

Leah Ren-Ai Koenig

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Education

2024	Ph.D., Epidemiology and Translational Sciences	University of California, San Francisco (UCSF)
2017	M.S.P.H., Reproductive Health	Johns Hopkins Bloomberg School of Public Health (JHSPH)
2013	B.A. with Honors, College of Social Studies	Wesleyan University

Academic and Professional Appointments

2023–Present	F31 Predoctoral Fellow, National Institute of Child Health and Human Development	UCSF
2020–Present	Research Data Analyst	Advancing New Standards in Reproductive Health, UCSF
2017–2020	Research Associate (non-tenure-track faculty)	JHSPH
	Assistant Study Director	Global Early Adolescent Study, JHSPH
2016–2017	Technical Consultant	American Foundation for AIDS Research
	Research Assistant	Global Early Adolescent Study, JHSPH
2015–2017	Research Assistant	Bill & Melinda Gates Institute, JHSPH
2016	Public Policy Fellow	Guttmacher Institute
2013–2015	Program Assistant	Gynuity Health Projects

Peer-Reviewed Journal Articles

- 2024 **Koenig LR**, Ko J, Upadhyay UD. Virtual clinic telehealth abortion services in the United States one year after Dobbs: a landscape review. *Journal of Medical Internet Research*. 2024;26:e50749.
- Koenig LR**, Ko J, Valladares E, Coeytaux F, Wells E, Lyles C, Upadhyay UD. Patient Acceptability of Telehealth Medication Abortion Care in the United States, 2021–2022: A Cohort Study. *Am J Public Health*. 2024;114(2):241-250.
- Upadhyay UD, **Koenig LR**, Ko J, Valladares E, Meckstroth K, Biggs A. Effectiveness and safety of telehealth medication abortion in the United States. *Nature Medicine*. 2024;30(4):1191–8.
- Becker A, Doria C, **Koenig LR**, Ko J, Upadhyay UD. “It was so easy in a situation that’s so hard”: how telehealth mitigates abortion stigma. (In Press, *Journal of Health and Social Behavior*)
- 2023 **Koenig LR**, Becker A, Ko J, Upadhyay UD. The role of telehealth in promoting equitable abortion access in the United States: spatial analysis. *JMIR Public Health Surveill*. 2023;9:e45671.
- Koenig LR**, Raymond EG, Gold M, Kaneshiro B, Winikoff B, Coplon L, Upadhyay UD. Mailing abortion pills does not delay care: a cohort study comparing mailed to in-person dispensing of abortion medications in the United States. *Contraception*. 2023;109962.
- Raymond E, Weaver M, Shochet T, Grant M, Boyd K, **Koenig LR**, Upadhyay UD. Clinical outcomes of medication abortion using misoprostol-only: a retrospective chart review at one clinic in the United States. *Contraception*, 2023;110109.
- Gayles J, Barker K, Yahner M, Lundgren R, Li M, **Koenig LR**, Mafuta E, Mbela P, Moreau C. Balancing quality, intensity and scalability: Results of a multi-level sexual and reproductive health intervention for very young adolescents in Kinshasa. *Journal of Adolescent Health*. 2023;73(1S):S33-S42.

- 2022 **Koenig LR**, Smith Hughes C, Gemmill A, Diamond-Smith N. Unequal impacts of the COVID-19 pandemic on women's fertility preferences: Evidence from a longitudinal cohort in the United States. *Social Science and Medicine - Population Health*. 2022;101305.
- Upadhyay UD, Raymond EG, **Koenig LR**, Coplon L, Gold M, Kaneshiro B, Boraas CM, Winikoff B. Outcomes and safety of history-based screening for medication abortion: a retrospective multicenter cohort study. *JAMA Intern Med*. 2022 May 1;182(5):482.
- 2021 Upadhyay UD, **Koenig LR**, Meckstroth K. Safety and efficacy of telehealth medication abortions in the US during the COVID-19 pandemic. *JAMA Network Open*. 2021;4(8):e2122320–e2122320.
- Koenig LR**, Blum R, Shervington D, Green J, Li M, Wilopo S, Tabana H, Moreau C. Unequal gender norms are related to symptoms of depression among young adolescents: A cross-sectional, cross-cultural study. *Journal of Adolescent Health*. 2021;69(1):S47–55.
- Zimmerman L, **Koenig LR***, Pulerwitz J, Kayembe P, Maddaleno M, Moreau C. The Intersection of Power and Gender: Examining the Relationship of Empowerment and Gender-Unequal Norms Among Young Adolescents in Kinshasa, DRC. *Journal of Adolescent Health*. 2021;69(1):S64–71.
- Mmari K, Cooper D, Moreau C, **Koenig LR**, Martinez M, Mafuta E, Kayembe P, de Meyer S, Michielsen K, Yu C, Zuo X, Blum R. The social context of early adolescents in the Global Early Adolescent Study. *Journal of Adolescent Health*. 2021;69(1):S5–15.
- 2020 **Koenig LR**, Li M, Zimmerman LA, Kayembe P, Lou C, Mafuta E, Ortiz J, Moreau C. Associations between agency and sexual and reproductive health communication in early adolescence: a cross-cultural, cross-sectional study. *Journal of Adolescent Health*. 2020;67(3):416–24.
- 2016 Dabash R, Shochet T, Hajri S, Chelli H, Hassairi AE, Haleb D, Labassi H, Sfar E, **Koenig LR**, Winikoff B. Self-administered multi-level pregnancy tests in simplified follow-up of medical abortion in Tunisia. *BMC Women's Health*. 2016;16(1):49.

