

ALLISON KRUG, MPH

alli@trainmyaim.com · [LinkedIn Profile](#)

EPIDEMIOLOGIST · AUTHOR · HIGH-PERFORMANCE COACH

Epidemiologist with experience leading and publishing peer-reviewed research projects and population health programs. Founder and CEO of TrainMyAIM, LLC, a consultancy specializing in research, analysis, consulting, professional coaching, and writing. Editor for 400+ research manuscripts published in high-impact-factor, peer-reviewed journals. Professional coach specializing in health and wellness, career transition, authorship, and academic planning and coaching for neurodivergent adults and families.

PEER-REVIEWED PUBLICATIONS



Bardosh K, **Krug A**, Jamrozik E, et al COVID-19 vaccine boosters for young adults: a risk benefit assessment and ethical analysis of mandate policies at universities. *Journal of Medical Ethics* Published Online First: 05 December 2022. doi: 10.1136/jme-2022-108449 (Altmetric 7843, #1 downloaded paper in history of the journal)

[Preprint] Bardosh K, **Krug A**, Jamrozik E, Lemmens T, Keshavjee S, Prasad V, Makary M, Baral S, Høeg TB. [COVID-19 Vaccine Boosters for Young Adults: A Risk-Benefit Assessment and Five Ethical Arguments against Mandates at Universities](#). (Accepted) September 12, 2022. PlumX 480,759, top 10% SSRN all time download, Top 5 ever downloaded (3/30/23).

Krug A, Stevenson J, Høeg TB. BNT162b2 Vaccine-Associated Myo/Pericarditis in Adolescents: A Stratified Risk-Benefit Analysis. *European Journal of Clinical Investigation*. 14 February 2022. <https://doi.org/10.1111/eci.13759> Altmetric score 2366; top 5% attention score; 6 citations.



[Preprint] Høeg TB, **Krug A**, Stevenson J, Mandrola J. SARS-CoV-2 mRNA Vaccination-Associated Myocarditis in Children Ages 12-17: A Stratified National Database Analysis. Preprint Medrxiv. <https://www.medrxiv.org/content/10.1101/2021.08.30.21262866v1>, Altmetric score 13,165 top 5% all time attention score.

Krug A, Appleby R, Pizzini R, et al. Youth ice hockey COVID-19 protocols and prevention of sport-related transmission. *British Journal of Sports Medicine* Published Online First: 19 August 2021. doi: 10.1136/bjsports-2021-104363 <https://bjsm.bmj.com/content/early/2021/08/18/bjsports-2021-104363> Altmetric score 222, top 5% attention score

Mullinax R, **Krug A**, Harvey K, Wilde C, Nzegwu U, Wilcox C, Rice M, Lipsitz R. Effectiveness of a COVID-19 Preventive Sequestration Strategy: Deployment of the Aircraft Carrier USS Ronald Reagan (CVN-76). *Disaster Medicine and Public Health Preparedness* doi:10.1017/dmp.2022.66 Altmetric score 1

Cammack R, Bekins L, **Krug A**. "From Concept to Action: Do Environmental Regulations Promote Sustainability?" *Environmental Rhetoric: Ecologies of Place*. Peter N. Goggin, editor. New York, NY: Routledge, Taylor & Francis, 2013. [Pgs. 173-185]

Martinez EA, Donelan K, Henneman JP, Berenholtz SM, Miralles PD, **Krug AE**, Iezzoni LI, Charnin JE, Pronovost PJ. Identifying meaningful outcome measures for the intensive care unit. *American Journal of Medical Quality*. 2013;29(2):144-152. 11 citations

Cosler, Rofail P, Tadrus M, **Krug A**. Pegfilgrastim: A Review of the Pharmacoeconomics for Chemotherapy Induced Neutropenia. *Expert Review of Pharmacoeconomics and Outcomes Research*. 2012 Dec;12(6):699-709. 7 citations

