

Rachel McCardel, MPH

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145E Wright Hall, 100 Foster Road, Athens, GA 30602

EDUCATION

University of Georgia Athens, GA
PhD in Health Promotion and Behavior Expected May 2023
Dissertation: Examining return to work, breastfeeding behaviors, and perinatal mental health among first-time mothers in Georgia: A mixed methods study

University of Georgia Athens, GA
MPH in Health Promotion and Behavior August 2020
Capstone: The implementation of a workplace breastfeeding policy across a large, public health organization: A mixed-methods study

University of Georgia Athens, GA
BS in Health Promotion and Behavior August 2018

RESEARCH EXPERIENCE

Sexual and Reproductive Health Lab, University of Georgia Athens, GA
Research Assistant May 2020-February 2021

- Reviewed websites of Crisis Pregnancy Centers (CPCs) to identify the services they provide to clients
- Created survey to capture qualitative and quantitative data available online on the postpartum resources offered to clients at CPCs
- Collected qualitative and quantitative data related to health information CPCs present online
- Used thematic analysis to code qualitative data from field notes and interviews and detect emerging themes using MAXQDA software

Workplace Health Group, University of Georgia Athens, GA
Graduate Research Assistant August 2018-Present

Current and Ongoing Projects

- Analyzing quantitative data collected from the Student Mental Health Initiative at the University System of Georgia
- Analyzing process evaluation data collected from the Chronic Disease Self-Management Program (CDSMP) that was translated to worksite settings
- Analyze quantitative data using programs such as SAS, STATA, SPSS, and R
- Develop abstracts for conferences and manuscripts for publication under Dr. Heather Padilla's guidance
- Mentor MPH, undergraduate, and high school students interested in research

Completed Projects

- Developed a systematic review to examine the association between return to work and maternal mental health among working mothers in the United States
- Collaborated with team members to develop research question and search strategy for umbrella review aiming to describe the association between work and women's health
- Administered and prepared 19 reports for the Georgia Department of Public Health (DPH) Annual Employee Health and Well-Being Survey
- Organized and analyzed data collected for evaluation of the Fifty + Fit, Winter Wellness Warrior, and Transformation Challenge programs at DPH
- Created an interview guide, conducted 11 semi-structured interviews with wellness ambassadors from DPH, and analyzed interview data using the constant comparative method
- Co-facilitated two focus groups at the Mercy Clinic in Athens to examine the patient population's attitudes towards health coaching and text-message interventions

Workplace Health Group, University of Georgia

Athens, GA

Undergraduate Research Assistant

February 2017-July 2018

- Assisted in the evaluation of the Babies at Work program at DPH
 - Conducted semi-structured telephone interviews with working mothers, their supervisors and their coworkers
 - Prepared evaluation reports for the Babies at Work program
- Analyzed qualitative data from 65 telephone interviews using the constant comparative method
- Designed and administered a cross-sectional survey to 52 working mothers using Amazon Mechanical Turk and Qualtrics
- Co-facilitated 6 focus groups with DPH employees on their worksite wellness programming
- Collected biometric data from participants living in Moultrie, GA for the CDSMP project

PUBLICATIONS

McCardel, R. E., Loedding, E. H., & Padilla, H. M. (2022). Examining the relationship between return to work after giving birth and maternal mental health: A systematic review.

Maternal and Child Health Journal. <https://doi.org/10.1007/s10995-022-03489-0>.

Padilla, H., Roemer, E., **McCardel, R.,** & DeJoy, D. (2021). The workplace food environment. In Evans, C. (Ed.), *The wider food environment: Place, evidence, and practice*. CRC Press.

McCardel, R. E., Loedding, E. H., & Padilla, H. M. (2021). Examining the implementation of physical activity and healthy eating policies in a large, public health organization. *Journal of Occupational and Environmental Medicine*, 63(1), e26–e31.

McCardel, R. E. and Padilla, H. M. (2019). Assessing workplace breastfeeding support among working mothers. *Workplace Health and Safety*. 68(4), 182-189.