* - indicates co-first authorship

Manuscripts under review and in preparation

Under Review

Koenig LR, Raymond EG, Upadhyay UD, Frye LJ, Kaneshiro B, Boraas C, Oldenburg C, Glidden D. Effectiveness and safety of medication abortion with vs. without screening ultrasound or pelvic exam.

Doria C, Becker A, **Koenig LR**, Ko J, Upadhyay UD. “I don't want to be in the energy of that situation”: Embodied experiences with telehealth medication abortion.

Shin L, **Koenig LR**, Ko J, Meckstroth K, Upadhyay UD. Patient uptake of Rh testing and Rh immunoglobulin with telehealth medication abortion.

Pacca L, Dang KV, **Koenig LR**, Duarte C, Gaye A, Harrati A, Vable AM. Sequence analysis as an approach to characterize variables that unfold over time: implementation and practical considerations for epidemiologists. ([Preprint](#))

Wilson ST, Peters L, **Koenig LR**, Bell SO, Upadhyay UD. Use of ultrasonography before telehealth abortion.

In Preparation

Koenig LR, Pacca L, Hamad R, Holt K, Vable A. Differing Trajectories in U.S. State Abortion Policy Climates, 1970–2014.

Koenig LR, Upadhyay UD. Masculinity ideology increases sexual risk behaviors among adolescents and young adults.

Koenig LR, Glidden D, Oldenburg C, Meckstroth K, Peters L, Ko J, Upadhyay UD. Improving estimates of medication abortion effectiveness: The impact of loss to follow-up.

Koenig LR, Peters L, Meckstroth K, Glidden D, Ko J, Oldenburg C, Upadhyay UD. Processes of follow-up care and adverse event diagnoses after telehealth abortion: a cohort study, 2021–2022.

Koenig LR, Pacca L, Diamond-Smith N, Vable A. Examining 24-month contraceptive use trajectories in the United States, a cohort study, 2018–2022.

Whitfield B, **Koenig LR**. Who switches from hormonal to non-hormonal contraception? A departure from typical explorations of discontinuation in highly effective contraception.

Upadhyay UD, Sietstra C, **Koenig LR**, Ko J, Biggs A. Interest in late period pills in the United States: a nationally representative survey.

Phillips K, **Koenig LR**, Peters L, Ko J, Upadhyay UD. Adolescent experiences using telehealth medication abortion in the United States.

Biggs MA, Kaller S, Grossman D, Ko J, **Koenig LR**, Upadhyay UD. Experiences of ectopic pregnancy among people seeking telehealth abortion care.

Gerdtts C, **Koenig LR**, Diaz-Tello F, Kumar M, Thompson I. Research practice support guidance for nomenclature in medication abortion models.

Book chapters

2020 **Koenig LR**, Li M. Achieving Gender Equality: Understanding Gender Equality and Health among Vulnerable Adolescents in the Sustainable Development Goals Era. In P. Banati, editor, *Sustainable Development Across the Life Course: Evidence from Longitudinal Research*. Bristol University Press.

Reports and Opinion Editorials

2024 **Koenig LR**, Upadhyay UD. Telehealth makes timely abortions possible for many, research shows. The Conversation.

2023 **Koenig LR**, Becker A, Upadhyay UD. Telehealth medication abortion is safe and effective. Society of Family Planning.

2021 **Koenig LR**, Upadhyay UD. Virtual Clinics Offer Safe and Effective Abortion Care. Public Health Post.

Zia Y, **Koenig LR**, Ko J, Upadhyay U. Safety and effectiveness of first-trimester medication abortion in the United States. Oakland, California: Advancing New Standards in Reproductive Health.

