

Exponent®
Engineering & Scientific Consulting

Abby Orzechowski, M.P.H.

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Professional Profile

Ms. Orzechowski is an epidemiologist dedicated to generating knowledge and fostering the adoption of innovative techniques to prevent and control disease, with expertise in infectious disease epidemiology, biostatistics, chronic disease epidemiology, and applied epidemiology. She has extensive experience in statistical programming, epidemiologic modeling of infectious diseases, conducting systematic literature reviews, manuscript preparation, and virological techniques. She has conducted research exploring the relationship between circadian rhythm dysfunction in Myalgic Encephalomyelitis/Chronic Fatigue Syndrome and Long COVID, the impact of interpersonal stress on chronic disease, and chikungunya virus host cellular interactions.

Prior to joining Exponent, Ms. Orzechowski earned her M.P.H. from Columbia University Mailman School of Public Health, with a specialization in infectious disease epidemiology. Her thesis, using unsupervised machine learning, successfully identified distinct phenotypes of Myalgic Encephalomyelitis/Chronic Fatigue Syndrome based on disease experience and symptoms of circadian rhythm dysfunction. Ms. Orzechowski previously worked as a research technician, where she designed, conducted, and analyzed experiments to assess chikungunya virus cellular attachment and entry.

Academic Credentials & Professional Honors

M.P.H., Epidemiology, Columbia University, 2023

B.S., Biology and Psychology, University of Pittsburgh, 2020

Psi Chi Honors Society, University of Pittsburgh, 2018-2020

Panthers Forward Fellowship Recipient, University of Pittsburgh, 2019

Prior Experience

Epidemiology Consulting Intern, TTi Health Research & Economics, 2022

Research Technician II, University of Pittsburgh, 2020-2021

Certified Nursing Assistant, UPMC, 2018-2020

Professional Affiliations

International Epidemiological Association- IEA

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Society for Epidemiologic Research- SER

American Public Health Association- APHA