Ruth Urquhart is a graduate student pursuing a Master of Public Health degree at the University of Utah. She earned a Bachelor of University Studies in Public Health as an undergraduate at the University of Utah. Ruth wrote her undergraduate thesis on the preventive benefits of syringe exchange. While researching the topic, she was connected with the first legal syringe exchange program in Utah: Utah Harm Reduction Coalition. Upon graduation, Ruth plans to continue her education by pursuing a Master of Business Administration degree as well as a Juris Doctor degree.

Ruth currently works as the Health Services Director for Utah Harm Reduction. Her responsibilities include: disease prevention and education, rapid HIV and Hepatitis C testing, counselling and referrals for positive results. Her work with UHRC has allowed her to work closely with people who inject drugs and people experiencing homelessness in Utah—two chronically underserved populations.

In her spare time, Ruth enjoys reading, climbing, and camping. She plans to one day use the skills that she gained while earning her degrees to hold elected office in Utah. She hopes to facilitate healthy conversations between key players that create a political dynamic that is unique to Utah.