

Srishti Sadhir, Ph.D. | Curriculum Vitae

Yale Institute for Biospheric Studies
Department of Anthropology, Yale University
10 Sachem Street, New Haven, CT 06511
srishti.sadhir@yale.edu

Education

- 2020-2025 **Ph.D.**, Evolutionary Anthropology, Duke University
Dissertation: *Maternal Metabolic Strategies During Pregnancy*
Advisor: Herman Pontzer, Ph.D.
- 2021-2024 **Graduate Certificate**, Global Health, Duke University
- 2016-2020 **B.A.**, Ecology & Evolutionary Biology (EEB) & Anthropology
with Honors and University Scholar distinction, *summa cum laude*
University of Connecticut
Honors Thesis: *An Archaeological Study of Human Hunting Adaptations
at Wadi Madamagh, Jordan during the Last Glacial Maximum*
Advisor: Natalie Munro, Ph.D.

Professional Appointments

- 2025-present Postdoctoral Associate, Yale Institute for Biospheric Studies &
Department of Anthropology, Yale University

Awards, Fellowships, and Grants

- 2025-present Gaylord Donnelley Postdoctoral Environmental Fellowship, \$20,000
- 2023-2025 The Wenner-Gren Foundation Dissertation Fieldwork Grant, \$16,400
- 2023-2025 U.S. NSF Doctoral Dissertation Research Improvement Grant; \$27,286
- 2023-2025 The Leakey Foundation Research Grant; \$13,022
- 2021-2025 U.S. NSF Graduate Research Fellowship Program; \$138,000
- 2023-2024 Triangle Center for Evolutionary Medicine Research Award; \$9,478
- 2021-2024 Duke Lemur Center Director's Fund; \$8,000
- 2022-2024 Duke Graduate School Conference Travel Award; \$2,250
- 2020-2024 Evolutionary Anthropology Graduate Student Mentorship Award; \$4,000
- 2022 Summer Research Fellowships for Second-Year Ph.D. Students; \$8,250
- 2021 Summer Research Fellowships for First-Year Ph.D. Students; \$6,500

Publications

- In prep* **Sadhir, S.**, Knorr, D.A., McGrosky, A., & Pontzer, H. Maternal metabolic limits during human pregnancy.

- In prep* **Sadhir, S.**, Schrock, A.E., McGrosky, A., Pertile, J., Drea, C.M., & Pontzer, H. Dynamics of maternal energy expenditure, physical activity, and body composition across pregnancy and lactation in two lemur genera.
- In prep* Zhang, K., Hinz, E., **Sadhir, S.**, Ford, L.B., McGrosky, A., Nzunza, R., Braun, D.R., Ndiema, E., Rosinger, A., & Pontzer, H. Birth weight in the Daasanach community of Northern Kenya and the effect of multiparity.
- In review* Rosinger, A.Y., Douglass, M., McGrosky, A., Roba, K., Meriwether, N., Jacobson, H., Davies, B., Ford, L., Wambua, F., Hinz, H., **Sadhir, S.**, Tavormina, A., Khosi, G., Mbeng, T.-C., Baker, L., Sherwood, A., Arshad, S., Bobbie, N., Musumeci, C., Papa, K., Farrar, Z., Nguyen, Z., Berger, G., Morse, E., Todd, M., Kitts, N., Otube, T., Bossert, M., Braun, D.R., Nzunza, R., Ndiema, E., & Pontzer, H. Historic drought in northern Kenya shifts diet and mobility away from traditional pastoralism as resource security and nutrition falter. *Global Environmental Change*.
- 2025 Best, A., **Sadhir, S.**, Hyatt, E., & Pontzer, H. Ultra-endurance athletes and the metabolic ceiling. *Current Biology*. <https://doi.org/10.1016/j.cub.2025.08.063>
- 2025 McGrosky, A., Ford, L., Hinz, E., **Sadhir, S.**, Wambua, F., Braun, D.R., Douglass, M., Ndiema, E., Nzunza, R., Rosinger, A.Y., & Pontzer, H. High water turnover, hydration status and heat stress across the life course in an arid/semi-arid climate. *Evolution, Medicine, and Public Health*. Special Issue: Evolution of Water Needs, Heat Stress, & Climate Change. <https://doi.org/10.1093/emph/eoaf017>
- 2025 Rosinger, A.Y., McGrosky, A., Jacobson, H., Hinz, E., **Sadhir, S.**, Wambua, F., Otube, T., Baker, L., Sherwood, A., Mbeng, T.-C., Broyles, L., Musumeci, C., Meriwether, N., Bobbie, N., Farrar, Z., Todd, M., Nguyen, Z., Berger, G., Ford, L.B., Braun, D.R., Douglass, M., Hunter, M., Farquhar, W., Kenney, W.L., Sands, J., Nzunza, R., Ndiema, E., & Pontzer, H. Drinking water NaCl associated with hypertension and albuminuria: A panel study. *Hypertension*. <https://doi.org/10.1161/HYPERTENSIONAHA.125.24751>
- 2025 Roba, K.T., Jacobson, H., McGrosky A., **Sadhir, S.**, 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. *American Journal of Human Biology*. Special Issue: Human Biology of Pastoralists. 37(2): e70009. <https://doi.org/10.1002/ajhb.70009>
- 2025 **Sadhir, S.**, McGrosky, A., Swanson, Z.S., Tavormina, A., Tomechko, K., & Pontzer, H. Physical activity and heat stress shape water needs in pregnant endurance athletes. *Evolution, Medicine, and Public Health*. Special Issue:

Evolution of Water Needs, Heat Stress, & Climate Change. eoaf003.
<https://doi.org/10.1093/emph/eoaf003>

- 2024 **Sadhir, S.**, 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. *American Journal of Human Biology*. e24174.
<https://doi.org/10.1002/ajhb.24174>
- 2024 Rosinger, A.Y., Stoler, J., Ford, L.B., McGrosky, A., **Sadhir, S.**, 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. *Social Science & Medicine*. 359: 117280.
<https://doi.org/10.1016/j.socscimed.2024.117280>
- 2023 Parker, C.H., **Sadhir, S.**, 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

- 2025 **Sadhir, S.** Maternal Energetic Strategies During Pregnancy. *Boston University Biological Anthropology Seminar*, Boston University, Boston, MA [invited talk].

- 2025 **Sadhir, S.** Maternal metabolic limits and the evolution of secondarily altricial human infants. *ANTH 2530: Evolutionary Biology of Female Bodies*, Yale University, New Haven, CT [guest lecture].
- 2025 **Sadhir, S.** Pregnancy in Extreme Environments: Insights from the Daasanach Pastoralist Community in the Turkana Basin. *TBI@20: Two Decades of Daring to Dig Deeper*, Stony Brook University, Stony Brook, NY [invited talk].
- 2025 **Sadhir, S.** Maternal Energetic Strategies During Pregnancy. *New York Regional Primatology Seminar*, New York Consortium in Evolutionary Primatology (NYCEP), New York, NY [invited talk].
- 2025 **Sadhir, S.** Maternal Energetic Strategies During Pregnancy Across Diverse Environments. *Yale Institute for Biospheric Studies Seminar*, Yale University, New Haven, CT [invited talk].
- 2025 McGrosky, A., **Sadhir, S.**, Tomechko, K., and Pontzer, H. Energy costs of lactation among US athletes. *94th Annual Meeting of the American Association of Biological Anthropologists* (p. 109), Baltimore, MD [podium].
- 2025 **Sadhir, S.**, McGrosky, A., Tomechko, K., and Pontzer, H. Maternal metabolic limits and physical activity during pregnancy across human populations. *94th Annual Meeting of the American Association of Biological Anthropologists* (p. 143), Baltimore, MD [podium].
- 2025 Roba, K.T., McGrosky, A., Jacobson, H., Tavormina, A., Bobbie, N., Wambua, F., Papa, K., Kitts, N., Berger, G., Meriwether, N., Khosi, G., Arshad, S., Hinz, E., **Sadhir, S.**, Ford, L., Douglass, M., Nzunza, R., Ndiema, E., Braun, D., Pontzer, H., and Rosinger, A. Changes in cultural staple foods as coping strategies amid severe drought and chronic stress among Daasanach pastoralists in northern Kenya (2019-2024). *50th Annual Meeting of the Human Biology Association* (p. 58), Baltimore, MD [podium].
- 2025 Arshad, S., Roba, K.T., Jacobson, H., Meriwether, N.C., Tavormina, A., McGrosky, A., **Sadhir, S.**, Khosi, G., Bobbie, N.L., Nzunza, R., Braun, D., Ndiema, E., Pontzer, H., and Rosinger, A. Increased vulnerability to dehydration and heat stress among pregnant and lactating Daasanach women in northern Kenya. *50th Annual Meeting of the Human Biology Association* (p. 4), Baltimore, MD [poster].
- 2025 Meriwether, N., Jacobson, H., Tavormina, A., Roba, K.T., McGrosky, A., Arshad, S., Bobbie, N., Papa, K., Berger, G., Kitts, N., Khosi, G., **Sadhir, S.**, Ndiema, E., Douglass, M., Nzunza, R., Braun, D., Pontzer, H., and Rosinger, A. Subsistence strategies as mediators of undernutrition through severe drought among Daasanach pastoralists in northern Kenya, 2019-2024. *50th Annual Meeting of the Human Biology Association* (p. 22-23), Baltimore, MD [poster].
- 2025 Tavormina, A., McGrosky, A., Roba, K.T., Jacobson, H., Bobbie, N., Khosi, G., Arshad, S., Meriwether, N., Hinz, E., **Sadhir, S.**, Douglass, M., Nzunza, R., Braun, D., Ndiema, E., Swanson, Z., Urlacher, S., Rosinger, A., and Pontzer, H.

