

TIFFANY LIPSEY
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EDUCATION

M. Ed. **Exercise Physiology** **August 1995 - May 1997**
University of Virginia Charlottesville, VA

B. A. **Chemistry with specialization in Biochemistry**
Religious Studies (double major) **August 1991 – May 1995**
University of Virginia Charlottesville, VA

ACADEMIC AND RESEARCH APPOINTMENTS

Research Associate IV Summer 2012 – current
Research Associate III Summer 2001 – Spring 2012
Assistant Director
Human Performance Clinical Research Laboratory (HPCRL) 2001 – current
Manage daily operations of the HPCRL. Supervise two full time, seven part time employees, practicum students and volunteers. Provide technical support for faculty and student research in both applied and basic science in relation to health, physical activity and disease. Coordinate various projects including fee for service contracts, research activities and student involvement experiencing growth of 66% in income from grants and contracts. Perform community outreach for heart disease prevention including educational seminars. Participate in a variety of departmental and university committees and working groups to advance various health, wellness and academic initiatives. Assist Executive Director and Research Director as needed.
Department of Health and Exercise Science Fort Collins, CO
College of Health and Human Sciences, Colorado State University

Clinical Research Coordinator Winter 1996 - Spring 1997
Safety and Efficacy of Seratrodast in Patients with Moderate to Severe COPD.
Atlantic Clinical Research Corporation Ivy, VA
in association with the **University of Virginia Medical Center** Charlottesville, VA

PUBLICATIONS

(* denotes graduate student)

14. Schutt D*, **Lipsey T**, Van Dyke M, Brazile WJ. Power saw noise levels during steel stud cutting tasks on commercial construction sites: a tool characterization from a work exposure standpoint. *Annals of Work Exposure and Health*. 2024.
<https://doi.org/10.1093/annweh/wxae054>

13. Courtney JB*, **Lipsey T**, Braun B, Henry K, Nelson TL, Li K. Using ecological momentary assessment to examine the effects of duty status on acute stress and tiredness in firefighters: A pilot study. *Journal of Occupational and Environmental Medicine*, 2020, Vol 62, Issue 10, p 859-870. DOI: 10.1097/JOM.0000000000001988

12. DeVoe D, **Lipsey T**, & Womack C. Resting metabolic rate and blood lipid changes of an experienced backpacker hiking the Appalachian Trail. *Translational Sports Medicine*, 2019, 2:376-379. DOI 10.1002/tsm2.105.
11. Li K, Ochoa E*, **Lipsey T**, Nelson TL. Correlates of atherosclerotic cardiovascular disease risk in older Colorado firefighters. *Occupational Medicine*, 2018, 68(1):46-50. <https://doi.org/10.1093/occmed/kqx192>
10. Li K, **Lipsey T**, Leach HJ, Nelson TL. Cardiac health and fitness of Colorado male/female firefighters. *Occupational Medicine*, 2017, 67:4, 268–273. <https://doi.org/10.1093/occmed/kqx033>
9. Radtke C*, Autenrieth DA, **Lipsey T**, Brazile WJ. Noise characterization of oil and gas operations. *Journal of Occupational and Environmental Hygiene*, 2017, 14:8, 659-667. doi: 10.1080/15459624.2017.1316386
8. Amidon TR, Williams E, **Lipsey T**, Callahan R, Nuckols G, Rice S. Sensors and gizmos and data, oh my: Informing firefighters' protective personal equipment. *Communication Design Quarterly*, 2017, 5(4), 15-30. <https://doi.org/10.1145/3188387.3188389>
7. DeVoe D, **Lipsey T**, Womack C. Backpacking Normalizes Lipids without Medication: A Case Study on the Appalachian Trail. *Journal of Exercise Physiology*, 2014, 17(4).
6. Radman A*, Sandfort D, **Lipsey T**, Brazile WJ. Case study: Noise Characterization and Exposure at a Ski Resort. *Journal of Occupational and Environmental Hygiene*, 11(1), 2014, D10-6. doi: 10.1080/15459624.2013.839877.
5. Root KS*, Schwennker C*, Autenrieth D, Sandfort DR, Lipsey T and Brazile W. Firefighter Noise Exposure During Training Activities and General Equipment Use. *Journal of Occupational and Environmental Hygiene*, 2013, 10(3). DOI: [10.1080/15459624.2012.753023](https://doi.org/10.1080/15459624.2012.753023)
4. Autenrieth DA*, Sandfort D, **Lipsey T** and Brazile WJ. Occupational Exposures to Noise Resulting from the Workplace Use of Personal Media Players at a Manufacturing Facility. *Journal of Occupational and Environmental Hygiene*, 2012, 9(10): 592-601. DOI: [10.1080/15459624.2012.713768](https://doi.org/10.1080/15459624.2012.713768)
3. Spell J. Combat Ready? The Challenge of Aging in the Fire Service. *Fire Chief*. 2019. Acted as a consultant and editor of article.
2. DeVoe D, Israel R, **Lipsey T**, Voyles W. A Long Duration (118-Day) Backpacking Trip (2669 km) Normalizes Lipids Without Medication. *Wilderness and Environmental Medicine*, 2009, 20, 347-352. DOI: 10.1580/1080-6032-020.004.0347
1. Donovan R*, Nelson T, Peel J, **Lipsey T**, Voyles W, Israel R. Cardiorespiratory fitness and the metabolic syndrome in firefighters. *Occupational Medicine*, 2009, 59(7): 487-492. DOI: 10.1093/occmed/kqp095

INVITED PRESENTATIONS

Grosch N and **Lipsey T.** (October 24, 2024) *The Measurement Spectrum of Aerobic Fitness. How do we find who is fit enough?* Fire Leadership Challenge, Keystone, CO.

