



Canadian Women's Heart Health Alliance

Health Systems and Policy Working Group | Member Profile



Kathryn Rand, RD, MA

Director, Health Policy & Systems

Heart & Stroke

Halifax, NS

Alliance member since 2018

Biography

Kathryn Rand is a Registered Dietitian and Health Promoter who obtained her BSc in Nutrition from Mount Saint Vincent University and an MA in Health Promotion from Dalhousie University. She currently provides leadership to Heart & Stroke's mission in Nova Scotia through her role as the Director of Government Relations and Health Promotion. In her current role, she leads the implementation of Heart & Stroke's Women's Heart and Brain Health Initiative in Nova Scotia; mobilizing stakeholders to take action in support of women's heart and brain health equity in research, diagnosis, treatment, and support. Kathryn is a strong advocate for women's cardiovascular health, and is passionate about advocating for systems-level changes that ensure women are no longer under-researched, under-diagnosed and under-treated, and under-supported during their recovery. She looks forward to working collaboratively with a diverse group of experts on the Alliance to impact public policy that will improve women's cardiovascular health across the lifespan.