

**Srishti Sadhir** | Curriculum Vitae  
Evolutionary Anthropology | Duke University  
Biological Sciences Building, Durham, NC 27708  
srishti.sadhir@duke.edu

## **Education**

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- 2020-Present      **Ph.D. Candidate**, Evolutionary Anthropology  
Duke University, Durham, NC  
Committee: Herman Pontzer, Ph.D. (chair); Susan C. Alberts, Ph.D.; Charles L. Nunn, Ph.D.; Leanne M. Redman, Ph.D.; Sarah M. Wheeler, M.D.
- 2016-2020        **B.A.**, Ecology and Evolutionary Biology, Anthropology  
with Honors and University Scholar distinction, *summa cum laude*  
University of Connecticut, Storrs, CT  
Thesis: *An Archaeological Study of Human Hunting Adaptations at Wadi Madamagh, Jordan during the Last Glacial Maximum*  
Committee: Natalie D. Munro, Ph.D. (chair); Richard Sosis, Ph.D.; Susan Z. Herrick, Ph.D.

## **Additional Training**

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- 2023-2024        **Duke Scholars in Molecular Medicine Program:**  
*Endocrinology, Metabolism, and Cardiovascular Disease track*  
Duke Clinical & Translational Science Institute  
Duke University, Durham, NC
- 2021-2024        **Graduate Certificate**, Duke Global Health Institute  
Duke University, Durham, NC

## **Awards, Fellowships, and Grants**

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- 2023-Present      Wenner-Gren Foundation Dissertation Fieldwork Grant, \$16,400
- 2023-Present      NSF Doctoral Dissertation Research Improvement Grant; \$27,286
- 2023-Present      The Leakey Foundation Research Grant; \$13,022
- 2021-Present      NSF Graduate Research Fellowship Program (GRFP); \$138,000
- 2023-2024        Triangle Center for Evolutionary Medicine Research Award; \$9,478
- 2021-2024        Duke Lemur Center Director's Fund; \$8,000
- 2024                Duke Graduate School Conference Travel Award; \$750
- 2023-2024        Evolutionary Anthropology Graduate Student Mentorship Award; \$1,000
- 2023                Duke Graduate School Conference Travel Award; \$750
- 2022-2023        Evolutionary Anthropology Graduate Student Mentorship Award; \$1,000
- 2022                Summer Research Fellowships for Second-Year Ph.D. Students; \$8,250

2022	Evolutionary Anthropology Conference Travel Award; \$750
2021-2022	Evolutionary Anthropology Graduate Student Mentorship Award; \$1,000
2021	Summer Research Fellowships for First-Year Ph.D. Students; \$6,500
2020-2021	Evolutionary Anthropology Graduate Student Mentorship Award; \$1,000
2020	Honorable Mention, NSF Graduate Research Fellowship Program (GRFP)
2020	Natural History Research Experiences (NHRE) Travel Award, Smithsonian Institution; \$900
2020	Office of Undergraduate Research Travel Award, University of Connecticut; \$387
2019	NSF Research Experiences for Undergraduates (REU) Recipient, funded through the Smithsonian Women's Committee (SWC); \$6,350
2018	Undergraduate Student Poster Award: Fields of Conflict Conference; \$300

