

Exponent®
Engineering & Scientific Consulting

Olivia Waysack

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Professional Profile

Ms. Waysack is an epidemiologist with expertise in nutrition and environmental health. She has experience assessing dietary exposure, conducting systematic literature reviews, and performing statistical analyses in support of pre-market regulatory submissions to the U.S. Food and Drug Administration including GRAS notifications. Ms. Waysack also conducts exposure assessments and data analysis related to California's Proposition 65 and litigation work focused on contaminants in foods such as lead and arsenic.

Prior to her work at Exponent, Ms. Waysack served as a Research Assistant on a pilot research study examining household pollutants such as lead, allergens, phthalates, flame retardants, and pesticides. The study included an educational intervention for low-income homeowners on ways to protect their family's health in the housing environment. She has conducted research on a variety of other topics including water pollutants, toxic chemicals, and community training programs.

Ms. Waysack's educational background includes a Master of Science in Epidemiology and a Bachelor of Science in Environmental Health from the University of Rochester. She focused on clinical trial data management, clinical data collection and analysis, and regulatory compliance. As part of her studies, she assessed the relationship between ultra-processed foods and depressive and anxiety symptoms during pregnancy. She has experience measuring dietary intake using 24hr dietary recalls as well as analyzing mental health questionnaires such as the Edinburgh Postnatal Depression Scale and the Penn State Worry Questionnaire. Ms. Waysack has extensively researched food processing using the NOVA system, and she has comprehensive knowledge of the risk factors and effects of mental health during pregnancy. She is well-versed in quantitative analysis using statistical software and interpreting scientific results.

Academic Credentials & Professional Honors

M.S., Epidemiology, University of Rochester, 2023

B.S., Environmental Health, University of Rochester, 2022

Graduate Student Employee of the Year, 2023

Prior Experience

Research Assistant, University of Rochester Medical Center, 2021-2023

Professional Affiliations

American Society for Nutrition

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Project Experience

Conducted secondary analysis on dietary intakes and mental health questionnaires. Determined the association between ultra-processed food consumption and depressive and anxiety symptoms in a pregnancy cohort in Rochester, NY.