

Rita Graham is the Policy Director for the Service Women's Action Network (SWAN), where she leads federal advocacy on issues affecting servicewomen and women veterans, including healthcare access, military personnel policy, and toxic exposures.

Ms. Graham previously served as a U.S. Army Field Artillery officer, commissioning in 2017 and serving in a range of ground operational leadership roles. She was assigned to the 2d Cavalry Regiment in Vilseck, Germany, where she served as a Fire Support Officer, Platoon Leader, and Headquarters Executive Officer, earning recognition as the Regimental top Joint Fires Observer (JFO) and the top-performing lieutenant in her unit. She later served at Joint Base Lewis-McChord as a Battalion Fire Support Officer and Brigade Operations Officer. She completed the Field Artillery Basic Officer Leader Course and Captain's Career Course at Fort Sill, Oklahoma, and was selected as a Tillman Scholar in 2023.

Following her medical retirement from the Army, Ms. Graham earned a Master in Public Policy from the Harvard Kennedy School of Government, where her thesis on military healthcare received the school's award for top thesis in Peace and Human Rights. She joined SWAN in June 2025.