Lipsey T. (June 7, 2024) *Tackling Grand Challenges with Partnerships and Science.* Missouri Valley Chiefs Conference. Fort Collins, CO.

Lipsey T and Thomson D. (January 11, 2024) *Physical Fitness in EMS Firefighter do it. Why not paramedics?* National Association of Emergency Medical Services Physicians (NASEMSP) Annual Meeting, Austin, TX.

Koval A and **Lipsey T.** (November 10, 11 and 19, 2023) *Cardiac health update.* Westminster Fire Department, Westminster, CO. (virtual)

Lipsey T and Macklin C. (November 3, 2023) *Healthy, Well and Ready to Respond: Departments Doing It Right.* First Responder Center for Excellence Health and Wellness Symposium, Tucson, AZ.

Burgess J and **Lipsey T.** (October 19, 2023) *Tackling Carcinogen Exposure in the Wild West: A Focus on Wildland Firefighting.* Fire Leadership Challenge, Keystone, CO.

Lipsey T and Wolf D. (February 27, 2023) *Wildland Fire and Its Impact on Worker Health.* Presented to Climate Change and Worker Health course within Colorado School of Public Health at CU Anschutz campus in Denver, CO.

Lipsey T and Koval A. (January 26, 2023) *Firefighting and Chronic Disease Risk: Quantities and Qualities.* Rocky Mountain Academy of Occupational and Environmental Medicine. Bozeman, MT.

Lipsey, T. (January 20, 2023) *Optimizing Health for Desk Jockeys and Those that Drive the Fire SUV – You know you need it!* First Responder Center for Excellence Health and Wellness Symposium. St. Pete Beach, FL.

Lipsey, T. (October 20, 2022) *Optimizing Health for Desk Jockeys and Those that Drive the Fire SUV – You know you need it!* Colorado State Fire Chiefs Leadership Challenge. Keystone, CO. Designated as a required class in the Fire Marshal certificate.

Lipsey, T. (August 2022) *Reducing Line of Duty Deaths and Injuries During Fire Operations.* Colorado State Fire Training Officers Association, Black Hawk, CO.

Lipsey T. (April 2022) *Taking Care of Your Heart.* FITlife Wellness Wednesday event (virtual). Colorado State University, Fort Collins, CO.

Lipsey T. (April 2021) *Bringing Balance with the Wellness Wheel.* FITlife Health and Financial Wellness Event (virtual conference). Colorado State University, Fort Collins, CO.

Lipsey T and Koval A. (October 2021) *Going on the Offensive: Firefighters are Twice as Likely to Get Certain Cancers, 5 Simple Way to Reduce the Risk*. Colorado State Fire Chiefs Leadership Challenge. Keystone, CO. Designated as a required class in the Chief Officer Leadership School (CHIEF) certificate.

Lipsey T. (October 2020) *Aged to Perfection: Longevity in the Fire Service: health from Hire to Retire and Beyond*. Colorado State Fire Chiefs Leadership Challenge virtual conference. Designated as a required class in the Company Officer Leadership School (COLS) certificate.

Lipsey T and Durre H. (October 2020) *How to Use Data to Steer Your Organization Priorities*. Colorado State Fire Chiefs Leadership Challenge virtual conference. Designated as a required class in the Executive Chief Officer (ECO) certificate. This was the only place to complete the ECO certificate this year.

Lipsey T. (March 2019) *Reduce your stress by improving resiliency*. FITlife Health and Financial Wellness Event, Colorado State University, Fort Collins, CO.

Lipsey T. (March 2019) *Aged to Perfection – Longevity in the Fire Service*. Firehouse World, Los Angeles, CA.

Lipsey T and Rupert J. (October 2019) *Crossroads of Mental and Physical Health in the Fire Service*. Colorado State Fire Chiefs Fire Leadership Challenge, Keystone, CO.

Lipsey T. (March 2018) *Chasing Health and Fitness in the Fire Service – Using Big Data and Little Data to Inform This Noble Pursuit*. Firehouse World, San Diego, CA.

Lipsey T. (March 2018) *Reduce your stress by improving resiliency*. FITlife Health and Financial Wellness Event, Colorado State University, Fort Collins, CO.

Lipsey T. (March 2018) *Exploring the Outreach Programs in Health and Exercise Science*. FITlife Health and Financial Wellness Event, Colorado State University, Fort Collins, CO.

Lipsey T. (April 2018) *What's New in 1582? 2018 Blazing the Rockies*. Updates in Marijuana and Firefighter Health. Rocky Mountain Academy of Occupational and Environmental Medicine, Broomfield, CO.

Bauer K, Broussard J, **Lipsey T**, Rupert J and Warmuth M. (October 2018) *Five Easy to Implement and Maintain Steps for Healthier Firefighters: Career and Volunteer*. Colorado State Fire Chiefs Fire Leadership Challenge, Keystone, CO.

DeMint T and **Lipsey T.** (October 2018) *Aged to Perfection – Longevity in the Fire Service*. Colorado State Fire Chiefs Fire Leadership Challenge, Keystone, CO.

Amidon T, Kelly R, **Lipsey T** and Tade E. (October 2018) *Firefighting 2040: Technology, Leadership and Futures of Work*. Colorado State Fire Chiefs Fire Leadership Challenge, Keystone, CO.