- Inflammation and energy status among Daasanach pastoralists. *50th Annual Meeting of the Human Biology Association* (p. 35), Baltimore, MD [poster].
- 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* (p. 16), 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. *91st 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. *90th 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].

Teaching Experience

- 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

Supervision of Undergraduate Honors Theses in Evolutionary Anthropology

Research Mentor & Committee Member

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

Supervisor

2024-2025	Brown, U. Eraniyan, A. Kurt, A.
2023-2024	Tavormina, A.
2022-2023	Tomechko, K.

Illeret Health Clinic Data Management

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

2024-2025	Letters to a Pre-Scientist <i>STEM Professional Pen Pal</i>
2020-2025	Demystifying Graduate School (Panel; reoccurring), Duke University, Durham, NC <i>Panelist & Session Leader</i>
2023	North Carolina Science and Engineering Fair (Region 3B), North Carolina School of Science and Mathematics, Durham, NC <i>Judge</i>
2022	Lemurpalooza, Duke Lemur Center, Durham, NC <i>Research Volunteer</i>

Professional Service

2024-Present	<i>Reviewer, American Journal of Human Biology</i>
2023-Present	<i>Reviewer, PLOS One</i>
2023-2025	<i>Committee Member, Osteology Collections Working Group, Duke University, Durham, NC</i>
2021-2024	<i>Associate Editor, Journal of Emerging Investigators (JEI)</i>
2021-2024	<i>Reviewer, Journal of Emerging Investigators (JEI)</i>
2021-2023	<i>Laboratory Safety Coordinator & Chemical Hygiene Officer, Evolutionary Energetics and Ecology Lab, Duke University, Durham, NC</i>
2022-2023	<i>Evolutionary Anthropology Representative, Graduate & Professional Student Government (GPSG) Climate Crisis Committee, Duke University, Durham, NC</i>
2022-2023	<i>Evolutionary Anthropology Representative, Graduate & Professional Student Government (GPSG) General Assembly, Duke University, Durham, NC</i>
2022	<i>Student Volunteer, 91st Annual Meeting of the American Association of Biological Anthropologists, Denver, CO</i>
2022	<i>Job Talk Organizer, Job Candidate Searches (Lecturer, Assistant Research Professors), Department of Evolutionary Anthropology, Duke University, Durham, NC</i>
2021-2022	<i>Graduate & Professional Student Government (GPSG) Representative, Library Council (Provost's University Committee), Duke University, Durham, NC</i>
2021-2022	<i>Seminar Organizer, Evolutionary Anthropology Talk Series (EATS), Department of Evolutionary Anthropology, Duke University, Durham, NC</i>
2021	<i>Meeting Organizer, Statistics Reading Group [weekly meetings], Department of Evolutionary Anthropology, Duke University, Durham, NC</i>

Professional Development

2023-2024	Duke Scholars in Molecular Medicine Program: <i>Endocrinology, Metabolism, and Cardiovascular Disease track</i> Duke Clinical & Translational Science Institute
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

National Museums of Kenya (NMK)
Human Biology Association (HBA)
American Association of Biological Anthropologists (AABA)
The American College of Sports Medicine (ACSM)
Population Ecology, Aging, and Health Network (PEcAHN)
Association for Women in Science (AWIS)
Phi Beta Kappa Honor Society
Alpha Lambda Delta Honor Society

Skills and Qualifications

Languages	English (proficient, native), Hindi (proficient, native), Punjabi (basic), Spanish (basic)
Computing	R Programming Language, advanced; ArcGIS 10.6, intermediate; Python Programming Language, beginner
Laboratory	ABB Liquid Water Isotope Analyzer Doubly labeled water methodology and analysis Enzyme-Linked Immunosorbent Assay (ELISA) COSMED Quark RMR COSMED K5 Sable Systems International Promethion Metabolic Screening Wearable technology use & data management
Field	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