Fellowships and Grants

2024 \$14,000, Fletcher-Jones Fellowship, UCSF

2023 \$128,010, F31 Ruth L. Kirschstein National Research Service Award, National Institute of Child Health and Human Development

2022 \$7,500, Emerging Scholars in Family Planning Award, Society of Family Planning

2016 \$8,000, Endowed Fellowship in Family Planning, JHSPH

\$3,500, Center for Global Health Established Field Placement Award, JHSPH

2015 \$12,000, Robertson Tuition Grant, JHSPH

2012 \$3,000, Davenport Undergraduate Thesis Research Grant, Wesleyan University

Honors and Awards

2023 Population Reference Bureau Policy Communications Fellow
Trainee Leadership in Population Health Scientific Dissemination and Communication Award,

- Department of Epidemiology and Biostatistics, UCSF
- 2022 Outstanding Poster Award, Population Association of America Annual Meeting
- 2021 Outstanding Poster Award, American Public Health Association Annual Meeting
- 2012 Plukas Teaching Apprentice Award in Economics, Wesleyan University

Research Presentations

- 2024 **Koenig LR**, Pacca L, Hamad R, Vable A. Examining 24-month contraceptive use trajectories in the United States, a cohort study, 2018-2022. Population Association of America Annual Meeting. Columbus, OH.
- Koenig LR**, Raymond ER, Frye LJ, Kaneshiro B, Upadhyay, U. Comparing the effectiveness and safety of medication abortion provided with and without screening ultrasound. Poster presented at the National Abortion Federation Annual Meeting. Washington, D.C.
- 2023 **Koenig LR**, Glidden D, Ko J, Upadhyay UD. Improving estimates of medication abortion effectiveness: The impact of loss to follow-up. Society of Family Planning Annual Meeting. Seattle, WA.
- Koenig LR**, Pacca L, Hamad R, Vable A. Exploring U.S. State Abortion Policy Trajectories Using Sequence Analysis, 1970-2014. Poster presented at the Society of Family Planning Annual Meeting. Seattle, WA.
- Koenig LR**, Ko J, Valladares E, Coeytaux F, Wells E, Lyles C, Upadhyay UD. A cohort study of patient acceptability of synchronous and asynchronous telehealth abortion care in the United States. National Abortion Federation Annual Meeting. Denver, CO.
- Koenig LR**, Becker A, Ko J, Upadhyay UD. Reaching patients where they are: the role of telehealth abortion care in promoting equitable abortion access. Population Association of America Annual Meeting. New Orleans, LA.
- Koenig LR**, Ko J, Valladares E, Coeytaux F, Wells E, Lyles C, Upadhyay UD. “You can make it the right abortion care for you”: patient acceptability of telehealth medication abortion care in the United States. Population Association of America Annual Meeting. New Orleans, LA.
- Koenig LR**, Ko J, Upadhyay UD. Patient Experiences with Telehealth Abortion Care. American Telemedicine Association Conference. San Antonio, TX.
- 2022 **Koenig LR**, Ko J, Valladares E, Coeytaux F, Wells E, Lyles C, Upadhyay UD. Patient experiences with telehealth medication abortion and implications for health equity in the United States. Poster presented at the Society of Family Planning Annual Meeting. Baltimore, MD.
- Koenig LR**, Raymond E, Gold M, Boraas C, Kaneshiro B, Winikoff B, Coplon L, Upadhyay UD. Time to care among patients who receive medication abortion with history-based screening in the United States. Poster presented at the Population Association of America Annual Conference. Virtual.
- 2021 **Koenig LR**, Upadhyay, UD. Masculinity ideology increases sexual risk behaviors among adolescents and young adults in the United States. Poster presented at the American Public Health Association Annual Meeting. Virtual.
- 2019 **Koenig LR**, Li M, Moreau C, Kayembe P, Mafuta E, Ortiz J, Lou C, Wilopo S, Blum R. Predictors of favorable attitudes about abortion in early adolescence. Poster presented at the Annual Population Association of America Meeting. Austin, Texas.
- Koenig LR**, Li M, Zimmerman L, Lou C, Kayembe P, Mafuta E, Ortiz J, Moreau C. Is agency associated with communication about sexual and reproductive health among very young adolescents? findings from the global early adolescent study. Poster presented at the Annual Population Association of America Meeting. Austin, Texas.

- 2018 **Koenig LR.** Associations between empowerment with knowledge of family planning access in early adolescence: an analysis of baseline data from the Global Early Adolescent Study in Shanghai. International Conference on Family Planning. Kigali, Rwanda.

