited). *Lessons Learned from Centenarians: Evidenced based Tactics That Lead to High Quality Longevity.* Ohio Association of Family and Consumer Sciences Annual Conference.

Scholarly and Creative Works (2021-present):

1. Gallup, S.L. (2025). Fact Sheet: Herbs That Heal. (Blind Peer Review). https://ohioline.osu.edu/factsheet/fcs-1010-0
2. Gallup, S.L. and House, L. (2025). Herbs that Heal infographic (Blind Peer Review). http://go.osu.edu/herbsthatheal.
3. Gallup, S.L. (2023). (Peer Review). A Beginners Guide to Nature Tri-Fold Brochure. (Peer Reviewed). https://go.osu.edu/beginnersguide
4. Gallup, S.L. (2022). Healthy Cooking for One or Two. [Fact Sheet]. (Blind peer review). The Ohio State University Extension, Columbus, Publication status: Published. https://ohioline.osu.edu/factsheet/fcs-1004
5. Gallup, S. (2021). Learning to Be Calm. (Fact Sheet). Ohio State University, Columbus, Ohio. Co-branded with the College of Nursing and the University's Wellness Office. Published. Go.osu.edu/keepingcalm.

Moving Images (2021-present):

1. Gallup, S.L. and Jenkins, M. (November 2025). (Peer Review Online webinar). Healthy Holiday Foods. National Diabetes Month Webinar. Distributed by The Ohio State University and presented on behalf of the state diabetes education team.
2. Gallup, S.L. and Arnold, N. (September 2025). (Peer Review Online webinar). Selecting, Storing and Serving Ohio Squash and Pumpkins. Distributed by Ohio State University.
3. Gallup, S.L. and Matthews-Smith, C. (March 2025). (Peer Review Online webinar). When in Rome, What to Eat While on Vacation. Distributed by Ohio State University.
4. Gallup, S.L. and Heer, C. (2005). (Peer Review Online webinar). Preparing Food for Home Emergencies: Freezing. Distributed by The Ohio State University.
5. Gallup, S.L. (2024). (Peer Review). (Online webinar). *Mindfulness in Nature*. Distributed by: Ohio State University Extension. Presented program on behalf of Live Health Live Well team. https://osu.zoom.us/rec/share/o1r6eM0XZfAY3GvbiO1qvavuHG-9R2y-64pg96sBqjeGFrPuFCcO0o2QHPDi5Mzc.8cBjyZY-lOyTF-n2
6. Gallup, S.L. and Kline, R. (2024). (Peer Review). (Online webinar). Local Foods and You. Distributed by: The Ohio State University Extension. https://osu.zoom.us/rec/share/jO32lG9Hrcm2CZIFCvko9pgt7FT5vxkgL28ulGN3BA80xJAhib8okcfEFqk_raU.BdiA9owCkqWxZg8h
7. (2024). *The Blue Zones*. (Online webinar) Ohio State University/Your Plan 4 Health. Distributed By: The Ohio State University. Medium: Webinar.
8. (2024). *Trends and Techniques in Food Preservation*. (Peer review). (Online webinar).Distributed By: The Ohio State University. Medium: Webinar share. https://osu.zoom.us/rec//2Z_EZCt9Zu_W2IU0inOU7vtT6C2WHx8KJv0Ab5KM0FlMq17mDprTkma9KQMAAwxQ.d1mmhmewh1ZPr_0D

9. (2023). Food Preservation Five: Drying and Freeze Drying. (Online broadcast/recording). https://osu.zoom.us/rec/share/Db1jaC6BEhaA5Y0APo5NdHXhwrKM3pFQop31m6zCbNVzwyauGcB07bRYyKkhHUwn.-3V7AetMTxzrupZY
10. (2023). How Nature Improves Your Health. Distributed by: The Ohio State University, Your Plan for Health. Ohio State University.
11. (2023). Nature and YOU: How Nature Impacts Your Wellbeing. Distributed by: The Ohio State University.
12. (2022). Set the Table for Finances and Wellness (Online broadcast/recording).
13. 2022). How Nature Improves Your Wellness [Online broadcast/recording).https://osu.zoom.us/rec/share/m2yaxR7cE_5GVSaBArKSVbTb9RWviW35MVh8LY-nvVLbxANN3rfC3kuNj3AdDGtN.y4iNhvardWp3k__s
14. (2022). Selecting, Storing and Serving Ohio Produce [Online broadcast/recording]. https://buckeyemailosu.sharepoint.com/sites/2022FCSConference/Shared%20Documents/Forms/AllItems.aspx?ga=1&id=/sites/2022FCSConference/Shared%20Documents/General/Breakout%20sessions/Selecting,%20Storin
15. (2022). Selecting, Storing and Serving Broccoli, Brussel Sprouts and Cauliflower. [Online broadcast/recording]. https://osu.zoom.us/rec/share/WLzJRsCyLdF2nOuzm54lXyIbaOYZZLhFxUkG8wRDFp_xKgg-mBN-8ukRGgNxsrW7.25jo3IFDD3OhB5xl
16. (2022). Selecting, Storing and Serving Ohio Beans [Online broadcast/recording]. https://osu.zoom.us/rec/share/FiuAZlvL7ri3XB_TubHUwcfSHPzvU8ihLetiVMFDRPKOWLC5yiB7WU7ZDOziP5x8.scfJbSRe6xrTZ7BO
17. (2021). Safe, Simple, and Easy to Learn: Drying Fruits and Vegetables. (Online broadcast/recording). https://fcs.osu.edu/programs/healthy-people/food-preservation/office-hours-recordings/june-29-drying
18. (2021). Get Out: How Nature Improves Our Health https://osu.zoom.us/rec/share/m2yaxR7cE_5GVSaBArKSVbTb9RWviW35MVh8LY-nvVLbxANN3rfC3kuNj3AdDGtN.y4iNhvardWp3k__s
19. (2021). Happiness 101. https://osu.zoom.us/rec/share/XrcE0Fj0gP38N9djCsAnJ30Fg94rDV4zsx_R1Oze4Sc8H4y6ijltj7FcT4esThgY.oHFeVZpqhQEUifcX