Lipsey T. (January 2017) *Getting to the Heart of the Matter: Firefighter Cardiac Health*. Presented at the HES Spring 2017 Seminar Series, Fort Collins, CO.

Amidon TR, Arduser L, Gouge C, Hutchinson L, Jones J, Jones N, Kennedy K, **Lipsey T**, Moore K, Novotny M, and Welhausen CA. (August 2017) *Featured Panel: Usability in Communication Design*, Special Interest Group on Design of Communication of the Association for Computing Machinery, Halifax, Nova Scotia, Canada.

Amidon T, Callahan R, and **Lipsey T**. (September 2017) *Futures of Work and Learning in the US: Fire Service Education and Training for a Blue-White-Dirty Collar Occupation*. Presented at the International Society of Fire Service Instructors Annual Conference, Fort Collins, CO.

Lipsey, T. (March 2016 and August 2016) Lecture on nutrition, hydration and performance in firefighters, Front Range Fire Consortium Fire Academy including cadets from Colorado, Wyoming and Montana. Poudre Fire Authority, Fort Collins, CO.

Lipsey, T. (March 2016) *It's a Matter of Heart – Ways to Decrease Your Risk for Heart Disease*, CSU FITlife Health and Financial Wellness Fair, Colorado State University, Fort Collins, CO.

Lipsey, T. (March 2016) *Ways to Maintain a Healthy Blood Pressure*, CSU FITlife Health and Financial Wellness Fair, Colorado State University, Fort Collins, CO.

Lipsey, T. (March 2015) *Stress Management*, FITlife Health and Financial Wellness Fair, Colorado State University, Fort Collins, CO.

Lipsey, T. (March 2015) *Goal Setting and Behavior Changes*, CSU, FITlife Health and Financial Wellness Fair, Colorado State University, Fort Collins, CO.

Lipsey, T. (October 2015) *Creating a Fire Department Fitness Policy: Jumping through the Hoops*, 2015 Fire Leadership Challenge Keystone, CO.

Lipsey, T. (October 2015) *Getting to the Heart of Firefighters*, 2015 Fire Leadership Challenge Keystone, CO.

Lipsey, T. (October 2015) *SB 172: Why It's Important to You and Your Heart*, 2015 Fire Leadership Challenge Keystone, CO.

Lipsey, T. (June 2015) *Stress Management in Firefighters*, Colorado Wildland Fire and Incident Management Academy, Salida, CO.

Lipsey, T. (June 2015) *Tools for Longevity in the Fire Service: Health*, Colorado Wildland Fire and Incident Management Academy, Salida, CO.

Lipsey, T. (January 2015) *Prevention and Health in Firefighters*, Rocky Mountain Academy of Occupational and Environmental Medicine Conference: Firefighter Health and Prevention, Denver, CO.

Lipsey T. (November 2014) *Promoting Worker Ready Status through Effective Fire Ground Rehabilitation*. Paramedic Refresher Course for northern Colorado Front Range and Wyoming, Fort Collins, CO.

Lipsey T. (October 2014) *The Role of the Company Officer in Health and Safety*. 2014 Company Officer Leadership School, Fire Leadership Conference (Colorado State Fire Chiefs Association), Keystone, CO.

Lipsey T. (April 2014) *Promoting Worker Ready Status through Effective Fire Ground Rehabilitation*. Fire Department Instructors Conference (FDIC). Indianapolis, IN.

Lipsey T. (August 2013) *Don't Mess with the Stress...Don't Fool with the Cool.* South Atlantic Fire Rescue Expo 2013 (81st Annual Conference of the North Carolina Association of Fire Chiefs), Raleigh, NC.

Lipsey T. (January 2013) *It's a Matter of Heart! What do you really know about your risk of heart disease.* Professional Development Institute. Colorado State University, Fort Collins, CO.

Lipsey T and Makris M. (November 2012) *Handling the Hot Potatoes – Pathophysiology and Working in the EMS/Fire Environment.* 2012 Colorado State Emergency Medical Services Conference, Keystone, CO.

Lipsey T. (September 2012) *It's a Matter of Heart. Heart Disease Prevention Program.* Colorado Council of Medical Librarians. Fort Collins, CO.

Lipsey T. (January 2012) *It's a Matter of Heart! Women and Cardiovascular Disease.* Professional Development Institute. Colorado State University, Fort Collins, CO.

Lipsey T and Makris M. (November 2011) *Don't Mess with the Stress. . .Don't Fool with the Cool.* Pre-conference Company Officer Leadership Symposium – Level II, Colorado State Fire Chiefs Association 20th Annual Fire Leadership Challenge 2011, Keystone, CO.

Lipsey T. (December 2011 – delivered twice) *Creating Health and Wellness Programs and Making Them Work for You.* Colorado State Fire Chiefs Association 20th Annual Fire Leadership Challenge 2011, Keystone, CO.

Lipsey T. (January 2011) *It is a matter of heart. Heart disease, the leading cause of death in women.* Professional Development Institute, Colorado State University, Fort Collins, CO.

Lipsey T. (January 2010) *Got time for a heart attack? Who does!* Professional Development Institute, Colorado State University, Fort Collins, CO.

Lipsey, T. (December 2008) *Leveraging Firefighter Health Research to Your Advantage.* 17th Annual Leadership Conference and Company Officer Leadership Symposium, Breckenridge, Colorado.

Lipsey T. (February 2008) *Women and Cardiovascular Disease.* Life Church of Fort Collins, Fort Collins, CO.

Lipsey T. (August 2008) *Women and Cardiovascular Disease.* YMCA Women's Fitness Camp, Chief Ouray on Snow Mountain Ranch, CO.

