



LCDR Rachel Forche, MPH, REHS

Board Position: Field Representative

LCDR Forche began her career with the USPHS in 2015 as a JRCOSTEP and commissioned full time in 2017 at the U.S. Food & Drug Administration (FDA) in Silver Spring, Maryland, where she worked on longitudinal tobacco research and contributed to regulatory science in the Center for Tobacco Products. From 2019-2023, LCDR Forche served at Federal Occupational Health (FOH) in Dallas, TX, conducting and overseeing environmental, occupational health, and safety assessments and trainings for >22 federal agencies nationwide. Currently, LCDR Forche is a Public Health Advisor at the Centers for Disease Control & Prevention (CDC), where she works with state and local health departments on their public health preparedness & response cooperative agreements. As an Environmental Health Officer, LCDR Forche has deployed in response to Hurricanes Harvey, Florence, and Fiona; the United Nations General Assembly; COVID-19; and Remote Area Medical missions.

LCDR Forche enjoys being active with her local COA Branch. She served as the Greater Texas COA's President from 2021-2022, Secretary from 2019-2021, and as Immediate Past President and Chair of the Newsletter Committee from 2022-2023. For her achievements and dedication to the Branch, LCDR Forche received the COA Local Branch Leader of the Year Award in 2021. LCDR Forche wholeheartedly believes in the mission of COA in its advocacy for officers and views COA as an invaluable asset to officers nationwide for networking, service, camaraderie, and esprit de corps.

LCDR Forche earned both her Master of Public Health in Environmental Health Sciences and her Bachelor of Science in Honors Psychology/Minor in Music from the University of Michigan. LCDR Forche enjoys playing flute and piccolo in the PHS Music Ensemble, and in her spare time, she enjoys traveling throughout the U.S. and abroad with her husband and family.