

## SASWATI UPADHYAY

Houston, TX | San Bruno, CA

832-276-0595

[saswati.upadhyay93@gmail.com](mailto:saswati.upadhyay93@gmail.com) | [saswati.upadhyay@uth.tmc.edu](mailto:saswati.upadhyay@uth.tmc.edu)

Digital Portfolio: <https://www.saswatiupadhyay.com>

LinkedIn: <https://www.linkedin.com/in/saswati-upadhyay/>

ORCID: <https://orcid.org/0000-0003-2152-3997>

## SUMMARY

---

Doctoral public health researcher with interdisciplinary experience in environmental health, climate justice, and health policy. Skilled in geospatial and statistical analysis, program evaluation, and stakeholder engagement. Passionate about co-creating equitable, data-driven solutions for air pollution and community health. Founder and host of In Her Element, a podcast spotlighting women in STEM and public health, bridging research with storytelling to inspire inclusive change.

## EDUCATION

---

- University of Texas School of Public Health | Houston, TX
  - PhD Environmental Health – Disease Prevention with a minor in Epidemiology and Health Policy | Anticipated: December 2025
- Temple University Beasley School of Law Center for Public Health Law Research | Philadelphia, PA
  - Public Health Law Research Certificate | August 2025
- Rollins School of Public Health, Emory University | Atlanta, GA
  - MPH Environmental Health | May 2021
- Padmashree Dr. DY Patil Vidyapeeth Medical College and Research Hospital | Pune, India
  - Bachelor of Medicine and Surgery | November 2015

## EXPERIENCE

---

**American Public Health Association (APHA) – Environment Section | *Washington, D.C***  
*Program Planner | 11/24 – Present (Volunteer)*

- Provide strategic leadership in planning the Environment Section's scientific program for the APHA Annual Meeting, overseeing 100+ abstract reviews and invited sessions.

- Curate sessions centering on climate justice, environmental racism, and community-led solutions to health disparities, ensuring alignment with APHA's policy priorities.
- Collaborate with national experts and grassroots advocates to develop interdisciplinary content highlighting emerging issues in environmental health and equity.
- Foster student and early-career scholar engagement by mentoring new abstract submitters, moderating sessions, and expanding opportunities for diverse voices.
- Promote inclusive programming by integrating feedback from historically marginalized groups and prioritizing topics relevant to BIPOC and low-income communities.
- Lead coordination with section leadership, reviewers, and moderators to ensure timely communication, transparent scoring, and high-quality session delivery.

**UTHealth School of Public Health – EOHS Department | *Houston, TX***

*Doctoral Dissertation Research | 01/2023 – Present*

- Conduct geospatial analysis on health disparities to guide interventions in communities.
- Analyze healthcare research data.
- Conduct qualitative research on communities impacted by air quality.
- Develop policy recommendations for community-based air quality solutions.

**In Her Element Podcast | Creator & Host**

*Houston, TX & San Bruno, CA | 04/2024 – Present*

- Founded and host a narrative podcast centering women in STEM, health, and justice, amplifying underrepresented voices through candid interviews and solo storytelling.
- Designed and implemented outreach strategy, growing listener base across academic and creative communities.
- Led all aspects of production from scripting and recording to editing and publishing, ensuring thematic alignment with equity and advocacy goals.

**UTHealth School of Public Health – Office of Public Practice and Engagement | *Houston, TX***

*Doctoral Research Assistant | 01/2024 – Present*

- Developed and implemented data analysis strategies for a program training 1,400 students in public health informatics, improving internship matching criteria by 30%.
- Managed internal and external communications for program stakeholders, streamlining processes and increasing operational efficiency by 20%.
- Authored and presented abstracts at national conferences, resulting in a 25% increase in program visibility among academic institutions.
- Designed and deployed alumni surveys that achieved a 35% response rate, enhancing data quality for systemic evaluations.
- Created program evaluation frameworks to monitor student outcomes, improving reporting accuracy by 15%.

- Collaborated with cross-functional teams to ensure timely submission of reports, maintaining 100% compliance with funding requirements.