Lipsey T. (December 2008 delivered 3 times) *Women and Cardiovascular Disease lecture* used as continuing medical education lecture for firefighters. Provided on three occasions to accommodate the three shifts. Poudre Fire Authority, Fort Collins, CO.

Lipsey T. (February 2005) *Physical Activity: What is it and why is it important?* Volunteers of America Foster Grandparent Program, Fort Collins, CO.

Lipsey T. (June 2005) *Opportunities in Health and Exercise Science.* Provided tour of facilities and informational lecture on the Department of Health and Exercise Science and related career options to 38 high school students. 2005 State 4-H Conference, Fort Collins, CO.

Gonzales F, Smith A, Bangert L and **Lipse T.** (January 2004) *CPR/AED classes* (3 classes) Assist with instruction and practical testing for CSU employees as a part of the AED program. Professional Development Institute, Colorado State University Fort Collins, CO.

Lipse T. (January 2004) *Taking the Leading Cause of Death to Heart.* Professional Development Institute. Colorado State University Fort Collins, CO.

Lipse T. (February 2004) *AED Awareness session for Noon Hour participants.* Department of Health and Exercise Science. Colorado State University.

Lipse T. (2004 provided 6 classes over 7 months) *Operation Intimidation Elimination.* AED awareness and orientation session for CSU employees. Student Recreation Center, Colorado State University.

Lipse T. (2004) *Opportunities in Health and Exercise Science.* 2004 State 4-H Conference, Fort Collins, CO.

Lipse T. (2003) *Opportunities in Health and Exercise Science.* 2003 State 4-H Conference, Colorado State University, Fort Collins, CO.

Linnell S and **Lipse T.** (2003) *The Role of Physical Activity in CHD: Three CSU programs that can help you be more active and stay healthy.* Classified Personnel Council Brown Bag Session, Colorado State University, Fort Collins, CO.

Israel RG and **Lipse T.** (2003) Rocky Mountain College Health Association Annual Conference presentation. *Going Outside the Box for Healthcare Needs.* Fort Collins, CO.

Lipse T. (March 2002) *University Based Service/Public Outreach Programs in Public Health.* Rocky Mountain American College of Sports Medicine Meeting, Fort Collins, CO.

Lipse T. (June 2002) *Energy Systems.* Building Youth Through Effective Coaching (BYTEC) Conference with CSU Cooperative Extension, La Junta, CO.

Lipse T. (June 2002) *Ergogenic Aids.* Building Youth Through Effective Coaching (BYTEC) Conference with CSU Cooperative Extension, La Junta, CO.

Lipse T. (June 2002) *Fluid Balance.* Building Youth Through Effective Coaching (BYTEC) Conference with CSU Cooperative Extension, La Junta, CO.

Lipse T. (June 2002) *How Muscles Work.* Building Youth Through Effective Coaching (BYTEC) Conference with CSU Cooperative Extension, La Junta, CO.

Lipse T. (October 2002) *Women's Health and Fitness.* Educational Nutrition Program Fall Conference, Glenwood Springs, CO.

Lipse T. (December 2001) *Strength Training for the Office.* Department of Design and Merchandising, Colorado State University, Fort Collins, CO.

CONFERENCE PROCEEDINGS

(* denotes graduate student)

Amidon TR, **Lipse**y T. Blue-collars/Tough designs: UX within fire service occupational safety and health programs. In: Marcus A, Wang W, editors. Design, User Experience, and Usability: Theory and Practice. 2018, Vol. 10918. p. 573-588. https://doi.org/10.1007/978-3-319-91806-8_45

Kustas AB*, Cote TB, Jurgensmeyer AL, Williams DD, Minor BD*, Dickman BD, **Lipse**y T, Bradley TH, and Williams JD. High Efficiency Thermoelectric Coolers for Use in Firefighter Applications. 10th International Energy Conversion Engineering Conference; 2012. <https://doi.org/10.2514/6.2012-3987>

CONFERENCE ABSTRACTS

(* denotes graduate student)

Lipsey T, O'Toole L*, Nelson T, Peel J and Israel RG. Anthropometric Measurements of Obesity and Their Link to Lifestyle and Cardiovascular Risk in Colorado Firefighters. *Medicine and Science in Sport and Exercise*, 2012; 44(5S) (Abstract #1408)

Abelbeck KG*, **Lipse**y T and Reiser RF. Athletic Performance Assessment of SWAT and Patrol Officers over a 12-Week Training Program. *Medicine and Science in Sport and Exercise*, 2011, 43(5): p 837.

Donovan RM*, Israel RG, Peel JL, **Lipse**y T, Voyles W, Nelson TL. C-Reactive Protein and the Metabolic Syndrome are Inversely Associated with Cardiorespiratory Fitness in Firefighters. National Conference American College of Sports Medicine. Abstract. *Medicine and Science in Sports and Exercise*. 2008; 40 (5) Supplement 1:S223.

Jacques KM*, Israel, RG, Borrayo EA, **Lipse**y T, Voyles W, Nelson TL. Relationship Between Low Socioeconomic Status, C-Reactive Protein, and the Metabolic Syndrome. National Conference American College of Sports Medicine. Abstract. *Medicine and Science in Sports and Exercise*. 2008; 40(5) Supplement 1:S222.

