



Katherine (Alden) Forrest (Sciences -
Medicine)

Video
highlights of
Inductee's
Profile



Katherine graduated from CHS in June 1959. She went on from CHS to obtain B.A., cum laude, from Harvard College on a General Motors Scholarship, an M.D. degree from Harvard Medical School, and an M.P.H. from Harvard School of Public Health. She had postgraduate training in both gynecology and pathology and is Board Certified in Public Health and Preventive Medicine. She has been licensed to practice medicine in Massachusetts, New Hampshire, Connecticut, and California. She is now retired. Katherine was an Assistant Professor of Public Health and Medical Computer Science at Yale University School of Medicine from 1974- 1977. During that time she was the Founder and Director of Yale's Office for Women in Medicine. Also during that period she was a consultant and trainer at the International Training Center at the University of Connecticut in Hartford, where she was a key figure in policy and planning for a new statewide family planning training network.

Katherine and her family moved to California in 1977 where she became the Medical Director and Director of Clinical Research at the Planned Parenthood Ass'n of Santa Clara County in San Jose, CA. In addition to caring for patients and managing the medical staff, she initiated and promoted clinical services for men, the first such program for men anywhere in the country. She also initiated a clinical trial research program, in which many diagnostic procedures and therapeutic products were studied. For three years she had the honor of serving as a member of the National Medical Committee of the Planned Parenthood Federation of America. From 1977- 1982 she was also a Clinical Assistant Professor of Family, Community, and Preventive Medicine at Stanford University, Stanford, CA.

At the end of 1983, Katherine left the staff of Planned Parenthood to become a full-time medical and marketing consultant. From 1983 through 2005, she was a medical consultant on many projects in the areas of clinical design and supervision, product safety, marketing of medical products and services, marketing research, strategic planning and training. She also provided medical, scientific, and marketing analysis to support functions including product acquisitions, product line extension, labeling and medical communications. She designed and supervised clinical trials for the pharmaceutical, medical device and diagnostics industries and was the Principal Investigator on 28 clinical trials. From 1990-1993, she held Medical Director Positions in Clinical Investigation, International Marketing, and New Product Planning at the pharmaceutical company Syntex.

Also from 1990-1993, she planned and conducted psychological research as a Principal Research Scientist at the non-profit American Institute for Research. In that role, she was the principal investigator on two major NIH-sponsored studies of HIV/AIDS risk behavior and condom use among California Hispanics.

As a consultant, Katherine was Medical and Marketing Director of Mayer Laboratories, a start-up consumer health products company, from 1986- 1990. From 1992-2002 she was a member of the Board of Directors of Mayer Laboratories.

Katherine has always been involved in politics and community activities. During the years 1981-1990, she was a Member and the Research Director for the Stanford Chapter of the Physicians for Social Responsibility. In 2001, with her late husband, Leonard Salle, she co-founded the Commonwealth Institute, a small nonprofit research and education think tank dedicated to strengthening the progressive movement in the United States. After completing much of its work, Katherine resigned from the Board in 2011.

Since 2009, she has been on the Board of Directors of the Peninsula Democratic Coalition, the largest Democratic political organization in Santa Clara County, California. Katherine has been a speaker and trained at numerous events organized by environmental, health, educational, and political organizations. Most of her current volunteer activities now focus on the climate change crisis and its global significance for present and future generations.

The CHS Alumni Association is happy to recognize Katherine for her impressive body of work in the field of medicine. We are proud to call you a fellow RAILROADER.

Charles Gill, CHSAA HOF Committee Chairman