## **Publications**

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2025	Roba, K.T., Jacobson, H., McGrosky A., <b>Sadhir, S.</b> , Ford, L.B., Pfaff, M., Kim, E.Y., Douglass, M., Braun, D.R., Ndiema, E., Urlacher, S.S., Pontzer, H., & Rosinger, A.Y. Chronic stress and severe water insecurity during the historic 2022 drought in northern Kenya are associated with inflammation among Daasanach semi-nomadic pastoralists. <i>American Journal of Human Biology</i> . Special Issue: Human Biology of Pastoralists. 37(2): e70009. <a href="https://doi.org/10.1002/ajhb.70009">https://doi.org/10.1002/ajhb.70009</a>
2025	<b>Sadhir, S.</b> , McGrosky, A., Swanson, Z.S., Tavormina, A., Tomechko, K., & Pontzer, H. Physical activity and heat stress shape water needs in pregnant endurance athletes. <i>Evolution, Medicine, and Public Health</i> . Special Issue: Evolution of Water Needs, Heat Stress, & Climate Change. eoaf003. <a href="https://doi.org/10.1093/emph/eoaf003">https://doi.org/10.1093/emph/eoaf003</a>
2024	<b>Sadhir, S.</b> , McGrosky, A., Ford, L.B., Nzunza, R., Wemanya, S.N., Mashaka, H., Kinyanjui, R., Ndiema, E., Braun, D.R., Rosinger, A.Y., & Pontzer, H. Physical activity and pregnancy norms among Daasanach semi-nomadic pastoralist women in Northern Kenya. <i>American Journal of Human Biology</i> . e24174. <a href="https://doi.org/10.1002/ajhb.24174">https://doi.org/10.1002/ajhb.24174</a>
2024	Rosinger, A.Y., Stoler, J., Ford, L.B., McGrosky, A., <b>Sadhir, S.</b> , Ulrich, M., Todd M., Bobbie, N., Nzunza, R., Braun, D.R., Ndiema, E.K., Douglass, M.J., & Pontzer, H. Mobility ideation due to water problems during historic 2022 drought associated with livestock wealth, water and food insecurity, and fingernail cortisol concentration in northern Kenya. <i>Social Science &amp; Medicine</i> . 359: 117280. <a href="https://doi.org/10.1016/j.socscimed.2024.117280">https://doi.org/10.1016/j.socscimed.2024.117280</a> .
2023	Parker, C.H., <b>Sadhir, S.</b> , Swanson, Z., McGrosky, A., Hinz, E., Urlacher, S., & Pontzer, H. Effect of influenza vaccination on resting metabolic rate and c-

reactive protein concentrations in healthy young adults. *PLOS ONE*. 18(12): e0295540. <https://doi.org/10.1371/journal.pone.0295540>

- 2023 **Sadhir, S.** & Pontzer, H. Impact of energy availability and physical activity on variation in fertility across human populations. *Journal of Physiological Anthropology*. 42(1): 1. <https://doi.org/10.1186/s40101-023-00318-3>
- 2022 Klasson, C., **Sadhir, S.**, & Pontzer, H. Daily physical activity is negatively associated with thyroid hormone and immune system markers among men and women in the NHANES dataset. *PLOS ONE*. 17(7): e0270221. <https://doi.org/10.1371/journal.pone.0270221>
- 2021 **Sadhir, S.**, Eller, A.R., Canington, S.L., & Sholts, S.B. Investigating factors of metabolic bone disease in baboons (*Papio* spp.) using museum collections. *American Journal of Biological Anthropology*. 177(3): 489-500. <https://doi.org/10.1002/ajpa.24450>
- 2020 **Sadhir, S.**, al-Nahar, M., Olszewski, D.I., Petrillo, A., & Munro, N.D. Human hunting adaptations at Wadi Madamagh, Jordan at the peak of the Last Glacial Maximum. *Journal of Archaeological Science: Reports*. 34: 102661. <https://doi.org/10.1016/j.jasrep.2020.102661>

## **Presentations**

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- 2024 **Sadhir, S.**, McGrosky, A., Swanson, Z.S., Tavormina, A., Tomechko, K., and Pontzer, H. Maternal metabolic limits in endurance athletes during pregnancy. *71st Annual Meeting of the American College of Sports Medicine*, Boston, MA [thematic poster].
- 2024 Rosinger, R., Douglass, M., Nzunza, R., McGrosky, A., Ford, L., Musumeci, C., Wambua, F., Hinz, E., Jacobson, H., **Sadhir, S.**, Mbeng, T.-C., Baker, L., Sherwood, A., Bobbie, N., Farrar, Z., Meriwether, N., Nguyen, Z., Berger, G., Morse, E., Todd, M., Otube, T., Bossert, M., Wemanya, S., Mashaka, H., Kinyanjui, R., Braun, D., Ndiema, E., and Pontzer, H. Severe drought increased water and food insecurity and reduced mobility and nutritional status among Daasanach pastoralists in Northern Kenya, 2019–2023. *49th Annual Meeting of the Human Biology Association* (p.74), Los Angeles, CA [invited podium].
- 2024 Hinz, E., Sherwood, A., McGrosky, A., Jacobson, H., Wambua, F., Baker, L., Mbeng, T.-C., Ford, L., **Sadhir, S.**, Nzunza, R., Ndiema, E., Braun, D., Rosinger, A., and Pontzer, H. Environmental heat stress more strongly impacts children versus adults among Daasanach semi-nomadic pastoralists in northern Kenya. *49th Annual Meeting of the Human Biology Association* (p.70), Los Angeles, CA [podium].
- 2024 **Sadhir, S.**, McGrosky, A., Swanson, Z.S., Tomechko, K., and Pontzer, H. Maternal metabolic limits in endurance athletes during pregnancy. *49th Annual Meeting of the Human Biology Association* (p.66), Los Angeles, CA [podium].

