

Personal Information

Name: Tracy Beth Høeg, MD, PhD

Titles: Ph.D. Epidemiologist
Policy Analyst
Department of Epidemiology & Biostatistics
University of California-San Francisco
Adjunct Associate Professor
Department of Clinical Research
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Physical Medicine & Rehabilitation Specialist
Northern California Orthopaedic Associates

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Citizenships: USA and Denmark

Education

8/26/2019: Fellowship – Interventional Spine & Sports Medicine. Bodor Clinic, Napa, Ca.

6/30/2018: Residency – Physical Medicine & Rehabilitation. University of California – Davis.

2/28/15: Post-doctoral Fellowship. Department of Clinical Biochemistry. Næstved Hospital, Denmark.

8/31/2014: Ph.D. Degree – Public Health and Epidemiology. Faculty of Health and Medical Sciences University of Copenhagen.

6/30/2007: Transitional Medicine Internship, Gundersen Lutheran Medical Center, Wisconsin

5/2006: M.D. Degree – Medical College of Wisconsin

8/2003: American Federation for Aging Research Summer Research Scholar, Harvard University

8/2001: Bachelor of Arts in French with Honors in the Major and Phi Beta Kappa, University of Wisconsin-Madison

5/1999: CIEE Critical & Francophone Studies Semester, Paris, France

Licensure & Board Certification

6/24/2019-6/24/2029: Board Certification in Physical Medicine & Rehabilitation

8/16/2019-8/31/2023: Fluoroscopy X-Ray Supervisor and Operator Permit RC00204904

1/16/2016-6/30/2023: State of California Physician and Surgeon License – 140275

3/20/2009-No Exp: Danish Ministry of Health License to Practice Medicine - 07LM3; No exp. Date

6/24/2016-10/21/24: Drug Enforcement Agency Registration Number FH6096994

Scientific Publications

1. Høeg TB, Krug A, Baral S, Jamrozik E, Keshavjee S, Lemmens T, Prasad V, Makary MA, Bardosh K. University-age vaccine mandates: reply to Lam and Nichols. *J Med Ethics*. 2023 May 24;jme-2023-109163. doi: 10.1136/jme-2023-109163. Epub ahead of print. PMID: 37225414.
2. Knudsen B, Høeg TB, Prasad V. Analysis of tweets discussing the risk of Mpox among children and young people in school (May-Oct 2022): Public health experts on Twitter consistently exaggerated risks and infrequently reported accurate information. *medRxiv* 2023.05.11.232898939; doi: <https://doi.org/10.1101/2023.05>
3. Høeg TB, González-Dambraskas S, Prasad V. The United States' decision to mask children as young as two for COVID-19 has been extended into 2023 and beyond: The implications of this policy. *Paediatr Respir Rev*. 2023 Apr 25:S1526-0542(23)00019-2. doi: 10.1016/j.prrv.2023.04.004. Epub ahead of print. PMID: 37183122; PMCID: PMC10129335.
4. Krohnert K, Haslam A, Høeg TB, Prasad V. Statistical and Numerical Errors Made by the US Centers for Disease Control and Prevention During the COVID-19 Pandemic (March 7, 2023). Available at SSRN <http://dx.doi.org/10.2139/ssrn.4381627>
5. Høeg TB, Prasad VK. An evidence double standard for pharmacological versus non-pharmacological interventions: Lessons from the COVID-19 pandemic. *Contemp Clin Trials Commun*. 2023 Jun;33:101108. doi: 10.1016/j.conctc.2023.101108.
6. Bardosh K, Krug A, Jamrozik E, Lemmens T, Keshavjee S, Prasad F, Makary M, Baral S & Høeg TB. 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
7. Chandra A & Høeg TB. Lack of correlation between school mask mandates and paediatric COVID-19 cases in a large cohort. *Journal of Infection*. 29 Sept 2022.
8. Sood N, Stevenson J, Heick S & Høeg TB. Association between School Mask Mandates and SARS-CoV-2 Student Infections: Evidence from a Natural Experiment of Neighboring K-12 Districts in North Dakota. *Research Square*. 7/1/2022.
9. Høeg TB, Prasad V & Porter T. Contact tracing policy for masked students may be an important confounding variable. *Pediatrics*. Letter to the Editor. July 2022.
10. Krug A, Stevenson J, Høeg TB. SARS-CoV-2 mRNA Vaccine-Associated Myo/Pericarditis in Adolescents: Stratified Risk-Benefit Analysis. *European Journal of Clinical Investigation*. 2022. 14.2. <https://doi.org/10.1111/eci.13759>
11. Boutzoukas A, Zimmerman KO, Benjamin DK, Chick KJ, Curtiss J, Høeg TB. Quarantine for K-12 School-Based SARS-CoV-2 Exposure Has No Detectable Impact in the Masked Environment. *Pediatrics* (2022) 149 (Supplement 2):e2021054268L.
12. Falk A, Decoster M, Wallace Z, Falk P, Steffen S, Benda A, Høeg TB. COVID-19 Surveillance Testing in Secondary Schools: Findings and Barriers to Implementation. *WMJ*. 2022 Apr;121(1):13-17. PMID: 35442573.
13. 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. *MedRxiv*. 8/30/2021.

