

EMMA GETZ

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EDUCATION

Appalachian State University, Boone, NC

Bachelor of Science in Public Health,
Minor in Statistics

Expected December 2025

GPA: 3.72

Relevant Coursework: Biostatistics; Epidemiology; Statistical Data Analysis; Data Management and Visualization; Statistical Methods; Reasoning with Statistics; Calculus I; Calculus II; Calculus III; Linear Algebra; Public Health Interventions; Rural Health; Health Policy, Ethics, and Law; Chronic and Infectious Disease; Health Communication; Community Health; Health Behavior Theory; Global Health

HONORS AND SCHOLARSHIPS

- Public Health Departmental Honors, Appalachian State University (Expected December 2025)
- The Paul Gray Research Scholarship, MaineHealth Institute for Research (2025)
- Chancellor's List & Dean's List, Appalachian State University (2021-2025)

RESEARCH EXPERIENCE

Departmental Honors Thesis, Appalachian State University

Boone, North Carolina,

December 2023 - Present

- Conceptualized and conducted an independent research project on tick-borne illness prevention in long-distance Appalachian Trail hikers under the supervision of Dr. Richard Christiana, Professor and Chair of the Department of Public Health.
- Established an external partnership with the Appalachian Trail Conservancy to conduct the project, incorporate stakeholder input into survey design, and facilitate data collection.
- Developed a survey, conducted data collection, analyzed data in SPSS, and prepared a manuscript to be submitted to a peer-reviewed journal for publication as first author.

Research Intern, MaineHealth Institute for Research

Portland, Maine,

June 2025 - August 2025

- Analyzed data across multiple specialized psychiatric units in the Autism Inpatient Collection to characterize profound autism and better understand this under-researched population.
- Conducted an extensive literature review, interpreted findings, and prepared a manuscript based on results to be submitted to a peer-reviewed academic journal.
- Presented research outcomes through a 3-Minute Thesis competition and poster session, engaging 100+ colleagues and researchers.

Research Assistant, Research Institute for Environment, Energy and Economics

Boone, North Carolina,

November 2023 - May 2024

- Analyzed 100+ crisis text conversations using thematic analysis to identify patterns in eco-anxiety and climate worry and assessing their impacts on mental health.
- Co-authored a peer-reviewed publication on the mental health effects of the climate crisis.

LEADERSHIP / SERVICE

Lead Fellow, Rural Public Health AmeriCorps

Boone, North Carolina,

November 2025 - Present

- Coordinate fellow activities, communication, and progression tracking while serving as the primary liaison between fellows and program leadership.
- Organize professional development opportunities for fellows, including career talks and resume workshops, to increase public health skills across the program.
- Coordinate conference opportunities for fellows, managing logistics and presentations.

Data & Evaluation Team Lead, Rural Public Health AmeriCorps

Boone, North Carolina,

November 2024 - August 2025

- Directed and supervised an evaluation team conducting pre- and post-surveys for a rural mental health intervention (RAPID-PFA), overseeing data collection and analysis. Analyzed 200+ surveys using paired-sample t-tests and chi-square tests to evaluate intervention effectiveness.
- Evaluated 3 years of intervention, program, and member data into an evidence-based report, providing actionable recommendations to improve future data collection and analysis systems.
- Authored and presented an abstract on the RAPID-PFA evaluation at the NC Public Health Data Summit, delivering findings to 30+ public health professionals and raising visibility for rural mental health initiatives.

YRBS Volunteer, AppHealthCare

Boone, North Carolina,

June 2025 - August 2025

- Partnered with the local health department to clean, analyze, and visualize Youth Risk Behavior Survey data from 2,981 students across 6 middle and high schools.
- Developed summary reports for stakeholders and outlined plans for dissemination of findings.

Service Learning Projects, Appalachian State University

Boone, North Carolina,

August 2023 - May 2025

- Analyzed campus needs assessment data, developed a homelessness awareness calendar for the Hunger and Health Coalition, designed a targeted health behavior poster, and designed an after-action report which was distributed to the 39 counties affected by Hurricane Helene.

PUBLICATIONS

Peer-Reviewed

Getz, E. & Christiana, R. W. (under review) Tick-borne disease prevention in long-distance Appalachian Trail hikers: A health belief model approach. *Journal of Wilderness and Environmental Medicine*.

Runkle, J. D., Herbst, K., Ryan, S., Sewell, K., Mallare, A., Berry, I., **Getz, E.**, McKee, A., Thompson, M. P., & Sugg, M. M. (2025). Eco-anxiety, climate concern, and fatalistic outlooks: Insights from U.S. crisis text conversations on climate distress. *The Journal of Climate Change and Health*, 22(1), 100419. <https://doi.org/10.1016/j.joclim.2025.100419>

Non-Peer-Reviewed

Getz, E. (2025, July 10). *Tick Smart: 5 Tips for Hikers to Prevent Tick-Borne Illness*. Appalachian Trail Conservancy. <https://appalachiantrail.org/official-blog/tick-smart-trail-tips/>

PRESENTATIONS

Getz, E. "Characterizing Profound Autism in an Enriched Sample: Insights from the Autism Inpatient Collection." Oral and Poster Presentations, Summer Undergraduate Research Program Final Presentations, MaineHealth Institute for Research, Portland, ME, August 2025.

Getz, E., Hunt, K., Overton S., Bennett, T., Tyson, J.S. "Evaluation of the RAPID Psychological First Aid (PFA) Training Program in Rural Appalachian Western NC: 2022-2024." Oral Presentation, North Carolina Public Health Data Summit, Asheville, NC, May 2025.

Getz, E. "Ticks on the Trail: Practical Prevention for Hikers." Oral Presentation, Appalachian Trail Days Festival, Appalachian Trail Conservancy Damascus Trail Center, Damascus, VA, May 2025.

Getz, E. & Christiana, R. "Tick-Borne Disease Prevention in Long-Distance Appalachian Trail Hikers: A Health Belief Model Approach." Poster Presentation, Celebration of Student Research and Creative Endeavors, Appalachian State University, Boone, NC, April 2025.

CERTIFICATIONS

CITI Good Clinical Practice: Collaborative Institute Training Initiative | April 2025

Psychological First Aid: Appalachian State Public Health AmeriCorps | January 2025

CITI Social/Behavioral Research: Collaborative Institute Training Initiative | September 2024

SKILLS

Technical: R, SPSS, Maple, Qualtrics, Excel

Professional skills: Clinical Research, Data Management and Analysis, Scientific Writing, Stakeholder Engagement, Thematic Analysis, Survey Design, Leadership, Program Evaluation, Literature Reviews