ABSTRACTS AND PRESENTATIONS

- McCardel, R. E.,** Loedding, E. H., & Padilla, H. M. (2022). Examining the relationship between return to work after giving birth and maternal mental health: A systematic review. Poster Presentation at the 3rd International Symposium to Advance Total Worker Health. October 13, 2022. Bethesda, Maryland.
- McCardel, R.,** & Padilla, H. (2021). An evaluation of Fifty + Fit: A worksite wellness program designed to increase physical activity among the aging workforce. Virtual poster presentation at the American Public Health Association Annual Meeting. October 21, 2021. Denver, Colorado.
- Loedding, E., Padilla, H., and **McCardel, R.** (2020). Assessing policies and resources for breastfeeding mothers employed by six universities in the United States. Center for Undergraduate Research Opportunities Symposium (CURO), April 2020, Athens, GA.
- McCardel, R.,** Loedding, E., and Padilla, H. (2020). Examining the implementation of physical activity and healthy eating policies in a large public health organization with multiple locations. Oral presentation at the Obesity Initiative Symposium, March 5, 2020, Athens, GA.
- McCardel, R.,** Padilla, H., and Daniel, C. (2019). Perceived barriers and facilitators to implementing a workplace lactation support policy in a complex organization with multiple worksites. Oral presentation at the American Public Health Association Meeting, November 2-6, 2019, Philadelphia, PA.
- Padilla, H., **McCardel, R.,** DeJoy, D., and Wilson, M. (2019). Health inequities in access to worksite health promotion programs. Roundtable presentation at the American Public Health Association Meeting, November 2-6, 2019, Philadelphia, PA.
- McCardel, R.,** Padilla, H., Loedding, E., and Daniel, C. (2019). Examining the implementation of employee wellness policies in a local government agency with multiple health districts located throughout the state. Poster presentation at the Annual State of Public Health Conference, Athens, GA.
- McCardel, R.,** and Padilla, H. (2018). The effects of maternity leave and workplace breastfeeding support on breastfeeding rates among working women. Poster presentation at the Annual State of Public Health Conference, Athens, GA.
- McCardel, R.** and Padilla, H. (2018). Assessing workplace support for exclusive and continued breastfeeding among working mothers. Oral presentation at the Center for Undergraduate Research Opportunities Symposium (CURO), Athens, GA.
- McCardel, R.,** Padilla, H., and Daniel, C. (2018). Increasing breastfeeding duration among working mothers: Babies at work pilot program. Poster presentation at the Georgia Public Health Association Conference, Jekyll Island, GA.

TEACHING EXPERIENCE

Department of Health Promotion and Behavior, University of Georgia Athens, GA
Instructor of Record, HPRB 5900 Capstone in Health Promotion August 2020-May 2021

- In this course, undergraduate students create an e-Portfolio to showcase the knowledge, skills, and projects they developed during their undergraduate careers in the Health Promotion and Behavior department. Students also learn professional development skills to prepare them to enter the job market after they graduate

- Designed the course to be delivered in an online, hybrid format
- Delivered online lectures and presentations for students to follow as they create their e-Portfolios and develop their professional identities
- Assigned and graded assignments, projects, and presentations

Department of Health Promotion and Behavior, University of Georgia Athens, GA
Guest Lecturer, HPRB 4400 Health Promotion Program Development April 2019

- Provided presentation on data collection and evaluation to undergraduate students

HONORS / AWARDS

College of Public Health Student Travel Award	September 2022
Nominee, P.E.O. Scholar Award	November 2021
Health Promotion and Behavior Outstanding MPH	May 2020
Zell Miller Scholarship Recipient	2014-2018
Dean's List	2014-2016
Presidential Scholar	2016-2017

MEMBERSHIPS / AFFILIATIONS

Athens Community Breastfeeding Coalition	April 2022-Present
Georgia Society for Public Health Education	April 2022-Present
American Public Health Association	August 2019-Present
UGA/CPH Delta Omega – Beta Chi Chapter	February 2020-Present

PROFESSIONAL SERVICE

Reviewed manuscript submitted to <i>Workplace Health & Safety</i>	May 2022
<ul style="list-style-type: none"> • “Individual and organizational factors associated with breastfeeding practices in employed mothers” 	
Abstract Reviewer for the APHA 2022 Conference	May 2022
Abstract Reviewer for the APHA 2021 Conference	April 2021
Paper Reader for Georgia Junior Science & Humanities Symposium	February 2021
Abstract Reviewer for the APHA 2020 Conference	March 2020
Session Convener for the CURO Symposium	April 2019

MEDIA APPEARANCES

Radio Guest , Athens News Matters (WUGA)	October 2022
<ul style="list-style-type: none"> • https://www.wuga.org/local-news/2022-10-07/the-role-of-employers-in-working-moms-mental-health 	
Radio Guest , Athens News Matters (WUGA)	January 2020
<ul style="list-style-type: none"> • https://www.wuga.org/post/athens-news-matters-breastfeeding-workplace 	