Michaels K, Mahdavi M, **Krug A**, Kuper K. Implementation of an Antimicrobial Stewardship Program in a Community Hospital: Results of a Three-Year Analysis. *Hospital Pharmacy*. 2012;47(8): 608-616. 12 citations

Krug (née Clayton) AE, McNutt LA, Homestead HL, Hartman TW, Senecal S. Public health in managed care: a randomized controlled trial of the effectiveness of postcard reminders. *Am J Public Health*. 1999;89:1235-7. 18 citations

Comment: Durability of humoral and cellular immunity in children following SARS-CoV-2 infection. Duriseti R, **Krug A**. September 29, 2022. Available at: [Integrating SARS-CoV-2 Antibody Results in Children Into Pandemic Response | Pediatrics | American Academy of Pediatrics \(aap.org\)](#)

MEDICAL EDITOR

More than 400 manuscripts edited for publication in:

American Journal of Preventive Medicine ▪ *American Journal of Public Health* ▪ *Clinical Infectious Diseases* ▪ *British Medical Journal* ▪ *Encyclopedia of Epidemiology* ▪ *Infection Control and Hospital Epidemiology* ▪ *Journal of Antimicrobial Chemotherapy* ▪ *Journal of Infectious Diseases* ▪ *Lancet* ▪ *Pharmacotherapy* ▪ *Human Vaccines and Immunotherapeutics* ▪ *American Journal of Managed Care* ▪ *Obstetrics and Gynecology* ▪ *Journal of Infection in Developing Countries*

Ogle, A. & Mazzullo, L. *Before Your Pregnancy: A 90-Day Guide for Couples on How to Prepare for a Healthy Conception*, Revised Ed. (Ballantine Books; May 2011). Editor and book jacket design.

OPINION WRITER

End College Booster Mandates: Outdated and overcautious policies are doing more harm than good. *Persuasion*. With Leslie Bienen, DVM, MA and Shveta Raju, MD. June 13, 2022. Available at: [End College Booster Mandates \(persuasion.community\)](#)

Should we let children catch Omicron? Restrictions in schools must never return. *UnHerd*
With Vinay Prasad, MD, MPH. February 22, 2022.
<https://unherd.com/2022/02/should-we-let-children-catch-omicron/>

It's time for children to finally get back to normal life. *Washington Post*
With Tracy Beth Høeg MD, PhD, Lucy McBride MD, Monica Gandhi MD, MPH. May 6, 2021.
<https://www.washingtonpost.com/opinions/2021/05/26/its-time-children-finally-get-back-normal-life/>

HEALTH AND WELLNESS WRITER

HealthNews.com More than 40 articles authored since June 2022, available at: [Allison Krug, MPH, Author at HealthNews](#)

California Education and the Environment Initiative – environmental literacy for grades K-12, selected by SEER to produce 20 articles aligned with content standards; sensitive subjects were reviewed by the Governor's office, such as the "Hydrogen Highway" and "Climate Change." Reference: Gerry

Lieberman, MA, PhD <http://www.seer.org/pages/galbio.html> and <http://www.calepa.ca.gov/education/eei/>

HealthyRoads.com – managed a team of writers and produced 39 Fitness Coach articles for one of the nation’s largest online health improvement companies serving 4 million members. Reference: Linn Bekins, PhD. <http://www.healthyroads.com/About/LearnMoreConsumer.aspx>

ShareCare.com – research, writing, subject matter expert (SME) recruitment and interviews. Work includes more than a dozen articles on health promotion and disease management. Reference: Page Gaither, Director, Consumer Clinical Content, ShareCare.com.

PROFESSIONAL EXPERIENCE

2005 – PRESENT

FOUNDER AND PRINCIPAL, ARTEMIS BIOMEDICAL COMMUNICATIONS LLC

Consultancy specializing in research, data analysis, and technical writing for health and social science researchers. Coauthor on peer-reviewed publications in epidemiology, vaccinology, risk-benefit analyses, and quality improvement. Editor for more than 400 published manuscripts; developmental editor and jacket designer for a comprehensive book on preconception health.