### **Achieving Community Tasks Successfully (ACTS) – EPA Grant| *Houston, TX***

*Air Monitoring Analyst (CPT/Volunteer)| 05/2023 – 08/2025*

- Analyzed daily pollutant data (PM2.5, VOCs, NO2) using statistical software, identifying peak exposure periods for 5+ communities.
- Produced time-series visualizations and geospatial maps, improving data accessibility for community stakeholders by 40%.
- Contributed to the publication of manuscripts detailing air quality impacts, leading to increased community awareness and actionable insights.
- Generated quarterly and annual reports, meeting all EPA compliance requirements and improving grant renewal likelihood by 15%.
- Engaged with local leaders and residents to present findings, fostering trust and collaboration in environmental justice efforts.

### **UTHealth School of Public Health -PocketArk (NIH-Funded Project)| *Houston, TX***

*Doctoral Research Assistant (Volunteer)| 05/2022 – 02/2025*

- Designed user-friendly content for a mobile application supporting disaster reconstruction workers, increasing usability by 30%.
- Secured \$500K+ in NIH funding through grant-writing efforts, advancing project development.
- Supervised a graduate research assistant, enhancing team productivity and achieving project milestones 20% faster.
- Published findings in peer-reviewed journals, contributing to knowledge dissemination in disaster recovery and worker safety.
- Developed training modules for app users, ensuring a 95% satisfaction rate among pilot participants.

### **Joint Center for Geospatial Analysis and Health (JCoGAH) UTHealth School of Public Health/MD Anderson| *Houston, Texas***

*Doctoral Research Assistant| 05/2022 - 12/2023*

- Conducted geospatial analysis on health disparities, providing actionable insights to guide targeted interventions across three counties.
- Created comprehensive data reports and visualizations, enhancing stakeholder decision-making by 25%.
- Wrote two peer-reviewed articles on health and environmental correlations, contributing to institutional research objectives.
- Streamlined data collection and processing workflows, reducing analysis time by 15%.

### **UTHealth School of Public Health – Office of Public Practice| *Houston, TX***

*Doctoral Research Assistant| 05/2022 - 08/2022*

- Assist with the development and implementation of program-related office policies and procedures.
- Management of program-related internal and external communications.
- Collaborate with colleagues for administrative tasks.

- Help with other duties in the Office of Public Health Practice and Engagement as assigned.

**UTHealth School of Bioinformatics – Dr. Xu’s Lab| *Houston, Texas***

*Doctoral Research Assistant | 12/2021 - 05/2022*

- Collaborate with Informatics researchers to annotate, manage, and analyze data used for informatics approach development.
- Responsible for data annotation/curation for different data sources: electronic health records, radiology reports, biomedical literature, FDA drug labels, etc.

**UTHealth School of Public Health| *Houston, TX***

*Teaching Assistant|09/2021 - 12/2021*

- Providing TA support to Dr. Mary Ann Smith.
- Helping with ADA accommodation requests and curriculum support.

**Emory School of Medicine (Dept. of Pediatrics) & Children’s Healthcare of Atlanta – Emory Children’s Center (Special Interest Project (SIP) funded by CDC)| *Atlanta, GA***

*Graduate Research Assistant | 01/2021 - 05/2021*

- Analyzed data for a cohort of 2,000+ pediatric cancer survivors, identifying care plan effectiveness and improving survival metrics.
- Conducted retrospective chart reviews with a 100% accuracy rate, ensuring robust data for research findings.
- Automated data collection processes in REDCap, reducing manual entry errors by 15% and saving 10+ hours per week.

**Georgia Climate Project| *Atlanta, GA***

*Intern | 07/2020 - 01/2021*

- Supported the launching of two new media platforms for the Georgia Climate Project, a statewide initiative founded by Emory University, Georgia Institute of Technology, and the University of Georgia to strengthen research and communication on the impacts and solutions of climate change in Georgia.
- Assisted with conducting four webinars on the impacts of climate change on coast, health, ecosystem, and water resources in Georgia.
- Mobilized presenters from diverse sectors throughout the state and managed logistics, including implementing a webinar framework, to ensure a successful webinar.
- Developed critical skills in interdisciplinary research and translation of science for diverse stakeholders, policymakers, practitioners, and the public.
- Co-authored the Climate and Health page on the Georgia Climate Portal, along with esteemed professors at Emory University.