HONORS AND AWARDS

Non-Tenure-Track/Administrative Professional Faculty Scholarly Excellence Award College of Health and Human Sciences Colorado State University	2024-2025
Superior Faculty Service Award College of Health and Human Sciences Colorado State University	2015

GRANT FUNDED RESEARCH CURRENT

September 2024 – September 2026. Centers for Disease Control/National Institutes of Occupational Safety and Health. “Understanding and Communicating Reproductive Health Consequences for Male Wildland Firefighters.” Grant Award 1R21OH012750-01. Montrose L. (PI). (Role Co-I).

September 2023 – September 2026. Federal Emergency Management Agency. “Wildland Firefighters: Expanded Exposure Measurement and Exposure Reduction Interventions.” Grant Award EMW-2022-FP-00774. \$1,500,000. Burgess J, **Lipsey T**, Rahn M, Stapleton H. (Co-PIs).

September 2021 – March 2025. Federal Emergency Management Agency. “Wildland Fire Fighters: Exposure Assessment, Carcinogenic Effects and Risk Management.” Grant Award EMW-2020-FP-00430. \$1,500,000. Burgess J, Caban-Martinez A, **Lipsey T**, Rahn M, Sheaffer Solle, N. (Co-PIs).

COMPLETED

2018. National Science Foundation SBIR Phase II. “Affordable remote cardiac monitoring device for improved firefighter safety outcomes.” \$749, 793. PI: Weebadde CP and Amidon TR. Role Co-I.

2017. National Science Foundation SBIR Phase I. “Affordable remote cardiac monitoring device for improved firefighter safety outcomes.” \$224,002. Weebadde CP and Amidon TR. Role Co-I.

2017. Office of the Vice President for Research, Colorado State University. Pre-Catalyst for Innovative Partnerships (PRECIP) for: Factors impacting how firefighters perceive and communicate risk. \$5,000. Amidon T, Henry K, **Lipsey T**, and Williams E.

2017-2019. Center for Health, Work, and Environment, a NIOSH Center of Excellence for Total Worker Health, Research to Practice Pilot Program. “Evaluating firefighters’ baseline cardiovascular health with the AvidCor app.” \$14,988. PI: Amidon TR. Role: Co-I.

August 2010 - July 2012. Caring for Colorado Foundation. “Heart Disease Prevention Program for the Medically Underserved.” \$50,000. PIs: Israel RG and **Lipsey T**.

August 2008 – July 2009. Caring for Colorado Foundation. “Heart Disease Prevention Program for the Medically Underserved.” \$50,000. PIs: Israel RG and **Lipsey T**.

2007. College of Veterinary Medicine and Biomedical Sciences – College Research Council. “Assessment of Pulmonary Function and C-Reactive Protein Levels in Wildland Firefighters.” \$17,500. PIs: Peel J and Lipsey T.

April 2007 – March 2008. Caring for Colorado Foundation (2007) “Heart Disease Prevention Program for the Medically Underserved.” \$50,000. PIs: Israel RG and **Lipsey T**.

2006. Community Foundation of Northern Colorado (specifically the Hammond Gribbell Fund of the Community Foundation). Matching grant for the Heart Disease Prevention Program for the Medically Underserved. \$5,000. PIs: Israel RG and **Lipsey T**.

2005. Caring for Colorado Foundation Grant. Heart Disease Prevention Program for the Medically Underserved. \$45,000. PIs: Israel RG and **Lipsey T.**

2005. Poudre Valley Hospital Foundation. Matching grant for Heart Disease Prevention Program for the Medically Underserved. \$2,500. PIs: Israel RG and **Lipsey T.**

2005. Community Foundation of Northern Colorado (specifically the Hammond Gribbell Fund of the Community Foundation). Matching grant for the Heart Disease Prevention Program for the Medically Underserved. \$5,000. PIs: Israel RG and **Lipsey T.**

2005. Elf Foundation Matching grant for the Heart Disease Prevention Program for the Medically Underserved. \$5,000. PIs: Israel RG and **Lipsey T.**

2004. United States Fire Administration. Fire Fighter Testing for Poudre Fire Authority. \$87,897. PIs: Jones W, Israel RG and **Lipsey T.**

2003. Poudre Valley Hospital Foundation. Matching grant for Heart Disease Prevention Program for the Medically Underserved. \$2,500. PIs: Israel RG and **Lipsey T.**

2003 Elf Foundation Matching grant for the Heart Disease Prevention Program for the Medically Underserved. \$5,000. PIs: Israel RG and **Lipsey T.**

2002 – 2003. The Heart Center of the Rockies. Health and Exercise Science (HES)- Human Performance Clinical/Research Laboratory (HPCRL) Student Training Program in Cardiac Stress Testing. \$17,000. PIs: Israel RG, **Lipsey T** and DeYoung W.

2002. Caring for Colorado Foundation Grant. Heart Disease Prevention Program for the Medically Underserved. \$45,000. PIs: Israel RG and **Lipsey T.**

WORK EXPERIENCE

Director, Heart Disease Prevention Program (HDPP) and First Responder Testing Programs
Human Performance Clinical Research Laboratory 2016 – current
Evaluate results of testing in the HDPP and develop an individualized plan of action for lifestyle change. Administer external contracts and assist external entities in the development of health, fitness and wellness plans including testing protocols. Perform various fitness and health measurement related tests such as maximal exercise testing and body composition measurements. Evaluate clinical parameters related to cardiovascular disease risk. The HDPP includes the First Responder Testing Programs (FRTP), which encompasses the Firefighter Testing Program, Cardiac One Risk Evaluation (CORE) Program and Law Enforcement Testing Program. The FRTP currently works with over 20 first responder agencies across the state of Colorado. The firefighter data includes over 2,500 individuals.