14. Høeg TB, Olson EM, Skaggs K, Sainani K, Fredericson M, Roche M, Kraus E. Prevalence of Female and Male Athlete Triad Risk Factors in Ultramarathon Runners. *Clin J Sport Med.* 2021 Jul 5
15. Krug A, Appleby R, Pizzini R, Høeg TB. Youth ice hockey COVID-19 protocols and prevention of sport-related transmission. *Br J Sports Med.* 2021 Aug 19:bjsports-2021-104363.
16. Falk A, Benda B, Falk P, Steffen S, DeCoster M, Gandhi M, Høeg TB. Details of COVID-19 Disease Mitigation Strategies in 17 K-12 Schools in Wood County, Wisconsin. *MedRxiv* 3/16/2021.
17. Falk A, Benda A, Falk P, Steffen S, Wallace Z, Høeg TB. COVID-10 Cases and Transmission in 17 K-12 Schools – Wood County, Wisconsin, August 31-November 29, 2020. *MMWR Morb Mortal Wkly Rep* 2021;70:136-140.
18. Lindström BE; Høeg TB. Ultramarathon-induced Corneal Edema—A Case Report, *Current Sports Medicine Reports.* January 2021 - Volume 20 - Issue 1 - p 13-15
19. Høeg TB, Chmiel K, Warrick AE, Taylor SL, Weiss, R.H. Ultramarathon Plasma Metabolomics: Phosphatidylcholine Levels Associated with Running Performance. *Sports* 2020, 8(4), 44.
20. Hultman O, Høeg TB, Munch IC, Ellervik C, la Cour M, Andersson Grönlund M, Buch Hesgaard H. The Danish Rural Eye Study: prevalence of strabismus among 3785 Danish adults - a population-based cross-sectional study. *Acta Ophthalmol.* 2019 Apr 26. PMID: 31025814.
21. Hoeg TB, Corrigan GK, Hoffman M. "Eye Function and Physiology Following a 161-km Foot Race". *Research in Sports Medicine.* June 29, 2018.
22. Høeg TB, Klein R, Moldow B, La Cour M, Klemp K, Erngaard D, Buch H, Ellervik C. "The Association between kidney function and cuticular drusen: a population-based case-control study". *Retina.* 2016 May; 36(5):896-900. PMID: 27115854.
23. Høeg TB, Moldow B, Klein R, La Cour M, Klemp K, Erngaard D, Ellervik C, Buch H. "Danish Rural Eye Study: An evaluation of fundus photography and fundus autofluorescence in the diagnosis of cuticular drusen". *Br J Ophthalmol.* 2016 Mar;100(3):378-82. PMID: 26216869
24. Høeg TB, Ellervik C, Buch H, La Cour M, Klemp K, Kvetny J, Erngaard D, Moldow B. Danish Rural Eye Study: Epidemiology of Adult Visual Impairment. *Ophthalmic Epidemiol.* 2016 Jan 29:1-10. PMID: 26825126
25. Høeg TB, Corrigan G, Hoffman M. An Investigation of Ultramarathon Associated Visual Impairment. *Wilderness Environ Med.* 2015 Jun;26(2):200-4. PMID: 25728559
26. Høeg TB, Moldow B, Ellervik C, Klemp K, Erngaard D, La Cour M, Buch H. "Danish Rural Eye Study: The Association of Preschool Vision Screening with the Prevalence of Amblyopia". *Acta Ophthalmol.* 2015 Jun;93(4):322-9. PMID: 25545299
27. Bergholdt HKM, Bathum L, Kvetny J, Rasmussen DB, Bremmelgaard A, Moldow B, Høeg TB, Jemec GBE, Berner-Nielsen HB, Nordestgaard BG and Ellervik C. Study design, participation, and characteristics of The Danish General Suburban Population Study. *Danish Medical Journal.* 2013 Sep;60(9):B4693. PMID: 24001461
28. Hoeg TB, Sheth B, Bragg D, Kivlin J. The Evaluation of a Tool to Teach Medical Students Direct Ophthalmoscopy. *Wisconsin Medical Journal.* February, 2009. Volume 108(1):24-6. PMID: 19326631

