**Research Statement**

As an assistant professor here at Florida State University, I am working to establish a productive research agenda centered on nutrition and cardiovascular health across the lifespan. My long-term research goal is to develop effective and practical nutrition recommendations for reducing cardiovascular disease (CVD) incidence and burden. Broadly, my work focuses on sodium and potassium intakes and physiology related to vascular health and CVD risk. Specifically, the overall aims of the work conducted in my lab are to 1) identify and characterize the links between mineral intake and cardiovascular health, 2) understand the physiological mechanisms underlying these effects, and 3) develop and implement effective dietary interventions to improve cardiovascular risk factors. As a registered dietitian, I bring a unique perspective on the link between nutrition science research and public health. I plan to conduct intervention studies, especially controlled feeding studies, in human participants as well as use larger epidemiological datasets, including NHANES, to answer my research questions. From my graduate and postdoctoral training, I have extensive experience conducting dietary intervention studies, specifically controlled feeding studies. While my previous work has largely focused on younger adults, I intend to expand my work to include older adults. In particular, exploring dietary strategies for primary and secondary CVD prevention is critical for successful aging and improving quality of life. Collaborating with the Institute for Successful Longevity will be important for advancing my work as well as supporting the overall aims of the ISL. I will apply for external funding to support my work, including a Career Development Award from AHA as well as a K01 from the NIH. I look forward to utilizing the resources available at FSU, including the Early-Career Research Development Program as well as the many resources available through the UF-FSU Clinical and Translational Science Award. In addition, I will present the work I conduct as an ISL faculty affiliate at conferences for local and national organizations including the American Heart Association, the American Society for Nutrition, and the Florida Academy of Nutrition and Dietetics, among others. The current and future graduate students in my lab will be involved in my proposed projects as well as their own dissertation work focused on nutrition and CVD across the lifespan. I believe that the knowledge, skills, and ideas I will bring to the ISL will benefit the ISL and the university as a whole, and I believe the resources and connections provided by the ISL will ensure my success as a tenure-track faculty member.