- 2024 Jacobson, H.C., McGrosky, A., **Sadhir, S.**, Ford, L., Pfaff, M., Kim, L., Nzunza, R., Douglass, M., Braun, D.R., Ndiema, E., Urlacher, S., Pontzer, H., and Rosinger, A.Y. Stress, inflammation, and immune activation: Insights from Dassanach semi-nomadic pastoralists of Northern Kenya. *49th Annual Meeting of the Human Biology Association* (p.29), Los Angeles, CA [poster].
- 2024 Tomechko, K., **Sadhir, S.**, and Pontzer, H. Effects of physical activity patterns and barriers during pregnancy on health outcomes for women in high-income countries. *49th Annual Meeting of the Human Biology Association* (p.11), Los Angeles, CA [poster].
- 2024 Zhang, K., Hinz, E., **Sadhir, S.**, Ford, L., McGrosky A., Nzunza, R., Braun, D.R., Ndiema, E., Rosinger, A.Y., and Pontzer, H. Birth weight across Daasanach communities in Northern Kenya and the effect of multiparity. *49th Annual Meeting of the Human Biology Association* (p.4), Los Angeles, CA [poster].
- 2024 **Sadhir, S.** Clinical perspectives on maternal energy metabolism during pregnancy in endurance athletes. *DSMM Think Translationally Seminar*, Durham, NC [lecture].
- 2023 **Sadhir, S.**, and McGrosky, A. Methods in metabolism and health. *TriCEM: Evolutionary Medicine Summer Institute*, Raleigh, NC [lecture].
- 2023 **Sadhir, S.**, McGrosky, A., Ford, L.B., Nzunza, R., Wemanya, S.N., Mashaka, H., Kinyanjui, R., Ndiema, E., Braun, D.R., Rosinger, A.Y., and Pontzer, H. Physical activity and pregnancy norms among Daasanach women in Northern Kenya. *48th Annual Meeting of the Human Biology Association* (p.45), Reno, NV [podium].
- 2023 Rosinger, A., Otube, T., **Sadhir, S.**, Ford, L., McGrosky, A., Bossert, M., Nzunza, R., Ndiema, E., Braun, D., Douglass, M., and Pontzer, H. Drinking water salinity, blood pressure, and kidney function in Northern Kenya. *48th Annual Meeting of the Human Biology Association* (p.45), Reno, NV [poster].
- 2023 McGrosky, A., Swanson, Z.S., **Sadhir, S.**, Douglass, M., Davies, B., Ndiema, E., Nzunza, R., Braun, D.R., Rosinger, A., and Pontzer, H. Movement patterns in a semi-nomadic pastoralist population in northern Kenya. *48th Annual Meeting of the Human Biology Association* (p.32), Reno, NV [podium].
- 2022 **Sadhir, S.** and Pontzer, H. Survey of exercise behavior and pregnancy outcomes in highly active women. *91<sup>st</sup> Annual Meeting of the American Association of Biological Anthropologists* (p.158), Denver, CO [poster].
- 2021 **Sadhir, S.** and Pontzer, H. Interbirth interval and age at first reproduction in populations with disparate energy status. *90<sup>th</sup> Annual Meeting of the American Association of Physical Anthropologists* (p.91), virtual format [poster and panel discussion].
- 2021 Klasson, C., **Sadhir, S.**, and Pontzer, H. Daily physical activity is associated with suppressed immune activity in U.S. adults. *90th Annual Meeting of the American Association of Physical Anthropologists* (p.46), virtual format [poster and panel discussion].

- 2020 **Sadhir, S.**, Eller, A.R., Canington, S.L., and Sholts, S.B. Investigating the relationship between skin color and vitamin D deficiency in baboons (*Papio*). *89<sup>th</sup> Annual Meeting of the American Association of Physical Anthropologists*, p.244, virtual format [poster].
- 2020 **Sadhir, S.** and Munro, N.D. An Archaeological Study of Human Hunting Adaptations at Wadi Madamagh, Jordan during the Last Glacial Maximum. *Frontiers in Undergraduate Research Exhibition*, Storrs, CT [poster].
- 2019 **Sadhir, S.**, Eller, A.R., Canington, S.L. and Sholts, S.B. Skin Pigmentation Variability in Baboons: Implications for Vitamin D Deficiency. *Northeastern Evolutionary Primatology Meeting*, Amherst, MA [poster]. *Fall Frontiers in Undergraduate Research Exhibition*, Storrs, CT [poster]. *NHRE Research Symposium*, National Museum of Natural History, Smithsonian Institution, Washington, DC [poster].
- 2018, 2019 **Sadhir, S.** and McBride, K.A. Musket Ball Analysis of the 17th Century Pequot War in Southern New England. *Frontiers in Undergraduate Research Exhibition*, Storrs, CT [poster]. *Fields of Conflict Conference*, Mashantucket, CT [poster].