Scientific Peer Reviewer at the Following Publications

Annals of Internal Medicine, European Journal of Pediatrics, Wellcome Open Research, Open Forum Infectious Diseases, Diabetes Care, Journal of Wilderness and Environmental Medicine, Ophthalmology, Strabismus.

Scientific Editorials

1. Høeg, TB. New study looks at vaccine-associated cardiac deaths in young people. Sensible Medicine. 4/16/2023. <https://sensiblemed.substack.com/p/new-study-looks-at-vaccine-associated>
2. Høeg TB. Opinion: California gave up on mandating COVID vaccines for schoolchildren. Here's why that's wise. LA Times. 3/2/2023.
3. Høeg TB. New England Journal of Medicine's Disappointing Decision to Publish the Boston School Mask Study. Sensible Medicine. 11/12/2022. <https://sensiblemed.substack.com/p/nejms-disappointing-decision-to-publish>
4. Høeg TB. A Level-Headed Look at the Florida Vaccine Study. Sensible Medicine. 10/16/2022. <https://sensiblemed.substack.com/p/a-level-headed-look-at-the-florida-81a>
5. Høeg TB. Sacrificing children's health in the name of 'Health'. Sensible Medicine. 8/12/2022. <https://sensiblemed.substack.com/p/sacrificing-childrens-health-in-the>
6. Makary M, Høeg TB. US Public Health Agencies aren't 'Following the Science,' Officials Say. Common Sense. 7/14/2022. <https://www.commonsense.news/p/us-public-health-agencies-arent-following>
7. Bienen L, Høeg TB. The CDC is Breaking Trust in Childhood Vaccination. Tablet. 7/5/2022. <https://www.tabletmag.com/sections/science/articles/cdc-is-endangering-childhood-vaccination-progress>
8. Høeg TB. California wants to listen in at your next doctor's appointment. 4/28/22. SF Gate. <https://www.sfgate.com/politics-op-eds/article/argument-against-California-AB-2098-17130301.php>
9. Høeg TB & Duriseti R. We Need to Stop Indiscriminately Testing for COVID. It's Harming our Children. Newsweek. 4/25/22 <https://www.newsweek.com/we-need-stop-indiscriminately-testing-covid-its-harming-our-kids-opinion-1699723>
10. Høeg TB & Prasad V. We're pro-vaccine but can't support California Lawmakers' COVID school vaccine mandate. <https://www.sfgate.com/politics-op-eds/article/California-vaccine-mandate-schools-COVID-omicron-16832461.php>. SF Gate. 2/8/2022
11. Kazemi P, Høeg TB, Grant J, Fulford M. Opinion: Time for Kids to Get Back to Normal. Natinoal Post. 11/26/21. <https://nationalpost.com/opinion/opinion-time-for-kids-to-get-back-to-normal>
12. Balsitis S & Høeg TB. How other countries can teach the Bay Area about the COVID-19 engdame. <https://www.sfchronicle.com/opinion/openforum/article/A-winter-COVID-surge-is-coming-How-other-16556423.php> . San Francisco Chronicle. 10/23/21.
13. Bienen L, Happel E, Høeg TB. How to Fix our Broken Relationship with COVID Math. Persuasion. 10/11/2021. <https://www.persuasion.community/p/how-to-fix-our-broken-relationship>
14. Høeg TB, Gandhi M, Johnson D. We Must Fully Reopen Schools This Fall. Here's How. The New York Times. June 8th, 2021. <https://www.nytimes.com/2021/06/08/opinion/blueprint-reopening-schools.html>
15. Høeg TB, McBride L, Krug A, Gandhi M. It's Time for Children to Finally get back to Normal Life. The Washington Post. <https://www.washingtonpost.com/opinions/2021/05/26/its-time-children-finally-get-back-normal-life/>