Colorado State University

Fort Collins, CO

First Responder Contracts while at Colorado State University:

Physiological testing for the following fire and law enforcement agencies:

Arvada Fire Protection District, Arvada, CO (2020-2021)
Bennett Fire Protection District, Bennett, CO (2015)
Berthoud Fire Protection District, Berthoud, CO (2018-2021)
Big Thompson Canyon Volunteer Fire Department, Drake, CO (2016, 2018, 2020)
Black Hawk Fire Department, Black Hawk, CO (2013 - 2023)
Boulder County Hazardous Materials Team, Boulder County, CO (2022 – current)
Boulder Rural Fire Protection District, Boulder, CO (2021-current)
Brighton Fire Department, Brighton, CO (2017)
Canon City Area Fire Protection District, Canon City, CO (2012 - 2023)
Castle Rock Fire Rescue, Castle Rock, CO (2007 – 2008, 2022 - 2023)
Colorado Division of Fire Prevention and Control (2023 – current)
Colorado State Patrol Hazardous Materials Team (2023 – current)
Crested Butte Fire Protection District, Crested Butte, CO (2023)
Cheyenne Fire Rescue, Cheyenne, WY (2016, 2024)
Cimarron Hills Fire Protection District, Cimarron Hills, CO (2016 – 2019, 2021 - 2022)
Durango Fire and Rescue Authority, Durango, CO (2005)
Eagle River Fire Protection District, Avon, Beaver Creek, Cordillera, Edwards, and Minturn, CO (2011 – 2019, 2021)
Eaton Fire Protection District, Eaton, CO (2011 - 2020)
Elizabeth Fire Protection District, Elizabeth, CO (2018, 2020-current)
Estes Valley Fire Protection District, Estes Park, CO (2016, 2019-current)
Evans Fire Protection District, Evans, CO (2014-2015)
Fairmount Fire Protection District, Fairmount, CO (2017)
Fort Collins Police Department, Fort Collins, CO (2015 - 2021)
Fort Lewis Mesa Fire Department, Hesperus, CO (2022)
Front Range Fire Rescue, Johnstown, CO (2018 – current)
Genessee Fire Rescue, Genessee, CO (2015)
Greater Eagle Fire Protection District, Eagle CO (2015, 2017 - current)
Gunnison Fire Department, Gunnison, CO (2022 – current)
Hotchkiss Fire and Rescue, Hotchkiss, CO (2009)
Indian Hills Fire-Rescue, Indian Hills, CO (2006)
Lafayette Fire Department, Lafayette, CO (2018-current)
Lake Dillon Fire-Rescue, Dillon and Keystone, CO (2013 - 2017)(Merged with Copper Mountain Fire to Summit Fire and Emergency Services)
LaSalle Fire Protection District, LaSalle, CO (2014 – 2016, 2019, 2021)
Leadville-Lake County Fire Department, Leadville, CO (2013 - 2017)
Livermore Fire Protection District, Livermore, CO (2009 - 2010)
City of Longmont, Department of Public Safety, Longmont, CO (2012, 2014 – current)
Loveland Fire Rescue Authority, Loveland, CO (2010 - 2022)
Lower Valley Fire District, Fruita, CO (2023)
Montrose Fire Rescue, Montrose, CO (2019, 2022 – current)
Mountain View Fire Protection District, Longmont, CO (2014 - 2021)
North East Teller County Fire Protection District, Woodland Park, CO (2018-2019)
North Metro Fire Rescue District, Broomfield, CO (2024)

North West Fire Protection District, Fairplay, CO (2017 – 2018, 2021 - current)
Parker Fire Protection District, Parker, CO (2002 – 2005)
Platte Canyon Fire Protection District, Bailey, OC (2019)
Platte River Power Authority Emergency Response Team, Wellington, CO (2008 - 2009)
Platte Valley Fire Protection District, Kersey, CO (2015 – 2016)
Poudre Fire Authority, Fort Collins, CO (2004 - current)
Pueblo Fire Department, Pueblo, CO (2019-2020)
Pueblo Rural Fire Protection District, Pueblo, CO (2022, 2024)
Pueblo West Fire Department, Pueblo, CO (2022, 2024)
Red, White and Blue Fire Protection District, Breckenridge, CO (2005 - 2017)
Rocky Mountain Fire, Boulder, CO (2017 – 2019, merged with Mountain View Fire Protection District)
Salida Fire Department, Salida, CO (2008 - current)
South Adams Fire Protection District, Brighton, Commerce City and Henderson, CO (2018)
Steamboat Springs Fire Rescue, Steamboat Springs, CO (2017 – 2022)
Summit Fire and Emergency Services, Dillon, Keystone and Copper, CO (2018-2019, 2020-2021)
Trinidad Fire Protection District, Trinidad, CO (2020-2021, 2023)
Vail Fire and Emergency Services, Vail, CO (2010 - 2015)
Wellington Fire Protection District, Wellington, CO (2013 – 2021, 2024)
Westminster Fire Department, Westminster, CO (2016 - current)
Windsor-Severance Fire Rescue, Windsor, CO (2014 - 2021)
Wyoming Air National Guard, Cheyenne, WY (2024)

Other contracts while at Colorado State University:

Ball Aerospace. (2023) Maximal treadmill testing for 12 individuals that are members of the jet fueling team.

Colorado State University Athletics Football Team and other athletes. (2012 – 2015) DEXA scans included the entire football team three times in the year. ~250 scans per year

Browning R. (2011) Reebok Clothing Project. Consultation for physiological testing portion including selection of equipment, protocols and study design. Support for 2 weeks of salary.

