

# CURRICULUM VITAE

## ***Kelly Will Sheppard, Ph.D.***

Social Science Researcher  
Office of Behavioral Safety Research  
Department of Transportation  
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### **EDUCATION**

**University of North Carolina at Chapel Hill**, Chapel Hill, NC 2010 – 2016  
Ph.D. in Developmental Psychology

**Washington and Lee University**, Lexington, VA 2004 – 2008  
B.S. in Psychology with a concentration in Poverty and Human Capability, 6/2008, Cum Laude

### **EXPERIENCE**

**Social Science Researcher**, Department of Transportation, Washington, DC 8/2018 – present

- Level II Contract Officer Representative managing research procurements for the National Highway Transportation Safety Administration (NHTSA)
  - Developed budgets for requests for proposals and managed ongoing contract budgets, including maintaining proper financial records covering all funds and compiling reports about expenditures.
  - Assured funds were spent in accordance with applicable laws and regulations
  - Developed requests for proposals and contracts for research on child passenger safety
- Managed NHTSA research on child passenger safety and emergency medical services
- Analyzed data from nationally representative surveys about traffic safety and from national programs for reducing traffic fatalities and injuries
- Communicated with contractors and child passenger safety advocates on NHTSA projects through creating, editing, and finalizing short, overview reports and long, detailed project reports
- Appointed to a collaboration committee to develop and implement inter-agency communication guidelines to facilitate and improve the effectiveness of NHTSA's operations
- Developed final reports for internal and external stakeholders, executive summaries for senior officials, and Public Notices for the Federal Register for planned research activities

**Post-doctoral Fellow**, Nationwide Children's Hospital, Columbus, OH 8/2016 – 7/2018

- Analyzed data on dietary and blood levels of fatty acids and cognitive scores and compared local sample data to nationally representative databases
- Researched the latest dietary recommendations and food safety issues to remain aware of recommendations for children with autism spectrum disorder (ASD) and children born premature at the hospital
- Led cognitive assessment team for a longitudinal study of the effect of marijuana exposure in utero on children's cognitive development
- PI on a study on the link between fatty acid intake, fatty acid metabolism, brain function, and cognitive performance in children with ASD
- Trained in patient-centered pediatric research through fellowship that included workshops on ethics, developing a research program, and longitudinal study design for patient-centered research
- Trained in cognitive and nutritional assessment of children with developmental delays
- Supervised Leah Sadinski, a research assistant on my funded project who I trained in cognitive assessment and project management
- Supervised Holly Blei, Dkeama Alexis, Whitney Phillips, and Anna Wiese as the coordinator of my advisor's project and trained them in coding behavioral tasks and cognitive assessment

**Research Assistant**, Nutrition Research Institute, Kannapolis, NC 6/2010 – 5/2016, 20 hours/week

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- Coordinated a clinical trial of a new infant formula that included dietary assessment, cognitive assessment, and electrophysiology
- Coordinated a study using elicited and deferred imitation with children 2-3 years old
- Managed a study using behavioral assessment and neuroimaging (fNIRS) of executive functions in middle childhood
- Collected cognitive and nutritional data for a clinical trial blueberries and mild cognitive impairment
- Recruited infants through UNC-Chapel Hill's online hospital record management tool, Epic
- Trained research staff on diet assessment, elicited and deferred imitation, fNIRS, CANTAB, and the Bayley Scales of Infant and Toddler Development
- Planned and executed a one-day colloquium, Lost in Translation: A Conversation on Childhood Obesity

### **Community Mobilization Fellow, Alliance for a Healthier Generation, Washington, DC**

7/2008 – 6/2010

- Part of a team that designed a standards-based after-school curriculum about nutrition and physical activity
- Implemented the pilot of our after-school curriculum with programs at YMCA, DC Department of Parks and Recreation, and local school sites
- Enhanced our ability to track data by developing and maintaining Access databases of our key health information and standard operations supporting field staff
- Supported our National Youth Advisory Board in their grassroots advocacy efforts.
- Reviewed funding applications for the Alliance and local organizations and made funding recommendations based on current needs in childhood obesity-related interventions.
- Sat on the local Youth Risk Behavior Survey committee to determine survey questions to address risky youth behavior in DC.