**Emory Centers for Training and Technical Assistance| *Atlanta, GA***

*Community Engagement Graduate Research Assistant | 11/2019 - 08/2020*

- Conducted a literature review of over 150 research articles about the community health worker profession, best practices, and implementation considerations for integrating community health workers into health systems.

- Supported writing and design process for creating a community health worker toolkit for the South Dakota Department of Health.
- Conducted ten evaluations and helped coordinate five webinars by creating promotions.
- Flyers on topics focusing on preventing Heart diseases & Stroke and Tobacco Control in South Dakota.
- Designed and edited the quarterly newsletter for a statewide heart disease and stroke prevention coalition.
- Gained valuable skills in community engagement of rural stakeholders, state health departments, and evidence-based chronic disease prevention.

### **Kokilaben Group of Hospitals| *Mumbai, India***

*Resident Doctor| 02/2018 - 05/2019*

- Managed daily care for over 350 patients, including chemotherapy and dialysis units, ensuring adherence to clinical protocols.
- Organized 15+ public health awareness camps, educating over 1,000 participants on communicable and non-communicable diseases.
- Improved patient intake processes, reducing wait times by 20% through enhanced scheduling and triage systems.
- Supervised and trained junior staff, increasing procedural accuracy and reducing errors by 10%.

### **Amudha Maternity Clinic | *Devakottai, India***

*Junior Doctor |02/2017 - 02/2018*

- Delivered 150+ successful births and managed neonatal and maternal wellness clinics with a 98% satisfaction rate.
- Led cervical cancer screening camps, reaching over 500 rural women and increasing early detection rates by 25%.
- Monitored immunization schedules for 200+ children, improving adherence rates by 20% through parent education.
- Streamlined patient intake processes, reducing appointment wait times by 15%.

### **DY Patil Medical College and Research Hospital| *Pune, India***

*Medical Intern| 01/2016 - 01/2017*

- Assisted in diagnosing and managing 100+ patients daily, ensuring comprehensive care under supervision.
- Conducted diagnostic testing and procedures, enhancing clinical efficiency by 20%.
- Organized awareness programs on communicable diseases, educating over 500 community members

## **SKILLS**

---

- Research & Analysis: Qualitative and Quantitative Analysis, Healthcare Research, Survey Methodology, R Studio, STATA, SAS, Monitoring and Evaluation, Research & Development, Qualtrics, QuestionPro, SurveyMonkey, Redcap, Epic, NVivo, Atlas.ti, ArcGIS

- Project Management & Collaboration: Designing and Implementing Projects, Policy Development, Monday.com, Teamwork
- Communication & Technology: MS Office Suite (Word, Excel, PowerPoint, Teams), Google Suite, Canva, Zoom, MailChimp, Teams, Communication Skills, Slack
- Professional Development: CITI Training, Leadership

## PUBLICATIONS

---

- Usher. R, **Upadhyay.S**, Liu. Y, Ebel.S, Philipsborn. R (Oct 2020) “How Does Climate Change Affect Georgia’s Health?”. Web: <http://www.georgiaclimatoproject.org/portal/health/>
- Barkin, J. L., Buoli, M., Curry, C. L., Esenwein, S. A., **Upadhyay, S.**, Kearney, M. B., & Mach, K. (2021). Effects of extreme weather events on child mood and behavior. *Developmental Medicine & Child Neurology*. doi:10.1111/dmcn.14856
- Barkin, J. L., Philipsborn, R. P., Curry, C. L., **Upadhyay, S.**, Geller, P. A., Pardon, M., Dimmock, J., Bridges, C. C., Sikes, C. A., Kondracki, A. J., & Buoli, M. (2022). Climate Change is an Emerging Threat to Perinatal Mental Health. *Journal of the American Psychiatric Nurses Association*. <https://doi.org/10.1177/10783903221139831>
- Perkison W, Shegog R, Lai D, **Upadhyay.S.**, et al. (2024) Development of system-based digital decision support (‘Pocket ark’) for post-flood enhanced response coordination and worker safety: An intervention mapping approach. *Frontiers Environmental Health*. doi: 10.3389/fenvh.2024.1368077
- Ramphul R, Zamorano AS, **Upadhyay S**, Desai M, Bauer C. Spatiotemporal analysis of HPV vaccination and associated neighborhood-level disparities in Texas—an ecological study. *Frontiers in Public Health*. 2024;12. <https://doi.org/10.3389/fpubh.2024.1418526>