## **Research Projects and Field Experience**

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- 2022-Present Maternal Metabolic Limits in Pregnant Endurance Athletes; Evolutionary Energetics and Ecology Lab, Durham, NC—Advisor: H. Pontzer
- 2022-Present Daasanach Human Biology Project; Koobi Fora Research and Training Program, Kenya—Advisors: H. Pontzer & A.Y. Rosinger
- 2021-Present Reproductive Energetics & Neuroendocrinology of Ruffed & Ring-Tailed Lemurs; Duke Lemur Center, Durham, NC—PIs: S. Sadhir & A. Schrock
- 2021-Present Survey of Physical Activity and Health Outcomes during Pregnancy; Evolutionary Energetics and Ecology Lab, Durham, NC—Advisor: H. Pontzer
- 2020-2023 Energy Availability and Fertility Variation across Human Populations; Evolutionary Energetics and Ecology Lab, Durham, NC—Advisor: H. Pontzer
- 2019-2020 Baboon (*Papio*) Phenotypic Diversity and Health Survey; Collections studied: Smithsonian National Museum of Natural History (Washington, DC), Yale Peabody Museum of Natural History (New Haven, CT), Harvard Museum of Comparative Zoology (Cambridge, MA)—Mentors: S.B. Sholts, A.R. Eller
- 2017-2020 Human hunting adaptations at Wadi Madamagh; Zooarchaeology Lab, Storrs, CT—Advisor: N.D. Munro

- 2019 NSF REU: Natural History Research Experiences (NHRE), Environmental Mismatches in Primates and Humans: Anthropogenic Settings and Impacts Survey (EMPHASIS); Washington, DC—Mentors: S.B. Sholts, A.R. Eller
- 2018 Field School Pozzeveri in Medieval Archaeology and Bioarchaeology, Badia Pozzeveri, Italy—Director: A. Fornaciari
- 2018 Pequot War Musket Ball Assemblage Analysis; North American Archaeology Lab, University of Connecticut, Storrs, CT—Advisor: K.A. McBride

## **Teaching Experience**

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- Summer 2022 Koobi Fora Research and Training Program  
Human Biology: Life History Theory & Pregnancy Energetics [lecture]  
Human Biology: Methods [demonstrations & training]  
*Instructor*
- Spring 2022 EVANTH 330: Human Evolutionary Physiology [lecture], Duke University  
*Teaching Assistant*
- Fall 2021 EVANTH 334L/736L: Human Osteology [lecture and laboratory], Duke University  
*Teaching Assistant, Lab Instructor*
- Fall 2020 Topic: Human Biological Research and Eugenics [lecture and discussion]  
Graduate Seminar: *Ethics in Evolutionary Anthropology*, Duke University

## **Research Mentorship**

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Evolutionary Anthropology Graduate Student Mentorship, Durham, NC  
*Mentor & Committee Member* – Undergraduate Honors Theses

- 2023-2024 Tomechko, K. (2024). Effects of physical activity patterns and barriers during pregnancy on health outcomes for women in high-income countries.
- 2021-2022 Parker, C. (2022). Metabolic response to influenza vaccination.
- 2020-2021 Klasson, C. (2021). Testing the constrained total energy expenditure hypothesis via NHANES data.

Maternal Energetics in Endurance Athletes: Data Management, Durham, NC  
*Supervisor*

- 2024-Present Brown, U.  
Eraniyan, A.  
Kurt, A.

2023-2024 Tavormina, A.  
2022-2023 Tomechko, K.

Illeret Health Clinic (IHC) Data Management, Durham, NC  
*Supervisor*

2022-2023 Little, I.  
2022-2023 Zhang, K.

Koobi Fora Field School, Kenya  
*Mentor – Student Projects*

2022 Khayota, T. (2022). Water quality & health in the Daasanach community.  
2022 Bossert, M. (2022). Water sharing behavior in the Daasanach community.