Bradley T. and Williams J. (2011) Collaboration with Mechanical Engineering on the SuperCritical Air Mobility Pack (SCAMP) project. Physiological testing (aerobic capacity and core temperature measurement) for project. Support for one technician for 5 hours/week for 7.5 months in addition to 2 weeks of salary.

QTC, the largest private provider of government-outsourced occupational health and disability examination services in the nation. (2011) Physiological testing for 4 employees.

James Atkinson Saddler project. (2011) Provide study design, obtain appropriate university approvals, direct appropriate temperature and humidity settings in the environmental chamber and perform blood collection for project.

Colorado Avalanche Hockey Club. (2002-2003) Led a team that performed maximal physiological testing for 60 elite athletes in Denver, CO.

Director, Faculty/Staff Wellness Program
for Towson University and St. Joseph Medical Center Summer 1997 – Winter 2000

Program Administrator
LIFEWORx Cardiac Rehabilitation Phases III and IV Summer 1997 – Winter 2000
Supervise two full and twenty part time staff in a center of over five hundred members. Recruit new patients experiencing growth of 72%. Supervise exercise sessions. Evaluate participant status and fitness level and formulate appropriate exercise prescriptions. Develop and implement health and fitness education programs including risk factor interventions. Organize additional exercise class programming. Publish and contribute to quarterly newsletter. Respond to emergencies. Organize and lead mock codes and other emergency reviews. Maintain equipment and facility.

Towson University Towson, MD

Graduate Assistant Summer 1996 - Spring 1997
Department of Kinesiology

Administrative assistant to the director of the Adult Fitness Program. Responsible for clinical instruction of graduate students and all departmental purchasing.

Clinical staff Summer 1996 - Spring 1997
Adult Fitness Program, Department of Kinesiology

Administer emergency care. Chart patient progress. Perform phlebotomy, nutrition consultation and exercise prescription.

University of Virginia Charlottesville, VA

TEACHING EXPERIENCE

Colorado State University Fort Collins, CO

Department of Health and Exercise Science

Coordinator, Teaching and Outreach Programs, HPCRL 2016 – current
Supervise and instruct intern and practicum students (HES 486B, 487, 489 and 686). Provide technical and instructional support for HES 420 Electrocardiography and Exercise Management. Maintain equipment and facility.

Special Appointment Assistant Professor 2009–current

Undergraduate Teaching Laboratory Facility Coordinator 2003-2015

Instructor 2001-2009

HES 520 Advanced Exercise Testing and Prescription Spring 2002-2004, 2006-2018

HES 492 Seminar for Sports Medicine Fall 2001-Spring 2003, Fall 2004-2008

HES 340 Exercise Prescription Spring 2019, 2024-current

HES 145 Health and Wellness Fall 2010-Fall 2023

IU 193 Heart Disease Prevention: Taking Control of Your Heart Health
Fall 2007, Fall 2008

Towson University Towson, MD

Instructor, Department of Kinesiology

KNES 369 Practicum: Exercise Science

Spring 1999, Fall 1999, Spring 2000 and Fall 2000

KNES 235 Individualized Fitness Spring 1998

THESES COMPLETED

Undergraduate Honors Thesis

Johnston, C. (Spring 2020) *Interventions and Initiatives with the Tijuana Fire Department: Disease Prevention and Health Promotion in the Fire Service*. Chair.

Ian Howells (Spring 2004) *Serum Leptin Levels and Energy Balance in Female Collegiate Swimmers during a Competitive Season*. Committee member.

Graduate Masters Theses

Wedderburn J. (Summer 2023) *The Effects of Sleep Extension on Physical and Cognitive Performance in AROTC Cadets*. Department of Health and Exercise Science. Committee member.

Taloumis J. (Spring 2021) *A Literature Review of Firefighter Cancers and Occupational Risks and Exposures*. Department of Environmental and Radiological Sciences. Committee member.

Kim, B. (Summer 2019) *An Evaluation of Hands-on ATV Training*. Department of Environmental and Radiological Sciences. Committee member.

Maynard S. (Fall 2016) *A Clinical Review of Diisocyanate Exposure*. Department of Environmental and Radiological Sciences. Committee member.

Radtke C. (Spring 2016) *Noise Characterization in the Oil and Gas Industry*. Department of Environmental and Radiological Health Sciences. Committee member.

Voss C. (Spring 2016) *Depressive Symptoms and Metabolic Syndrome Risk Factors in Male and Female Coloradan Firefighters*. Department of Health and Exercise Science. Committee member.

Dussinger E. (Spring 2014) *Predictors of Health Behaviors and Cardiovascular Disease Risk Factors for Professional Firefighters*. Department of Health and Exercise Science. Co-Advisor.

Larson LC. (Summer 2014) *Manual of Instruction for Feeding Studies in Over-fed, Under-fed, and Weight-stable Conditions with an Emphasis on High and Low Flux States*. Department of Food Science and Human Nutrition. Committee member.

Tave JHM. (Fall 2014) *The Gut Microbiota and Its Effects on Body Weight Regulation, A Review for Dieticians*. Department of Food Science and Human Nutrition. Committee member.

Atencio V. (Spring 2013) *Contribution of Small Scale Detonations to Daily Occupational Noise Exposure*. Department of Radiological and Radiological Health Sciences. Committee member.

Van Wasshenova E. (Fall 2013) *Exercise Stress Testing as a Screening Tool: A Prospective, Blind Comparison*. Department of Health and Exercise Science. Co-Advisor.

