Stanford



Valerie McDonald, MD, PhD

Resident in Medicine

Bio

BIO

Valerie McDonald received her MD degree from the University of Washington. During medical school, she conducted research exploring the relationship between physical activity and healthcare utilization. She is currently a resident physician in Internal Medicine at Stanford Health Care. Her career interests include cardiovascular prevention, cardio-kidney-metabolic health, implementation science, and leveraging AI and digital health innovations to improve patient care.

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)