## **PROFESSIONAL SERVICE**

### **Committee Memberships**

- Led communications sub-committee for regional coordination with 10 NHTSA regions
- Represented the Office of Behavioral Research in planning the Department of Transportation's SXSW events for 2020
- Committee Member, Outreach Committee, Ohio State University Chapter, Sigma Xi, 2017 – 2018
- Center Representative, Research Institute Trainee Association, 2017 – 2018
- Developmental Lunch Speaker Committee, Department of Psychology and Neuroscience, University of North Carolina at Chapel Hill, 2013-2014

### **Ad-hoc Reviewer for Current Directions in Nutrition, Journal of Autism and Developmental Disorders, BMJ Open, Paediatric and Perinatal Epidemiology, and Autism Research**

## **HONORS AND AWARDS**

Merit pay and time-off award for exceeding expectation at my 1-year annual review, 8/2019

Emerging Leaders in Nutrition Science Poster Competition, **Neurobiology First Place**, American Society for Nutrition, Selected from all post-doctoral and graduate student abstracts submitted to Experimental Biology, 2017

Postdoctoral Research Award, **Finalist**, American Society for Nutrition, Selected from all post-doctoral abstracts submitted to Experimental Biology, 2017

**Travel Award**, Research Institute Trainee Association, Nationwide Children's Hospital, 2016

Outstanding Research Mentorship Award, Nominated by students for mentorship through research projects, 5/2016

**Travel Award**, Society for Research in Child Development, 2015

**Travel Award**, Graduate School, University of North Carolina at Chapel Hill, 2015

**Department Commendation**, awarded for student reviews in the top 5% of instructors in the department, 2012

## **PROFESSIONAL AFFILIATIONS**

Transportation Research Board, 2018 –

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Society for Research in Child Development, 2010 –  
American Society for Nutrition, 2011 –  
Cognitive Development Society, 2011 –  
Sigma Xi, 2011 –  
American Psychological Association, 2013 - 2018  
Flux, 2017 –

## **OTHER PROFESSIONAL EXPERIENCE**

- Statistical Consultant**, Various locations 5/2015 – 8/2018, 10 hours/week
- Conducted multilevel modeling analyses for research on school program implementation and medication adherence
  - Assisted researchers in planned analyses for school programs currently collecting data in the Triangle
  - Conducted multilevel factor analyses for research on pharmacy medication management systems
- English Language Paper Editor**, *American Journal Experts*, Durham, NC 12/2011 – present, 10 hours/week
- Edited research manuscripts written by non-native English speakers
  - Improved paper grammar and flow to increase likelihood of publication for international research teams
- Instructor**, University of North Carolina at Chapel Hill, Chapel Hill, NC 1/2011 – 5/2016, 20 hours/week
- Courses Taught/Co-Taught
    - Psyc 250: Child Development, Fall 2012, Summer 2012, Instructor, Department Commendation
    - Psyc 270: Research Methods, Fall 2015, Spring 2016, Instructor, Outstanding Research Mentorship Award
    - Psyc 190: Infancy, Fall 2011, Spring 2012, Graduate Research Consultant
    - Psyc 210: Biological Psychology, Fall 2011, Teaching Assistant
  - Students and Staff Mentored
    - Shonally Bennett, Psychology 395: Independent Research
      - Supervised independent research project, “The Benefits of Nutrition in Alzheimer’s Disease”
    - Fran Bullard, College Intern, Cheatham Nutrition & Cognition Lab
      - Trained student in recruitment, data collection, and database management
    - Zach Bombadier, High School Intern, Cheatham Nutrition & Cognition Lab
      - Supervised the creation of event props for elicited and deferred imitation using a 3-D printer
    - Amber Leiker, Psychology 395: Independent Research
      - Supervised independent research project. “Effects of Zinc on Motor Tasks”

## **SKILLS AND CERTIFICATIONS**

Contract management: Level II Contract Officer Representative  
Child Passenger Safety: certified child passenger safety technician  
Computer: SAS, MPlus, SPSS, Microsoft Office Suite, R, NIRSLab  
Neuroimaging: electroencephalography (EEG), event-related potentials (ERP), near-infrared spectroscopy (fNIRS)  
Behavioral: CANTAB, BSID-III, Elicited and Deferred Imitation, Noldus Ethovision XT, NIH Toolbox  
Nutritional: 24-hour diet recalls (NDSR) and food frequency questionnaires (Block FFQ & NCI DHQ)  
Statistical: Structural equation modeling, multi-level modeling, growth curve analysis  
Team Management: courses on conflict resolution and skill development, training and practice, 9/1/2017 – present

## **PUBLICATIONS**

### **Refereed Articles**

Ingol, T. T., Li, R., Boone, K. M., Rausch, J., Klebanoff, M. A., Turner, A. N., Yeates, K. O., Nelin, M. A., **Sheppard, K. W.**, and Keim, S. A. (in press). Docosahexaenoic and arachidonic acid supplementation of toddlers born preterm does not affect short-term growth or adiposity. *The Journal of Nutrition*.