## **Public Outreach**

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2024-Present Letters to a Pre-Scientist  
*STEM Professional Pen Pal*

2020-Present Demystifying Graduate School (Panel; reoccurring), Duke University, Durham, NC  
*Panelist & Session Leader*

2023 North Carolina Science and Engineering Fair (Region 3B), North Carolina School of Science and Mathematics, Durham, NC  
*Judge*

2022 Lemurpalooza, Duke Lemur Center, Durham, NC  
*Research Volunteer*

2018-2020 The Major Experience (TME), University of Connecticut, Storrs, CT  
*Anthropology Mentor*

2016-2020 Native American Cultural Programs (NACP), University of Connecticut, Storrs, CT  
*Program Assistant, Planning Committee Member*

2019 Yes! Teen Internship Program, National Museum of Natural History, Smithsonian Institution, Washington, DC  
*Undergraduate Mentor*

2019 The Expert is in – Biological Anthropology Outreach, National Museum of Natural History, Smithsonian Institution, Washington, DC  
*Biological Anthropology Intern*

2017-2018 Seacoast Science Center (SSC), Rye, NH  
*Naturalist, Environmental Education Intern*

## **Professional Service**

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2024-Present	<i>Reviewer</i> , American Journal of Human Biology
2023-Present	<i>Reviewer</i> , PLOS One
2023-Present	<i>Committee Member</i> , Osteology Collections Working Group, Duke University, Durham, NC
2021-2024	<i>Associate Editor</i> , Journal of Emerging Investigators (JEI)
2021-2024	<i>Reviewer</i> , Journal of Emerging Investigators (JEI)
2021-2023	<i>Laboratory Safety Coordinator &amp; Chemical Hygiene Officer</i> , Evolutionary Energetics and Ecology Lab, Duke University, Durham, NC
2022-2023	<i>Evolutionary Anthropology Representative</i> , Graduate & Professional Student Government (GPSG) Climate Crisis Committee, Duke University, Durham, NC
2022-2023	<i>Evolutionary Anthropology Representative</i> , Graduate & Professional Student Government (GPSG) General Assembly, Duke University, Durham, NC
2022	<i>Student Volunteer</i> , 91 <sup>st</sup> Annual Meeting of the American Association of Biological Anthropologists, Denver, CO
2022	<i>Job Talk Organizer</i> , Job Candidate Searches (Lecturer, Assistant Research Professors), Department of Evolutionary Anthropology, Duke University, Durham, NC
2021-2022	<i>Graduate &amp; Professional Student Government (GPSG) Representative</i> , Library Council (Provost's University Committee), Duke University, Durham, NC
2021-2022	<i>Seminar Organizer</i> , Evolutionary Anthropology Talk Series (EATS), Department of Evolutionary Anthropology, Duke University, Durham, NC
2021	<i>Meeting Organizer</i> , Statistics Reading Group [weekly meetings], Department of Evolutionary Anthropology, Duke University, Durham, NC

## **Professional Development**

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2022	Grant Writing [course], Duke University
2021	Biostatistics and Epidemiology [course], Duke Global Health Institute
2021	Accelerate to Industry: Job Search Strategies [workshop series], NC State University
2021	Science and Research Communication [course], Duke University
2020	Ethics in Evolutionary Anthropology [course], Duke University



## **Professional Affiliations**

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Human Biology Association (HBA)  
American Association of Biological Anthropologists (AABA)  
The American College of Sports Medicine (ACSM)  
Association for Women in Science (AWIS)  
Duke University Women in Science and Engineering (WiSE)  
Phi Beta Kappa Honor Society  
Alpha Lambda Delta Honor Society

## **Skills and Qualifications**

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<b>Languages</b>	English (fluent, native), Hindi (proficient, native), Punjabi (basic), Spanish (basic)
<b>Computing</b>	R Programming Language, advanced; ArcGIS 10.6, intermediate; Python Programming Language, beginner
<b>Laboratory</b>	ABB Liquid Water Isotope Analyzer Sable Systems International Promethion Metabolic Screening COSMED Quark RMR COSMED K5 Doubly labeled water methodology and analysis Wearable technology use & data management
<b>Field</b>	Survey design and implementation Focus group methodology Anthropometric and cardiometabolic assessment Bioelectrical impedance analysis Finger prick blood draw for dried blood spot & point-of-care testing