## VOLUNTEER

---

- UTHealth School Intercouncil Representative | Houston, TX  
School of Public Health Representative and International Student Representative | 08/2024 – 04/2025
- Environmental and Occupational Student Association (EOSA) UTHealth | Houston, TX  
Founding Member and Communications Chair| 08/2024 - Present
- UTHealth School of Public Health Student Association (SPHSA) | Houston, TX  
Administrative Director of Social Activities| 08/2022-08/2024
- Houston Global Health Collaborative| Houston, TX  
Conference Chair | 03/2022 - 03/2023
  - Planned and executed a one-day global health conference attended by 500+ participants, featuring panels on climate change, COVID-19, and global health equity.

- Moderated three expert panels, achieving a 95% satisfaction rate from attendees based on post-event surveys.
- Led a 10-member team to secure \$15,000 in sponsorships, increasing funding by 30% compared to previous years.
- Oversaw marketing and outreach efforts, boosting attendee registrations by 40%.

#### Program Chair | 09/2021 - 03/2022

- Organized and moderated three panels on climate change, global health, and COVID-19.
- Recruited 12 expert speakers through strategic networking, enriching the conference program.
- Increased participant engagement by 40% through innovative session designs and marketing efforts.
- Published a comprehensive conference booklet, ensuring professional standards and accessibility.
- Emory University | Atlanta, GA | 2019 – 2021
  - Served as a mentor to incoming students in the Environmental Health program at Emory University.
  - Participated in Atlanta Hot Spotters - a student-run organization and worked with Grady Hospital to coordinate quality improvement projects related to high-need, high-cost patients and repeated 30-day admissions, and acted towards finding a solution.
  - Worked with Emory Urban Health Initiative in their Tobacco Cessation program to keep track of patients and their appointments and conduct regular phone check-ins to see how the sessions are helping them overcome smoking.

## PROFESSIONAL SERVICE

---

- Peer Reviewer for Journal of the American Psychiatric Nurses Association ISSN: 1532-5725
- Peer Reviewer for Frontiers in Public Health Journal
- Program Planning Environment Section - APHA

## CERTIFICATIONS/ LICENSES

---

- Master training in Cervical Cancer Prevention and Early Management from the International Agency for Research on Cancer (IARC)
- Climate and Health Boot Camp from Columbia University Mailman School of Public Health Student
- CITI Training Human Subjects Research, Biomedical Research, Good Clinical Practice, and ICH, Basic and Advanced Life Support Certification

## MEMBERSHIP

---

- APHA Student Member – since 2021

## SCHOLARSHIPS

---

- UT HEALTH Scholarships
  1. Susanne M. Savely Environmental Science Scholarship for 2022 -2023
  2. The Fred and Mary Lou Valentino Scholarship Endowment for 2023- 2024
  3. Richard K. Severs Endowed Scholarship for 2024-2025.
- Emory University
  1. Rollins Earn and Learn (REAL) Scholarship 2020

## PROFESSIONAL REFERENCES

---

1. William B. Perkison, MD  
Assistant Professor, Department of Environmental and Occupational Health Sciences  
The University of Texas Health Sciences Center, Houston School of Public Health  
E: William.B.Perkison@uth.tmc.edu
2. Rachel White-Roy, MPH, PhD  
Non-Communicable Disease Manager, Harris County Public Health  
Board Member, Achieving Community Tasks Successfully (ACTS)  
E: [rachelwhiteroy@gmail.com](mailto:rachelwhiteroy@gmail.com)
3. Robert Hammarberg, DrPH,MPA  
Assistant Director, Public Health Practice and Engagement  
The University of Texas Health Sciences Center, Houston School of Public Health  
E: robert.hammarberg@uth.tmc.edu
4. Jennifer L. Barkin, M.S., PhD  
Professor/Vice-Chair Community Medicine  
Academic Liaison, Georgia Department of Public Health,  
Maternal Child Health Academic Partnership  
Mercer University School of Medicine  
O:478-301-2283| F:478-301-2045| E: barkin\_jl@mercer.edu