2003 – 2004

ELECTRONIC MEDICAL RECORD PROCESS ANALYST, SHARP HEALTHCARE

Member of a team providing training to 2,500 employees on new EMR system launched in seven San Diego hospitals. Provided content review and usability testing for training manual.

2000 – 2003

PUBLIC SECTOR MANAGER, MERCK VACCINE DIVISION

Managed \$57 million in annual public sector vaccine sales. Responsible for state health departments, military bases and correctional systems. Awards: Vice President’s Club; Most Valuable Manager; Special Achievement Award; 7 Awards for Excellence; Rookie of the Year.

1997 – 1999

PREVENTIVE HEALTH PROGRAM MANAGER, KAISER PERMANENTE

Developed, managed and evaluated preventive health programs serving 600,000 members and 11,000 practitioners in 4 states (NY, MA, CT, & VT). Designed and conducted original randomized, controlled research study related to influenza vaccination; published in *Am J Public Health*.

EDUCATION

MAY 2004

ADVANCED CERTIFICATE IN SCIENCE AND TECHNICAL WRITING, SAN DIEGO STATE UNIVERSITY, DEPARTMENT OF RHETORIC AND WRITING STUDIES

MAY 1997

MASTER OF PUBLIC HEALTH, EPIDEMIOLOGY, STATE UNIVERSITY OF NEW YORK

MAY 1993

BACHELOR OF ARTS, BIOLOGY, UNIVERSITY OF VIRGINIA

MINOR, INTERNATIONAL RELATIONS, UNIVERSITY OF COPENHAGEN, DENMARK

PUBLIC HEALTH LEADERSHIP

SEPTEMBER 2021 - PRESENT

CONSULTING EPIDEMIOLOGIST, NETWORKS PRESENTATIONS, LLC

ASSISTANT TO HEALTH AND SAFETY DIRECTOR

NETworks is the industry leading producer and manager of touring musical theatre productions. Provided twice-weekly COVID-19 updates to CEO, CFO and Covid Safety Director to include epidemiology of disease, advances in testing, therapeutics, and vaccines. Advised on testing cadence and vaccine policy in the context of CDC and ACIP recommendations. Reviewed protocols for risk mitigation; advise key stakeholder focus groups regarding Covid precautions while on tour, developed cast and company feedback survey to solicit questions and concerns prior to meetings. Continue to provide advice and research support as requested.

SEPTEMBER 2020 - PRESENT

COVID-19 LIAISON, HAMPTON ROADS YOUTH HOCKEY ASSOCIATION

ASSISTANT TO HOCKEY DIRECTOR

Develop and communicate protocols for risk mitigation; advise key stakeholder focus group during policy development; conduct briefings for coaches and training for team managers; advise USA Hockey affiliate organization. Collaborated with local health department on testing event.

MARCH – AUGUST 2020

RED CROSS, VOLUNTEER EPIDEMIOLOGIST, PREVENTIVE MEDICINE

ASSISTANT TO PUBLIC HEALTH EMERGENCY OFFICER, US NAVAL HOSPITAL, YOKOSUKA, JAPAN

Prepared twice-weekly summary of Japan, US and global COVID-19 epidemiologic trends for Public Health Emergency Officer (PHEO) distribution; conducted analyses of local epidemiologic data presented across the region; drafted summary of published literature; drafted recommendations for pre-deployment cleaning and public health mitigations for the fleet; recommended revisions to intake forms and databases consistent with WHO and CDC; developed trackers for distribution throughout the chain of command (USFJ and INDOPACOM).

