

## CAREER OVERVIEW

I began my career in epidemiology with direct experience conducting independent research, work place health investigations, disease outbreak control and investigation, and environmental health assessments. I followed this with a successful public health administration segment, consisting of policy and program development, conference planning, chairing and convening task forces and working groups, providing technical assistance, conducting regulatory audits, health writing and public speaking. After budget-cut elimination of this position, I chose a personally rewarding venture into wellness and health promotion, supplementing my income as necessary since I was a pioneer in this field. This work primarily consisted of program development, keynote and workshop presentations, one-on-one wellness coaching, health promotion activities, teaching college courses, and health writing including web site design and content.

## CRITICAL SKILLS and TRAITS

**Well developed communication and information dissemination skills** using a variety of teaching formats, such as keynote presentations, workshops, college lectures, one-on-one coaching, writing published articles, Internet articles, web site content, and learning web site design.

**Policy and program development** on varied health issues and at various organizational levels, ranging from small community based organizations to regional and national working groups and consensus building conferences.

**Natural marketing and sales skills**, with nonprofit and corporate start-up experience, including assisting with the development of market strategies, writing marketing and sales materials, making informal and formal presentations to investors, potential business partners and distributors, and health care providers, as well as general business activities such as filing nonprofit incorporation papers and obtaining federal 501(c)3 status.

**Leadership, team building and consensus development skills**, used under difficult and sometimes contentious political conditions, such as union-management negotiations and intense media coverage.

**Public health generalist**, with familiarity on a broad range of health topics, including infectious disease, HIV/AIDS, occupational and environmental health, maternal child health, women's health, behavioral medicine, complementary medicine, drug and medical device development and regulation.

**Competent epidemiological researcher**, with experience conducting informal investigations, case control studies, prospective and retrospective cohort studies, cross-sectional studies, descriptive epidemiology, scientific and regulatory review of drug and device clinical trials. Skills include literature reviews, telephone interviews, survey instrument design, data collection, basic data analysis, interpretation of study findings, report writing and publication.

**Regulatory compliance and fraud investigation skills** and experience with food and drug related issues, including institutional review boards (IRBs).

**Described by clients, co-workers and supervisors** as "highly motivated, enthusiastic, knowledgeable, conscientious, hard working, bright, down to earth, intelligent, team player, a person of high integrity."

## **ACHIEVEMENTS**

### **Business**

- Founded a nonprofit health education corporation (BALANCE), with the primary purpose of promoting healthy lifestyle, and advancing responsible health provider and consumer use of selected evidence-based natural and complementary medicine modalities.
- Founded and developed a 501(C)3 nonprofit organization to promote and support local triathletes, which grew from an idea to 100 paid members, 3 sponsors, a web site, monthly newsletter, and weekly training programs in less than a year.

### **Writing and Presentations**

- Published chapter on HIV/AIDS in a nationally distributed ACLU reference book.
- Co-founding contributing editor for the Massachusetts Medical Society's public health newsletter.
- Researched, published and distributed health education materials on Wolfram Syndrome, mind-body medicine, personality type, sports performance, and complementary medicine via peer and lay newsletters and Internet web sites.
- Taught workshops and gave keynote presentations at regional epidemiology conferences, FDA training workshops, state and local teacher's conferences, and regional and local professional meetings. Audiences ranged from health care providers to the general public. Topics ranged from regulatory compliance to spirituality and health.
- Taught credit classes for graduate school students (health care quality) and community college students (personalized wellness).

### **Public Health Administration**

- Successfully integrated and balanced the competing needs of three programs into one cohesive position (FDA, HIV/AIDS, Women's Health).
- Leadership role in developing national, regional and local policy on emerging health issues such as HIV/AIDS, egg-related salmonella, complementary medicine, and electromagnetic radiation.
- Created and chaired several task forces to address emerging regional health problems.
- Successfully networked and collaborated with individuals from many different academic backgrounds and organizational settings, including academic organizations, nonprofits, advocacy groups, corporations, and government agencies.
- Served as planning committee chair and conference moderator for several successful regional health conferences.

