

## 2020 Certificate of Excellence Award



### Sofia Ahmed, PhD

University of Calgary  
Calgary, Alberta

Hypertension Canada is honoured to recognize Dr. Sofia Ahmed as the recipient of the 2020 Certificate of Excellence Award, which recognizes community, provincial, regional or national initiatives and ongoing programs of high blood pressure prevention and control. These activities are essential to the health of the average Canadian by potentially lowering cardiovascular disease.

Dr. Sofia Ahmed leads the CV&Me Women's Cardiovascular Health Initiative in the Libin Cardiovascular Institute at the University of Calgary and is strongly supported by the Cumming School of Medicine. CV&Me has been a tremendous advocate at the local, provincial, national and international levels for the incorporation of sex and gender-based considerations in hypertension and cardiovascular care, research and education. Their efforts in this domain have been recognized by the University of Calgary with the 2020 Diversity Award for outstanding commitment and excellence to equity, diversity and inclusion.

The CV&Me Initiative, comprised of University of Calgary researchers, clinicians, trainees and women with lived experiences, was created to support sex and gender considerations in hypertension and cardiovascular research, educate the community on the importance of blood pressure control and other cardiovascular disease risk factors in women and ultimately improve and optimize cardiovascular care of women nationally and internationally.

Underscoring the national recognition of CV&Me's work, Dr. Ahmed was invited by Research Canada to speak in Ottawa May 2019 at the Parliamentary reception on "Women's Health: The Case for a Sex and Gender-Based Analysis", where she advocated for the importance of equitable representation in research, and that "sex" and "gender" are not interchangeable terms and therefore cannot be treated the same way in research reporting, education or knowledge translation materials.

Without question, the CV&Me program's work in promoting research and advocacy for the incorporation of sex and gender considerations into hypertension research, education and care will directly result in Hypertension Canada's vision of "Canadians having the healthiest and best-managed blood pressure in the world. For these reasons, Dr. Sofia Ahmed's leadership and commitment to the hypertension community is worthy of the 2020 Hypertension Canada Certificate of Excellence.