16. Høeg TB, Prasad V, Gandhi M, American Kids Can Wait. The Atlantic. May 12th, 2021. <https://www.theatlantic.com/ideas/archive/2021/05/vaccinate-adults-in-india-before-american-children/618849/>
17. Høeg TB, Gandhi M, Brown L. Widespread Coronavirus Surveillance Testing in Schools is a Bad Idea. The Washington Post. April 19th, 2021. <https://www.washingtonpost.com/outlook/2021/04/19/schools-covid-testing-cost/>
18. Høeg TB, Henderson T, Johnson D, Gandhi M. Our next national priority should be to reopen all America's schools for full time in-person learning. The Hill. March 20th, 2021. <https://thehill.com/opinion/healthcare/544142-our-next-national-priority-should-be-to-reopen-all-americas-schools-for>
19. Henderson T, Gandhi M, Høeg TB, Johnson D. CDC misinterpreted our research on opening schools. It should loosen the rules now. Keeping schools closed or even partially closed, based on what we know now, is harming children. USA Today. March 9th, 2021. <https://www.usatoday.com/story/opinion/2021/03/09/cdc-school-opening-covid-rules-guidance-column/4628552001/>

Relevant Work, Volunteer Experience & Select Recent Presentations and Recordings

4/1/2023-Present: Adjunct Associate Professor Department of Clinical Research. University of Southern Denmark.

3/28/2023 Congressional testimony for the Select Subcommittee on the Coronavirus Pandemic. "The Consequences of School Closures: Intended and Unintended"

1/1/2023-Present: Sensible Medicine Podcast member. <https://sensiblemed.substack.com/podcast>

12/12/2022-Present: Policy Analyst VK Prasad Laboratory. Department of Epidemiology & Biostatistics. University of California-San Francisco.

5/3/2022-Present: Volunteer Epidemiology Consultant – County of Marin Health & Human Services

4/1/2022-Present: Epidemiology Consultant - Florida Department of Health

7/1/2018-6/30/2022: Voluntary Clinical Professor and Associate Researcher Department of Physical Medicine & Rehabilitation. University of California-Davis

3/19/2022: Invited Speaker/Expert Panelist on "Censorship of Science by Academia". Censorship of Science: A Conference of the Academy for Science and Freedom. Washington, DC. USA.

