

Starre Julia Vartan

Freelance Science and Health Journalist

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Summary

Journalist, author, and editor with deep expertise in health and science, especially sustainability, women's health, and biotechnology. Experienced in long-form writing, editorial leadership, and investigative and research-driven storytelling. Published widely across international magazines, newspapers, digital outlets. Scriptwriter for podcasts and film. Author of two books.

Education

Columbia University, New York, NY

MFA in Nonfiction Writing

Syracuse University, Syracuse, NY

BA in English and BS in Geology, Minor in Biology

Books

- **The Stronger Sex** (published July 2025 in U.S., Canada, and U.K.; October 2025 in Australia and New Zealand, forthcoming in Korea and China). A narrative nonfiction exploration of women's bodies, endurance, and evolutionary strengths.
- **The Eco Chick Guide to Life** (St. Martin's Press, 2008). NY Times–reviewed lifestyle guide to sustainable living.

Grants and Awards

- Sloan Foundation Book Grant, 2024
- Career Support Grant, National Association of Science Writers, 2023
- Career Development Grant, Northwest Science Writers, 2022
- American Literary Review, 2nd Place Winner Annual Award, 2012

Selected Publications

CNN

“[Ultra Athletes, Pregnancy & Childbirth: The Ultimate Endurance Race.](#)” September 5, 2025.

“[How Conservation Canines help save orcas and other endangered wildlife](#)” December 10, 2020

New Atlas “[AI Humanoids Point to a Future of Embodied Intelligence.](#)” June 29, 2025.

Nature “[Three science-led startups making their mark](#)” June 25, 2025.

The Washington Post “[4 Ways Women Are Physically Stronger Than Men \(Strength, Performance, Endurance & Recovery\).](#)” May 31, 2025.

Scientific American

“[Just Like People, Orangutans Get ‘Smoker’s Voice.’](#)” (Podcast), July 10, 2023.

“[Astronomy Tool Can Now Be Used to Breath-Test for COVID.](#)” May 15, 2023.

“[Assessing COVID Risk and More with Air Quality Monitors.](#)” October 13, 2021.

“[Racial Bias Found in a Major Health Care Risk Algorithm.](#)” October 24, 2019.

“[AI Can Predict Kidney Failure Days in Advance.](#)” July 31, 2019.

“[Can 3-D Printing Produce Lung and Liver Tissue for Transplants?](#)” May 6, 2019.

National Geographic

“[Lifting Heavy Weights Can Help Mitigate Osteoporosis](#)” January 25, 2024

“[How Elephant DNA Can Expose Ivory Trafficking Networks.](#)” February 14, 2022.

Newsweek “[Space Suits for Mars: What Kind of Suits Do Astronauts Need to Survive on the Red Planet?](#)” July 21, 2017.

Writing Experience

Gardenia Media, Bainbridge Island, WA and NSW, Australia
Science and Health Journalist — 2014–Present

- Freelance feature and news writer on science topics. Regular contributor to *National Geographic*, *New Scientist*, *Scientific American*, and *CNN*. Bylines in: *Undark*, *Audubon*,

Popular Mechanics, The Daily Beast, Elemental, NASA's Astrobiology magazine, Gizmodo & Earther, Newsweek, Slate, Pacific Standard, New York, Metropolis, and others.

- Essays published in *Aeon, Marie Claire, Medium, Candidly.*
- Creative writing published in *American Literary Review* and a short-story collection.

Mother Nature Network (MNN.com, now Treehugger.com), Atlanta, GA

Columnist — 2011–2019

- Daily health, technology, and science stories for site with over 5M unique readers per month.

Inhabitat.com, New York, NY

Packaging the Future Columnist — 2010–2013

- Reported on sustainable packaging innovations for site with 3M monthly readers.

Whole Living Magazine (Martha Stewart Living Omnimedia), New York, NY

Correspondent-at-Large — 2009–2012

- Wrote feature and front-of-book articles on health and sustainability.

Audubon Magazine, New York, NY

Columnist ("Green Guru") — 2006–2008

- Environmental columnist for National Audubon Society publication.

Fairfield County Weekly, Stamford, CT

Columnist — 2003–2005

- Weekly contributor on commuting and transportation; feature reporting on clean air and pollution concerns unique to the NYC, Long Island, and Connecticut coastal region.

Editorial Experience

Eco-Chick.com (Web-only)

Founder and Editor-in-Chief — 2005–2016

- Launched and managed environmental site, averaging 10K monthly readers. Recognized as "Best Twitter Feed" for sustainability, pioneer reporter on ethical fashion
- Managed team of writers, edited content, and cultivated early social media presence.
- Authored *The Eco Chick Guide to Life* (St. Martin's Press, 2008).

Metropolis Magazine, New York, NY

Copyeditor and Reference Writer — 2012–2013

- Copyedited print and online features in architecture and design; contributed articles.

Greenopia.com, Santa Barbara, CA

Editorial Director and Web Editor — 2008–2010

- Supervised staff of 10 writers, managed SEO and social media, increased readership from 10K to 100K monthly in six months.

Plenty Magazine, New York, NY

Style Editor — 2008–2009

- Wrote features, produced design shoots, and managed section of national print magazine.

Paul Lussier Company, New York, NY

Writer/Associate Producer — 2004–2006

- Wrote and edited scripts on environment, energy, and space for A&E, HBO, CBS. All three projects sold.

Teaching Experience

Columbia University Summer Writing Program, New York, NY

Journalism and Writing Instructor — 2009–2013

- Taught journalism and creative writing workshops for college-bound high school students.

Professional Memberships

- Science Journalists Association of Australia
- Northwest Science Writers Association (Seattle, WA)
- National Association of Science Writers, United States (NASW)
- Society of Environmental Journalists, United States (SEJ)

Service & Leadership

Northwest Science Writers Association

- *Vice President* — Jan 2024–Feb 2025
 - Created and organized events to serve members; coordinated with other regional science writing groups and NASW.
- *Board Member* — Jan 2023–Dec 2023
 - Organized member events (author meetups, outdoor science education); contributed to fundraising, outreach, and organizational decision-making.

University of California, Berkeley Botanical Garden, Berkeley, CA
Assistant Horticulturalist — Sep 2015–Mar 2017

- Supported plant collections, care, and environmental education programming.

Fashion Revolution USA

Brand Director — Nov 2013–May 2014

- Worked with U.S. and international teams to spotlight ethical/sustainable brands during Fashion Revolution Day (global campaign across hundreds of countries).

Skills

- **Social Media:** Twitter, Facebook, LinkedIn, Instagram, Pinterest
- **Visual Media:** Live television and online video production, Tiktok
- **Applications:** HTML, Adobe Photoshop, Wordpress, Blogger, Movable Type, Excel
- **Research:** Advanced LexisNexis, Google; Medline, PsychInfo, ProQuest
- **Languages:** Working knowledge of French and Spanish, basic German

Interests & Activities

- Ceramicist: Sculpture studies of the female body in clay
- Wild swimming: Long-distance open-water swimming in lakes, rivers, and seas
- Trail running: 30 years of barefoot and wilderness running
- Dance: Training to become a 5Rhythms instructor