### **Epidemiological Research and Technical Assistance**

- Conducted public health research as an undergraduate student, resulting in two peer-reviewed publications: (1) a team publication (AJPH) on Down syndrome birth certificate reporting, and (2) lead author publication of a satellite study on amniocentesis utilization (Social Biology).
- Received two departmental awards (Department of Pediatrics and Department of Preventive Medicine) for my pediatric research paper on maternal PKU, and my participation in an Australian research project on newborn screening for cystic fibrosis. Of note, only 9 of 210 students received more than one departmental award.

- Lead investigator on the majority of assigned NIOSH occupational health investigations, which entailed the design, conduct and publishing of health research studies. In addition, became the branch expert on answering public inquiries on occupationally related reproductive issues and Legionnaire's disease.
- Conducted a highly visible, politically sensitive investigation surrounding the death of a police officer, including publication in the MMWR, and presentation of the investigation at CDC's annual EIS conference.
- Served as liaison, scientific and medical advisor to the FDA District I office on complex biomedical research project investigations, a vitamin D toxicity outbreak attributable to a local dairy, HIV/AIDS, women's health, and several medical fraud investigations.
- Provided technical assistance on a wide variety of health issues to professional and the general public by telephone, letters, on-site meetings and workshops.

**WORK HISTORY**

2007 – Present	Founder/President of Denver Triathlon Club, a social and educational group.
1994 - Present	Owner / Director of Shared Paths/BALANCE, Inc., a private nonprofit health education company, <a href="http://www.sharedpaths.com">http://www.sharedpaths.com</a> .
2002 - 2003	Founder/President of Mid Maryland Triathlon Club, Inc., a 501(c)3 nonprofit triathlon education corporation.
1990 - 1994	Associate Regional Health Administrator, U.S. Public Health Service, Region I, Office of the Assistant Secretary of Health.
1988 - 1990	EIS Officer, U.S. Centers for Disease Control and Prevention, Epidemiology Program Office.
1987 - 1988	Medical Officer, U.S. Centers for Disease Control and Prevention, National Institute for Occupational Safety and Health.

**EDUCATION and PROFESSIONAL QUALIFICATIONS**

<b>Education</b>	<b>M.S.</b> Ohio State University College of Medicine	1988
	<b>M.D.</b> Ohio State University College of Medicine	1985
	<b>B.S.</b> University of Cincinnati	1980
<b>Qualifications</b>	Board Certification in Preventive Medicine	1993
	Myers-Briggs Type Indicator Administration	1999

**Additional Training**

Clinical Training in Mind Body and Behavioral Medicine; New England Deaconess Hospital, Harvard Medical School, Boston, MA.

Introduction to Bio-Research Monitoring; US Food and Drug Administration, training course for FDA investigators.

Pharmacology and Experimental Therapeutics; US Food and Drug Administration, training course for FDA investigators.

Perinatal Epidemiology, The New England Epidemiology Institute, Chestnut Hill, MA.

AIDS Clinical Trials: Statistical Methods for Therapy Evaluation; Harvard School of Public Health, Boston, MA.

Research Pathways to Improved Health Services for Women; Center for Health Training, Seattle, Washington.

Primary Care of Women; Harvard Medical School; Boston, MA.

Medical Resident, Department of Preventive Medicine, Ohio State University, Columbus, OH.

Medical Intern, Department of Pediatrics, Ohio State University, Columbus, OH.

## PUBLICATIONS

Huether CA, et al. Down Syndrome: Percentage Reporting on Birth Certificates and Single Year Maternal Age Risk Rates for Ohio 1970-1979: Comparison with Upstate New York Data. American Journal of Public Health, 1981; 71:1367-72.

Volodkevich H and Huether CA. Causes of Low Utilization of Amniocentesis by Women of Advanced Maternal Age. Social Biology, 1981; 28:176-186.

Exertional Rhabdomyolysis and Acute Renal Impairment - New York City and Massachusetts, 1988. Morbidity and Mortality Weekly Report, October 26, 1990; Vol. 9, No 42:751-56.