3/4/2022: Guest on Dr. Drew show. "Myocarditis in Teen Boys: Epidemiologist Dr. Tracy Høeg"

1/24/2022: Cofounder of Urgency of Normal: evidence-based physician child advocacy group and public toolkit. <https://www.urgencyofnormal.com/>

1/1/22: Accad & Koka Podcast: Episode 193: Tracy Høeg on the Anti-Science of School Closures. <https://accadandkoka.com/episodes/episode193/>

12/2021-Present: Attending Physician, Methodist Family Practice Residency Program-Sacramento.

10/25/21: Guest on WBUR's On Point "The Importance of Fixing Bad Covid Math"

<https://www.wbur.org/onpoint/2021/10/25/the-importance-of-fixing-covid-math>

Curriculum Vitae for Tracy Beth Høeg

9/30/2021: Expert Panel Member for American Federation for Teachers and Open Schools USA “COVID Safety in Schools.”. <https://www.youtube.com/watch?v=DhoSq8HwyU4>

9/22/2021: Congressional testimony for House Committee on Energy and Commerce. “Putting Kids First: Addressing COVID-19’s impact on children”.
<https://energycommerce.house.gov/committee-activity/hearings/hearing-on-putting-kids-first-addressing-covid-19s-impacts-on-children>

3/12/2021: Expert testimony for House Committee on Labor and Education. “School Reopening Roundtable”

2/26/21: Plenary Session Podcast 3.46 COVID-19 Risk, Cases, and Transmission in K-12 Schools with Dr. Tracy Høeg. <https://soundcloud.com/plenarysession/ep346>

7/2020- Current: Volunteer Epidemiology and Public Health Researcher of COVID-19 in Children.

10/25-27/2019: Expert speaker on Regenerative Medicine at California Society of Interventional Pain Physicians 10th Annual Conference. Squaw Valley, CA.

2018-Present: Researcher in Bone Health in Ultramarathon Runners Study Group with Stanford Department of Orthopaedics and Sports Medicine

12/2019-12/2021: Journalist at UltraRunning Magazine, authoring the “Ultra Doc” column.

2018-Present: Research Scientist in Regenerative Sports Medicine for Napa Medical Research Foundation and University of California-Davis

2017-2020: Journalist at iRunFar for the column “Running on Science”

2015-2019: Enrolled in the Rehabilitation Medicine Scientist Training Program (RMSTP)

2016-Present: Wilderness Medical Society Research Council

2013-Present: Race physician volunteer at multiple ultramarathons in Denmark and the US including yearly involvement in the Western States Endurance Run 100 Miler.

2016-2017: Elected Resident and Fellows Council Research Representative for the Association of Academic Physiatrists (AAP)

2016: Physician expert at Trail Runner Magazine

2016: Scientific writer for Physiatry in Motion

2016: Oak Hill Athletics Track & Field volunteer

2015-2016: Owner and Head Athletic Coach at My Little Physiology endurance sports consulting service

Curriculum Vitae for Tracy Beth Høeg

2015: Paid speaker for Wilderness Medical Society

2015: Paid speaker for Novartis Ophthalmics

2014-2015: Physician research advisor. Department of Anesthesiology and Critical Care. Aalborg University-Denmark

2014: Paid speaker for Sparta Athletic Club and Marathon Sport, Copenhagen, Denmark

2013 and 2014: Ultra-endurance vision loss physician researcher at Western States Endurance Run, California, USA

2009-2015: Physician – Dept. of Ophthalmology – Næstved Hospital, Denmark

2009: Physician – Dept. of Internal Medicine – Næstved Hospital, Denmark

2007-2009: Urgent Care Physician - Gundersen Lutheran in La Crosse, WI

2007-2008: Physician moonlighter – Department of Psychiatry – Gundersen Lutheran – La Crosse, WI