Invited Talks

- 2022 **Koenig LR.** The role of epidemiology in abortion research. Department of Epidemiology and Biostatistics, UCSF. San Francisco, CA.
- 2018 **Koenig LR.** Drivers of violence against girls: findings from the Global Early Adolescent Study. Global Women's Institute Series, Milken Institute School of Public Health, George Washington University. Washington, D.C.
- Koenig LR.** The Global Early Adolescent Study: results from baseline. Regional meeting of UNFPA Sexual and Reproductive Health Program Officers. Virtual.
- 2016 **Koenig LR.** Qualtrics and electronic data collection: an introduction. Institute for Population and Social Research, Mahidol University. Salaya, Thailand.
- 2015 **Koenig LR.** Exploring a patient-centered approach to mifepristone administration for medication abortion. Presentation to Planned Parenthood of New York City. New York, NY.

Teaching

Mentorship and Advising

- 2024 Sylvie Wilson, MPH student, JHSPH, paper mentor
Kalani Kieu-Diem Phillips, PhD student, University of California, Irvine, paper mentor
Courtney Williams, PhD student, Louisiana State University, paper mentor
- 2023 Linda Shin, MD student, California University of Science and Medicine, paper mentor
- 2019 Cierra Virtue, MPH student, JHSPH, Academic advisor

Classroom Instruction

- 2024 Co-facilitator, Sequence Analysis: a novel methodology for the analysis of variables that unfold over time, Pre-conference workshop, Society for Epidemiologic Research
Lecturer, Introduction to Programming in Stata, UCSF
- 2023 Lecturer, Introduction to Programming in Stata, UCSF
Guest Lecturer, Equity Issues in Reproductive Health, UCSF
Teaching Assistant, Equity Issues in Reproductive Health, UCSF
Teaching Assistant, Informatics Tools for Health Disparities Research, UCSF
- 2021 Section Leader, Epidemiologic Methods, UCSF
- 2017 Teaching Assistant, Understanding and Changing International Reproductive Health Policy, JHSPH
- 2016 Teaching Assistant, Leadership in Population, Family, and Reproductive Health, JHSPH

Service

- Institutional Leadership Committee Staff Representative, Advancing New Standards in Reproductive Health, UCSF, 2023–2024
PhD Student Representative for Diversity, Equity, and Inclusion, Department of Epidemiology and Biostatistics, UCSF, 2022–2023
Department Student Alliance President, JHSPH 2016–2017
Student Organizing Committee Co-Founder, JHSPH, 2016–2017
Public Health Students for Choice Co-Lead, JHSPH, 2015–2017
- Community Political Action Volunteer, Planned Parenthood of New Hampshire, 2019–2020
Clinic Escort, Bridgeport, Connecticut, 2009–2013
- Referee Journal of Adolescent Health

JAMA Network Open
Health Equity
Contraception
BMJ Sexual & Reproductive Health
Journal of Women's Health
Sexual and Reproductive Health Matters

Memberships Society of Family Planning (grant reviewer, 2024)
Society for Epidemiologic Research
National Abortion Federation
Population Association of America (session chair, 2024)

Policy contributions

2024 Cited in Brief *Amici Curiae* for Reproductive Freedom Alliance. Food And Drug Administration v. Alliance for Hippocratic Medicine. Supreme Court of the United States, Docket Nos. 23-235, 23-236.

Cited in Brief *Amici Curiae* for Reproductive Freedom Alliance. Food And Drug Administration v. Alliance for Hippocratic Medicine. Supreme Court of the United States, Docket Nos. 23-235, 23-236.

Cited in Brief *Amici Curiae* for American College of Obstetricians and Gynecologists, American Medical Association, and Other Medical Societies. Food And Drug Administration v. Alliance for Hippocratic Medicine. Supreme Court of the United States, Docket Nos. 23-235, 23-236.

Co-signatory and cited in Brief *Amici Curiae* for Over 300 Reproductive Health Researchers. Food And Drug Administration v. Alliance for Hippocratic Medicine. Supreme Court of the United States, Docket Nos. 23-235, 23-236.

Media coverage and contributions

2024 New York Times, "[Abortions by Telemedicine and Mailed Pills Are Safe and Effective, Study Finds](#)"
Stat News, "[Abortion pills offered via telehealth as safe as in-person medication abortions, study finds](#)"

2023 Mother Jones, "[A New Study on Medication Abortion Refutes the Arguments Conservatives Are Taking to the Supreme Court](#)"
States Newsroom, "[Abortion rights advocates say consequences dire if SCOTUS declines to hear pill case](#)"
High Country News, "[Navigating the new healthcare deserts: Post-Roe, startups help those seeking abortion shrink travel distances and carbon emissions](#)"
New York Times, "[Are Abortion Pills Safe? Here's the Evidence.](#)"
MSNBC, Morning Joe, "[How the COVID pandemic impacted family planning](#)"
Forbes, "[Women less keen to get pregnant since the pandemic began, new study shows](#)"