



## Valerie McDonald, MD, PhD

- Affiliate, Department Funds
- Resident in Medicine

### Bio

---

#### BIO

Valerie McDonald received her MD degree from the University of Washington. During medical school, she performed research exploring correlation of a Physical Activity Vital Sign with healthcare system utilization. She is currently a resident physician in Internal Medicine at Stanford Health Care. Her career interests are patient care, research/QI, and innovation in the intersection of cardiovascular and metabolic health.

Prior to medical school, Valerie earned her PhD in environmental engineering at Michigan Technology University, studying sustainable wastewater treatment. She went on to a post-doc fellowship at the Yale Center for Biospheric Studies and Center for Green Chemistry, studying sustainability in stormwater management. She worked as a Professional Engineer for 10 years, consulting on water supply and water quality improvement projects for cities and counties throughout the Western US.

#### CLINICAL FOCUS

- Residency

#### PROFESSIONAL EDUCATION

- PhD, Michigan Technological University , Environmental Engineering (2009)
- MD, University of Washington (2024)