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Dr. Rita Nguyen is an assistant health officer for the San Francisco Department of Public Health Population Health Division and serves as the chronic disease physician specialist. In this role, she supports and provides thought leadership to chronic disease prevention efforts for the City and County of San Francisco. This includes supporting community-based initiatives, working collaboratively with health systems to advance population health, and informing efforts that promote policy, systems, and environmental changes that support health.

She leads the Food as Medicine Collaborative in San Francisco, a multisector collaboration that advances systems change in healthcare to address food insecurity and promote nutritional behavior change in underserved patient populations. She is a practicing hospitalist at Zuckerberg San Francisco General Hospital and an assistant clinical professor at UCSF.

She received her BA at Stanford University, her MD at Johns Hopkins University School of Medicine, completed Internal Medicine residency at Brigham and Women's Hospital, and returned to Stanford to complete a Civic Innovation Fellowship at the d.school where she focused on innovating at the intersections of healthcare, food and design.