2006: Medical student volunteer at Hospitalito Atitlán, Guatemala

2005-2006: French interpreter for victims of foreign torture, Columbia - St. Mary's, Milwaukee, WI

2004-2005: Over 100 hours tutoring in Neuroscience to medical students at The Medical College of Wisconsin

2002-2006: Over 50 hours of volunteer work as a medical student at "Saturday Free Clinic" in Milwaukee, WI

2001-2002: Junior high English teacher at school for physically handicapped in Toulouse, France

2000-2001: Lab assistant under Dr. Paul Sondel, Department of Pediatric Oncology, UW Madison

Awards and Grants

2019: Awarded full research grant from the Western States Endurance Run Foundation for A Genetic Study of Bone Health and Performance in 100 Mile Ultramarathon Runners. Høeg TB, Krause E, Bodor M, Roche M, Kim S, Fredericson M.

2018: William M. Fowler, Jr. MD Resident Research Award 2017-2018. Department of Physical Medicine & Rehabilitation, University of California-Davis.

2018: Awarded a full research grant from the Western States Endurance Run Foundation for Female Athlete Triad & A Male Equivalent in 100 Mile Ultramarathon Runners- An Investigation of Bone Mineral Density. Høeg TB, Krause E, Bodor M, Weiss M, Fredericson M.

2016: Awarded a full research grant from the Western States Endurance Run Foundation for The Metabolomic Analysis of Differential Performance in Long Distance Running. Høeg TB, Warrick A, Chmiel K, Weiss R.

Curriculum Vitae for Tracy Beth Høeg

2015: Accepted to pre-application pathway for the Rehabilitation Medicine Scientist Training Program (RMSTP)

2010-2015: > \$500,000 in grant money for my PhD study, the Danish Rural Eye Study

Region Zealand Foundation: numerous research grants, Fight for Sight Denmark ongoing research support, Næstved Hospital Foundation: numerous research grants, Eva and Hans Carl Adolf Holms Memorial Scholarship Award, Ulla & Mogens Folmer Andersen's Fund Award, Mr. & Mrs. Johs M. Klein Memorial Scholarship Award, Edith & Henrik Henriksen's Memorial Scholarship Award, Second Place Scientific Poster Award – Hospital South Research Day, Næstved

Transitional Internship: Gundersen Lutheran Medical Center, La Crosse, WI

2007: High Five Award for Patient Care Gundersen Lutheran Medical Center, WI

2006: Leonard Tow Medical Humanism Award, Medical College of Wisconsin.

2003: Roman E Galisinske Award for Excellent Scholastic Ability and Volunteer Commitments to the Community, Medical College of Wisconsin

2003: American Federation for Aging/Harvard Medical School Research Stipend

2001: Inducted into Beta Kappa Honor Society

2000: Alfred and Isabella Panzini Galpin French & Italian Department Academic Scholarship for academic achievement, UW Madison

2000: Florence Waste Pulver College of Letters & Science Academic Scholarship, UW Madison

2000: Ralph B Abrams College of Letters & Science Academic Scholarship for academic achievement, UW Madison

2000: Mary Brabyn Wackman English Department Academic Scholarship for academic achievement, UW Madison

Languages

English, Danish, French, Spanish, Swedish and Norwegian

Additional

2018: Represented Denmark in the World Championships in Long Distance Mountain Running

2016: American River 25 Mile Overall Champion

2015: Gold Rush 30k Female Champion

2015: Gold Rush 50k Female Champion

2014: Danish National Age Group Champion of the 10,000 meter

2013-2016: Team Salomon Denmark- Trail Running athletic sponsorship

2013: Glacial Trail 50 Mile Female Champion

2013: Superior 50 Mile Female Champion

2013: Represented the United States World Championships in Ultramarathon Trail Running

2013: Salomon Hammer Trail 100-mile Female Champion. Bornholm, Denmark.

2012: Wisconsin State 50km female champion

Curriculum Vitae for Tracy Beth Høeg