Saleska, J. L., **Sheppard, K. W.**, Turner, A. N., Boone, K. M., and Keim, S. A. (in press) Parental perceptions and behaviors regarding child weight status among toddlers born preterm. *The American Journal of Perinatology*.

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## ***Kelly Will Sheppard, Ph.D.***

**Sheppard, K. W.** & Cheatham, C. L. (2018). Lower dietary omega-6 to omega-3 fatty acid ratios are associated with overall healthier diets in human children and older adults. *Lipids in Health and Disease*. 17: 43. <https://doi.org/10.1186/s12944-018-0693-9>

Keim, S.A., Gracious, B., Boone, K. M., Klebanoff, M. A., Rogers, L. K., Rausch, J., Coury, D. L., **Sheppard, K. W.**, Husk, J., & Rhoda, D. A. (2018). Omega-3 and -6 fatty acid supplementation may reduce autism symptoms based on parent report in preterm toddlers. *Journal of Nutrition*, 148(2), 227-235.

Livet, M., Yannayon, M., **Sheppard, K.W.**, Kocher, K., Upright, J., & McMillen, J. (2017). Exploring provider use and role of a digital implementation system for school mental health: A pilot study. *Administration and Policy in Mental Health and Mental Health Services Research*. <https://doi.org/10.1007/s10488-017-0829-7>.

Zvara, B. J., **Sheppard, K.W.**, & Cox, M. (in press). Bidirectional effects between parenting sensitivity and child behavior: Cross-lagged analysis across middle childhood and adolescence. *Journal of Family Psychology*.

**Sheppard, K.W.**, Boone, K.M., Gracious, B., Klebanoff, M.A., Rogers, L.K., Rausch, J., Bartlett, C., Coury, D.L., & Keim, S.A. (2017). Effect of omega-3 and -6 supplementation on language in preterm toddlers exhibiting Autism Spectrum Disorder symptoms. *Journal of Autism and Developmental Disorders*, 47(11), 3358-3369. Doi: 10.1007/s10803-017-3249-3

**Sheppard, K.W.** & Cheatham, C.L. (2017). Validating the electric maze task as a measure of planning. *Journal of Cognition and Development*, 18 (2), 309-322. doi: 10.1080/15248372.2016.1195387.

**Sheppard, K.W.** & Cheatham, C.L. (2017). Executive functions and the omega-6 to omega-3 fatty acid ratio: A cross-sectional study. *American Journal of Clinical Nutrition*, 105, 32-41. doi: 10.3945/ajcn.116.141390.

Cheatham, C.L. & **Sheppard, K.W.** (2015) Synergistic effects of human milk nutrients in the support of infant recognition memory: An observational study. *Nutrients*, 7, 9079-9095.

**Sheppard, K.W.** & Cheatham, C.L. (2013). Omega-6 to omega-3 fatty acid ratio and higher-order cognitive functions in 7- to 9-year-olds. *American Journal of Clinical Nutrition*, 98, 659-667.

Murdock, K. K., Greene, C., Adams, S.K., Hartmann, W., Bittinger, S., & **Will, K.** (2010). The puzzle of problem-solving efficacy: Understanding anxiety among urban children coping with asthma-related and life stress. *Anxiety, Stress and Coping*, 23(4),383-398.

## Book Chapters

**Sheppard, K. W.** & Cheatham, C. L. (2019) The balance between n-6 and n-3 and its relation to executive function. In R. Watson & V. Preedy (Eds.), *Omega Fatty Acids in Brain and Neurological Health*, 2<sup>nd</sup> edition. Elsevier: Academic Press.

Cheatham, C. L. & **Sheppard, K. W.** (2017). Nutritional Sciences. In B. Hopkins, E. Geangu, & S. Linkenauger (Eds.), *The Cambridge Encyclopedia of Child Development* (793-798). Cambridge, UK: Cambridge University Press.

## Refereed Presentations and Abstracts

Keim S.K., Boone K.M., Pattison, K., Ingol, T., Pelak, G., **Sheppard, K.W.**, Nelin, M. A., Klebanoff M.A., Rausch J., Yeates, K. O., Turner, A. N., & Rogers L.K. (2019). Developmental and behavioral follow-up at age 2 years of preterm children supplemented with docosahexaenoic and arachidonic acid at age 1 year: The Omega Tots Trial. Abstract presented at the European Academy of Pediatrics 2019 Congress, Porto, Portugal, September 19-22, 2019.