Radman A. (Summer 2012) *Noise Characterization and Exposure at a Ski Resort*. Department of Environmental and Radiological Health Sciences. Committee member.

Ricciardi A. (Summer 2012) *Prediction Exercise Adherence with Goal Orientations and Motivational Climate*. Department of Health and Exercise Science. Committee member.

O'Toole L (Fall 2011) *Anthropometric Measurements of Obesity and their Link to Lifestyle and Cardiovascular Risk in Colorado Firefighters*. Department of Health and Exercise Science. Committee member.

Root, K. (Fall 2011) *Noise Exposures of Firefighters During Training Activities*. Department of Environmental and Radiological Health Sciences. Committee member.

Autenrieth D. (Spring 2011). *Occupational Exposures to Noise Resulting from the Workplace Use of Personal Media Players*. Department of Environmental and Radiological Health Sciences. Committee member.

Schwennker, C. (Spring 2010) *Noise Exposure in the Poudre Fire Authority*. Department of Environmental and Radiological Health Sciences. Committee member.

Barnes, K. (2009) *Physiological Strain of Firefighters Exposed to a Live Firefighting Exercise*. Department of Health and Exercise Science. Committee member.

Kvernmo, M. (2008) *Psychosocial Factors, C-Reactive Protein, and Cardiovascular Disease Risk Factors in Male Firefighters and Medically Underserved Males and Females*. Department of Health and Exercise Science. Committee member.

Fluck, J. (2008) *The Effects of Occupational Smoke Exposure on Pulmonary Function and Systemic Inflammation in Wildland Firefighters*. Department of Health and Exercise Science. Committee member.

Fitzgerald, K. (2008) *Changes in the Coronary Risk Profile of Professional Firefighters: A Comparison of First and Second Examinations*. Department of Health and Exercise Science. Committee member.

DISSERTATIONS COMPLETED

Melissa Blevens (Spring 2024) *Occupational Noise Exposure and Hearing Assessment of Hydraulic Fracturing Workers: Quiet versus Conventional Fleets*. Department of Environmental Health and Radiological Sciences. Committee member.

David Schutt, (Fall 2023) *Noise exposure in steel stud construction: Noise characterizations and tool limit guidance for commercial framers*, Department of Environmental and Radiological Sciences. Committee member.

Adams K. (Summer 2016) *A Faceoff with Hazardous Noise: A Study of Hockey Officials' Noise Exposure and Hearing Threshold Shifts*. Department of Environmental and Radiological Health Sciences. Committee member.

SERVICE

DEPARTMENT

Department of Health and Exercise Science, Colorado State University

Member, Homecoming Race Committee

2001 – current

Chair, Search Committee

Human Performance Clinical Research Lab Medical Director

2022

Chair, Search Committee for RA II for Heart Disease Prevention Program	2022
Member, Ram Welcome Committee	2021-2022
Chair, Homecoming Race Committee	2003-2018
Member, Assessment Team	2002-2014, 2016
Key Advisor	2012-2016
Member, Undergraduate Curriculum Re-structuring Working Group	2014, 2016
Member, Curriculum in Motion Working Group	2015
Member, Design Team	
Moby first floor renovation and Moby classroom expansion project	2013-2014
Member, Graduate Program Re-structuring Team	2013-2014
Member, Laboratory Committee	2003-2014
Space survey project	2013
Member, Strategic Plan Committee	2011-2012
Member,	
Department Name Change and Concentration Name Change Working Group	2011-2012
Member, Awards Nomination Committee	2001-2006
Member, Search Committee for Director of Youth Sports Camps and Activity Program	2003

COLLEGE

College of Applied Human Sciences, Colorado State University

Member, Commencement Committee	2002 - current
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UNIVERSITY

Colorado State University

Member, University Automatic External Defibrillator (AED) Committee	2003-2012
Member, AED Training Committee	
Sub-committee of the University AED Committee	2003-2012

PROFESSIONAL REVEIWER

Preventive Medicine Reports	2021
European Journal of Sports Science	2007-2008, 2017-2018

LOCAL

Member, Obesity Task Force, Sub-committee on Adults, Fort Collins, CO 2004-2009
Member, Health Committee for Centennial High School, Fort Collins, CO 2003-2005
Member, Coalition for Community Tobacco Prevention and Cessation, Fort Collins, CO 2002

STATE

Member, Planning Committee, Fire Leadership Challenge
Colorado State Fire Chiefs Association 2018-current
Member, Health and Safety Committee, Colorado State Fire Chiefs Association 2017-2023

NATIONAL

Chair, Cardiac Disease section
First Responder Center for Excellence, Crofton, MD 2022-present
Member, Cardiovascular Disease Work Group
United States Fire Administration, Emmittsburg, MD 2024
Member, Integrated Health and Wellness section
First Responder Center for Excellence, Crofton, MD 2024

PROFESSIONAL MEMBERSHIPS

American College of Sports Medicine 2001-current
National Fire Protection Agency 2007-current

PROFESSIONAL QUALIFICATIONS AND CERTIFICATIONS

American College of Sports Medicine

ACSM Clinical Exercise Physiologist® certified 2015-current
ACSM Clinical Exercise Specialist® certified 2001-2015
Exercise is Medicine credential 2013-current

American Heart Association

Advanced Cardiac Life Support 1996-current
Basic Life Support 1991-current

Colorado State University

Biosafety Lab 1 and 2 Training, including Bloodborne Pathogen Training 2011-current
Hazardous Materials Generator 2001-current
Radiation Safety for Sealed Source Users 2001-current