



Jeffrey B. Ritterman, MD

City Councilman, Richmond City
The Permanente Medical Group

I was born on the hottest day of the year, August 26, 1948, in Brooklyn, New York. I come from a closely knit family, and that is where I learned my basic core values. I grew up on Long Island, and went to the University of Wisconsin during the turbulent 1960's. While at college, I developed a commitment to social and environmental justice issues which is with me to this day. This commitment has taken me to Central America and Southern Africa where I was involved in supporting health care relief efforts for the poor. My current focus is on finding ways to help my local community become healthier.

Education and Training:

After college, I taught low-income, runaway, high school students in an alternative high school I helped start in Madison, Wisconsin. I then attended Temple Medical School followed by residency training in Internal Medicine at the Medical College of Pennsylvania, both in Philadelphia. I became increasingly interested in heart disease and did a cardiology fellowship at the University of Washington in Seattle. When I finished my training, I started working as a cardiologist at Kaiser Richmond in the summer of 1981.

Current Interests and Activities:

Recently, I started the Healthy Living Committee to promote the adoption of healthy lifestyle choices by the staff at the Kaiser Richmond Medical Center as well as the greater Richmond community. I serve on the Health Advisory Board of the North Richmond Center for Health, a community health center serving mainly low-income residents of North Richmond, the Iron Triangle, Parchester Village and west San Pablo.

I am also on the Public and Environmental Health Advisory Board (PEHAB) which serves Contra Costa County. PEHAB is a 19-member citizen advisory body which was established by the Contra Costa County Board of Supervisors in 1987. PEHAB identifies community health concerns and emerging public health issues and provides recommendations to Contra Costa Health Services and the Board of Supervisors. I work with PEHAB's Environmental Health subcommittee. We have been concerned about the rising pesticide use within the county and its adverse health effects. The County Board of Supervisors acted on our recommendation and passed an ordinance requiring county facilities and county maintained roadways to implement an Integrated Pest Management Policy which avoids pesticide use wherever possible and only uses the minimal amount of least toxic pesticides when their use is deemed necessary. The Environmental subcommittee also issued a report advising the public on the risks of eating locally caught fish which may be contaminated. Both the pesticide report and the contaminated fish report are available at the PEHAB website. To learn more about me and what I believe see My Philosophy.