Multimedia/Website (2021-present):

1. Gallup, S.L. (February 19, 2025). Get Ready for National Nutrition Month. Retrieved from https://u.osu.edu/livehealthyosu/2025/02/19/get-ready-for-national-nutrition-month-in-march/
2. Gallup, S.L. (May 19, 2025). Disconnect to Reconnect. A Journey to Mental Wellness. Retrieved from https://u.osu.edu/livehealthyosu/2025/05/19/disconnect-to-reconnect-a-journey-to-mental-wellness/
3. Gallup, S.L. (August 14, 2025). What to do with a Monster Zucchini? Retrieved from https://u.osu.edu/livehealthyosu/2025/08/14/what-to-do-with-monster-zucchini/
4. Gallup. S.L. (2024). *Grounding: Walk Barefoot This Summer. (398 views).* Retrieved from https://livehealthyosu.com/2024/06/13/grounding-walk-barefoot-this-summer/ Publisher: WordPress. Last updated: 7-23-2024.
5. Gallup, S.L. (2023). Celebrate National Nutrition Month this Spring. https://livehealthyosu.com/2023/03/23/celebrate-national-nutrition-month-this-spring/.

6. Gallup, S.L. (2023). *Biophilia: Bringing Nature Home (40 views)* . Retrieved from https://livehealthyosu.com/2023/09/11/biophilia-bringing-nature-home/. Publisher: WordPress, Last updated on: 2023-11-28.
7. Gallup, S.L. (2023). *From Garden to Plate: Taking the Next Step*. Retrieved from https://livehealthyosu.com/2023/06/13/from-garden-to-plate-taking-the-next-step/. Publisher: WordPress, Last updated on: 2023-11-28.
8. Gallup, S.L. (2022). *When Life Gives You Lemons*. https://livehealthyosu.com/2022/08/25/when-life-gives-you-lemons/. Publisher: Word press. Last updated on: 2022-12-21.
9. Gallup, S.L. (2022). *Home for the Holidays - Get Ready*. Retrieved from https://livehealthyosu.com/2022/08/25/when-life-gives-you-lemons/. Publisher: WordPress. Last updated on: 2022-12-21.
10. Gallup, S.L. (2022). *How to Make Easy Cucumber Dill Dip.* https://livehealthyosu.com/2022/03/21/how-to-do-nature-a-beginners-guide-to-going-into-nature/ Publisher: WordPress. Last updated on: 2022-07-21.
11. Gallup, S.L. (2022). *How to Do Nature: A Beginners Guide to Going into Nature*. Retrieved from https://livehealthyosu.com/2022/03/21/how-to-do-nature-a-beginners-guide-to-going-into-nature/ Publisher: WordPress, Last updated on: 2022-07-21.

Research Funding:

- 2023 - 2024. Transforming the Understanding of Financial Vulnerability in Diabetes Management. ($100,000). Social Security Administration, through the University of Wisconsin-Madison's Retirement and Disability Research Consortium. PI: Loibl, Caezilia

Service:

- 2025-present Coordinator, CFAES, Buckeye Wellness Innovator team
- 2025-present Aging Team, Active Coordinator
- 2025-present Outdoor Safety Team, Active Contributor
- 2025-present CFAES, Extension Annual Conference Committee
- 2020-present Mindfulness State Team, Active Contributor
- 2019-present Live Healthy Live Well State Team, Active Contributor
- 2016-present Ohio State University, Homecoming Committee, Scholarship
- 2014-present Healthy People Programs Team, Active Contributor
- 2008-present Diabetes Education State Team, Active Contributor
- 2012-2016, 2020-present Food Safety Team, Active Contributor

Awards:

2023 - Excellence in Education, Marilyn Spiegel Award, Ohio State University Extension
2021 – Continued Excellence Award**,** National Extension Association of Family and Consumer Sciences
2015 – Distinguished Service Award**,** National Extension Association of Family and Consumer Sciences
2015 – Health Excellence in Education Award **–** Wexner Medical Center, Ohio State University
2003 – New Professional of the Year Award, National Association of Family and Consumer Sciences