PROFESSIONAL DEVELOPMENT

- MITx – Data Analysis for Social Scientists (Dec 2019)
- MITx – Qualitative Research Methods: Conversational Interviewing (March 2020)
- CDC: Boots on the Ground Foundational Epidemiology (May 2020)
- Johns Hopkins University: Contact Tracing (May 2020)

SKILLS

- Develop analytic research projects, including scientific experiments and surveys
- Use epidemiologic and statistical methods to summarize health status and identify issues
- STATA, Excel, Power BI, some R experience
- Formulate comprehensive reports on study findings and policy implications
- Identify data quality and study limitations
- Conduct quality improvement programs
- Bivariate and multivariate analysis

PROFESSIONAL AND SERVICE ASSOCIATIONS

- University of Virginia Tidewater Alumni Association
- American Medical Writers Association (AMWA)
- Social and Emotional Needs of the Gifted (SENG)
- Virginia Association of the Gifted
- National Association for Gifted Children (NAGC)
- The International Gifted Consortium (IGC)
- Military Child Education Coalition (MCEC)
- Yokosuka Council on Asia-Pacific Studies, Executive Committee (2018-2020)

COMMUNITY SERVICE AND LEADERSHIP

Community leadership includes ten years' experience serving military families in education policy advocacy at the local and national levels and more than 500 hours' as a classroom volunteer supporting elementary teachers. Founding Director of Mothers for Math, a 501(c)3 not-for-profit organization dedicated to improving math equity through policy, partnerships and professional practice. Elected representative on site councils in both US public and overseas DoDEA schools and founder of parent support groups and student interest clubs in mathematics and cybersecurity. Hybrid home educator curating accredited instructional pathways in philosophy, Japanese language and mathematics.

- **Elected Chair, Community Advisory Committee for Gifted Education** – Virginia Beach City Public Schools (2021-2025)
- **Yokosuka Council on Asia Pacific Studies (YCAPS), Executive Board**, American Community Relations and Senior Editor (2018-present) – 501c3 non-profit foreign policy and security scholarly organization
- **Young Mariner Program Youth Leadership Voyage Director** (May 2019)
- **Founder, Mothers for Math, 501c3 non-profit education policy and research organization** dedicated to promoting policies, practices and partnerships to improve math equity in the US.
- American Mathematics Competitions (AMC 10 / 12), team manager, Kinnick High School, Yokosuka, Japan (2020); first section at high school, established relationship with American School in Japan
- **Organizer and coach, National Cyber League cybersecurity competition** for high school students (2018-2020)
- **Chair, School Advisory Council**, The Sullivans Elementary School, Yokosuka, Japan (2017-2019)
- **Chair, Installation Advisory Council** – Department of Defense Education Activity, Fleet Activities, Yokosuka, Japan (2017-2018)
- **Co-chair, Gifted Education Parent Support Group**, Yokosuka Middle School (2017-2018)
- **Founder, Wonder Years**, Middle School parent roundtable to connect parents with mutual support and school resources (2017-2020)
- **Founder, Gifted Education Parent Support Group**, The Sullivans Elementary School (2017)
- **Founder, JOSHU parent volunteer training program**, The Sullivans Elementary School (2016-2018)
- **Secretary, Parent Teacher Organization**, The Sullivans Elementary School, Yokosuka, Japan (2016-2017)
- **Elected Representative, Site Council**, Captain Charles Wilkes Elementary School (2013-2015)
- **Elected Representative, Site Council**, Sonoji Sakai Intermediate School (2014-2015)

- **Elected Representative, Educational Programs and Innovations Committee**, Bainbridge Island School District (2012-2013)
- **Elected Representative, STEM Advisory Committee**, Bainbridge Island School District (2012-2013)
- **Elected Representative, Parent Teacher Organization**, Captain Charles Wilkes Elementary School (2011-2015)
- **Contractor, Program measurement and evaluation consultant**, Bainbridge Island School District (2012-2015)
- **Team Manager**, Youth ice hockey (Warriors) and roller hockey teams (Bainbridge Island Roller Hockey), Bainbridge Island and Bremerton, WA (2014-2015)
- **Coach**, Division III, Bainbridge Island Roller Hockey, Bainbridge Island, WA (2015)