Keim S.K., Boone K.M., Gracious B., Klebanoff M.A., Rogers L.K., Rausch J., Coury D.L., Bartlett C., **Sheppard K.W.** (2017). Effect of omega-3 and -6 supplementation on language in preterm toddlers exhibiting autism spectrum disorder

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### ***Kelly Will Sheppard, Ph.D.***

symptoms. Abstract presented at the 2017 Pediatric Academic Societies Annual Meeting, San Francisco, CA, May 6 – 9, 2017.

**Sheppard, K.W.** & Cheatham, C.L. (2017). The omega-6 to omega-3 fatty acid ratio predicts brain activity during planning tasks in middle childhood. Abstract presented at Experimental Biology 2017, Chicago, IL, April 22 – 26, 2017.

Cheatham, C.L., **Sheppard, K.W.**, Armer, A.L., & Millsap, G. (2015) The omega-6 to omega-3 fatty acid ratio predicts declarative memory abilities in toddlers. Presented at the Cognitive Development Society 2015 Meeting, Columbus, Ohio, October 8 - 10, 2015.

**Sheppard, K.W.** & Cheatham, C.L. (2015) Validation of an electric maze as a novel planning task. Presented at the Society For Research in Child Development Bi-Annual Meeting, Philadelphia, Pennsylvania, March 18 – 21, 2015.

Cheatham, C.L., Stegall, J.M., **Sheppard, K.W.**, Armer, A.L., Millsap, G.M., Wernimont, S., & Zeisel, S.H. (2014). The relation of human milk lutein, choline, and docosahexaenoic acid content to recognition memory abilities of 6-month-old breastfed infants. Paper presented at Experimental Biology 2014, San Diego, CA. April 26-30, 2014. Re-presented at Pediatric Academic Societies 2014, Vancouver, British Columbia, Canada, May 3-6, 2014.

Cheatham, C.L., **Sheppard, K.W.**, Lupu, D.S., & Niculescu, M.D. (2013). Flaxseed oil supplementation increases long-chain omega-3 and omega-6 fatty acids in plasma. Presented at Experimental Biology 2013, Boston, Massachusetts, April 20-24, 2013.

**Sheppard, K.W.**, Cheatham, C.L., & Stegall, J. (2013) Omega-6 to omega-3 fatty acid ratios and higher order cognitive functions in children 7 to 9 years old. Presented at the Society for Research in Child Development Bi-Annual Meeting, Seattle, Washington, April 17-20, 2013.

**Will, K.**, Cheatham, C. L., & Stegall, J. (2011) Omega-6 to omega-3 fatty acid ratios and higher order cognitive functions in 7-to-9-year-olds. Presented at the Seventh Biennial Meeting of the Cognitive Development Society, Philadelphia, Pennsylvania, October 14-15, 2011. Re-presented at the Sigma Xi Annual Meeting, Raleigh, North Carolina, November 11-12, 2011.

### **Invited Oral Presentations**

Sheppard, K. W. “It’s All About Balance: Work, Life, and Fatty Acids”. Developmental Lunch Speaker Series, Department of Psychology and Neuroscience, University of North Carolina at Chapel Hill, December 6th, 2017.

Sheppard, K. W. “Understanding Optimal Omega-3 and Omega-6 Fatty Acid Intake to Support Cognitive Development”. Ohio State University Nutrition Seminar Series, Ohio State University, September 29th, 2017.

Sheppard, K.W. “It’s All About Balance: Fatty Acids and Executive Functions”. Developmental Lunch, University of North Carolina at Chapel Hill, October 21<sup>st</sup>, 2015.

Cheatham, C.L. & Sheppard, K.W. “Berries and Brain: Partners in Life and Longevity”. Appetite for Life, University of North Carolina at Chapel Hill Nutrition Research Institute, April 22<sup>nd</sup>, 2014.

Sheppard, K. W. “Developmental Cognitive Neuroscience”. 11<sup>th</sup> Annual Charlotte Life Sciences Conference. On behalf of Dr. Carol L. Cheatham, October 25<sup>th</sup>, 2012.

Sheppard, K.W. & Cheatham, C. L. “Fatty Acids’ Influence on Cognitive Development: Evidence from Infancy to Childhood”. Developmental Lunch, University of North Carolina at Chapel Hill, December 7<sup>th</sup>, 2011.