Green E and Koenig J, eds. Public Health News. (Koenig J. "Current Adult Immunizations" and "The Vaccine Adverse Event Reporting System") Massachusetts Medical Society. 1991.

Koenig JV. Chapter 1: HIV Disease in "The Rights of Persons Living with HIV/AIDS: A Guide for PWAs and Their Advocates." American Civil Liberties Union. 1993.

Koenig, J. Clinical Preventive Medicine Specialist. American Journal of Preventive Medicine, 12:2 Mar/Apr 1996.

Koenig, J. Wolfram Syndrome. Self-published, July 1998.

Koenig, J. Ice Cream for the Soul: Over 100 Playful Activities for Joy and Wisdom; Self-Published, 2000.

Koenig, J. Monthly Health Column, [www.ourmaine.com](http://www.ourmaine.com); Fox TV, Channel 51, Portland, ME.

## MAJOR PRESENTATIONS

Principles and Concepts for Investigating Foodborne Diseases; a 2-day workshop sponsored by the Food and Drug Administration, presented to Massachusetts Health Officers, September 1988.

An Outbreak of Acute Renal Failure Among Police Trainees; presented at the Epidemic Intelligence Service Conference, Centers for Disease Control and Prevention, Atlanta, Georgia, April 1989.

Cancer Cluster Investigations; presented at the Northeast Epidemiology Conference, Providence, Rhode Island, October 1989.

The Pharmacists Role in the AIDS Epidemic; presented at the Massachusetts College of Pharmacy Alumni Meeting, June 1991.

Healthy Hearts for Women; a 90 minute program presented for various Veterans Administration Hospitals in Massachusetts, October and November 1993.

Healing the Soul: A Holistic Approach to Mind, Body and Spirit; an 8 hour workshop presented at the New England School of Addiction Studies, June 1994.

Putting Prevention Into Your Practice (An Introduction to Complementary Medicine); Presented to the medical staff at The 15th Mercy Trustee Seminar, "Building Healthier Communities," Charleston, South Carolina, April 7, 1995.

Healing the Soul: An Introduction to Complimentary Medicine; a 16 hour workshop presented at the New England School of Addiction Studies, June 1995.

Optimism and Resiliency - The Keys to Classroom Success; California Teachers Association Annual Meeting, Los Angeles, CA, March 13-14, 1999.

Type-ing Your Way To Health; Bay Area Association for Psychological Type, Member's Showcase presentation, Palo Alto, CA, March 13, 1999.

Meditation Playshop; a three hour skill-building introduction to meditation for AmeriCorps, Chesapeake Beach, MD, April 2005.

Relax & Unwind: a two hour skill-building stress management program for Tri County Health Department, Aurora, CO, October 2007.

## **SELECTED COMMITTEE APPOINTMENTS**

Health and Wellness Advisory Group; Massachusetts Criminal Justice Training Council, Member (1989-90).

Working Group to Advise the Assistant Secretary of Health; on PHS Implementation of HIV/HBV Transmission, Member (1991).

Public Health Committee; Massachusetts Medical Society, Member (1990-1992)

New England Working Group on Energy Radiations and Health Effects; Founding Chair (1990-1992).

New England Minority AIDS Conference; Administrative Chair (1991).

Federal Regional AIDS Task Force; Founding Co-Chair (1991-1992).

HIV Advisory Committee; Massachusetts Department of Corrections; Member (1992-1993).

Healthy Women 2000: A Practical Approach for Health Care Providers; Co-Chair and Moderator (1991).

PHS Women's Health Forum; New England Region; Chair (1991).

Healthy Women 2000: Taking Charge of Your Health Care Needs; Co-Chair and Speaker (1992).

Title X Grant Review Committee (Family Planning), U. S. Pubic Health Service, Region I (1992-1993).

## **PERSONAL ACCOMPLISHMENTS**

Honorable Mention in Photography, North River Juried Arts Show (1993), Columbus Marathon (1996), Silicon Valley Marathon (1998), Napa Valley Marathon (1999), Big Sur Marathon (1999), Vineman Ironman Triathlon (1999).