





I Think I Want to Change the World... But, How?

One Beginner's Guide to Becoming a Champion Provider

May 5, 2017

2017 Champion Providers Fellowship Orientation

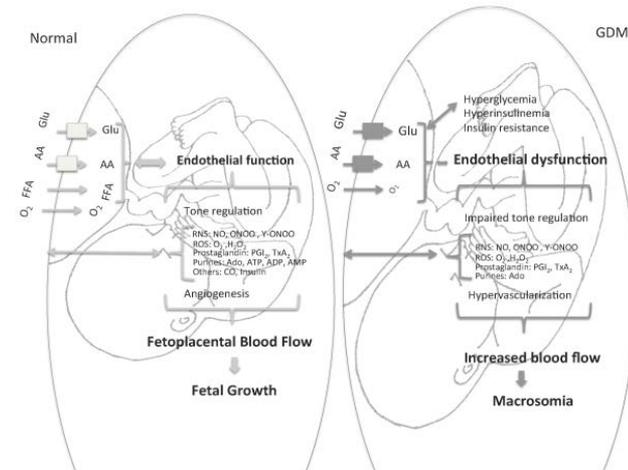
Valencia P. Walker, MD
Associate Clinical Professor
Division of Neonatology | Department of Pediatrics

Disclosures

- Dr. Walker has no financial relationships with commercial interests to disclose

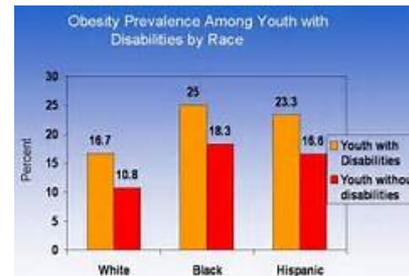
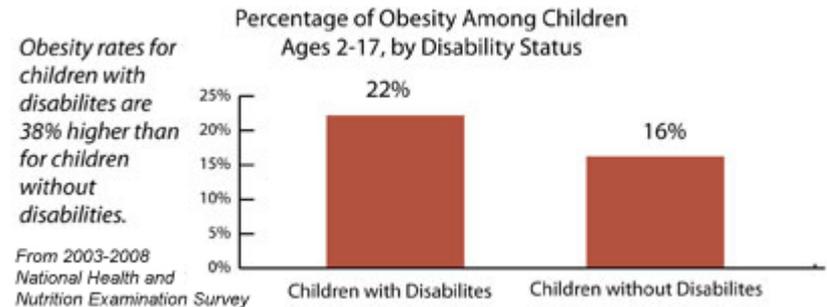
Introduction

- **Infant of Diabetic Mothers (IDM) often face unique challenges immediately after birth**
- **More likely to require NICU admission**
- **Consequences often persist into adulthood**
- **May include development of disabilities**

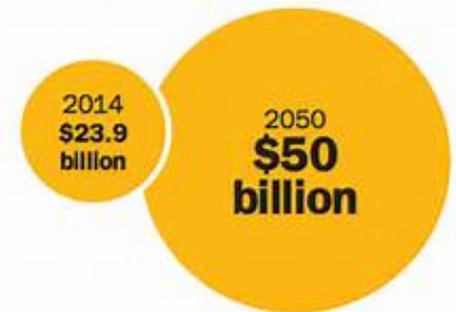


Introduction

- Obesity also contributes to adverse outcomes for mothers and their children
- Health Disparities impact (maternal) obesity
- Intersectionality between obesity, disability and other factors contributing to health inequities
- Place a greater financial burden on families and society



Obesity Related Healthcare Costs for Preventable Diseases



How Can an Intervention Program Work?

- Reach young women before and during pregnancy
- Provide education and encouragement around healthy eating and exercise
- Partner with experts in the field of population health and obesity/diabetes management



Can I Go Upstream?

- Clinical demanding career as an intensivist in the NICU
- Limited time/experience with public health/population health
(Association of Black Women Physicians)
- Accepted into the Champion Providers Program
- Increased involvement within the California Medical Association



Will an Intervention Program Work?

- Reach young women before and during pregnancy
- Provide education and encouragement around healthy eating and exercise
- **Partner with experts in the field of population health and obesity/diabetes management**



But, How?

Yesterday i was clever,
So i wanted to change the world.
Today i am wise,
So i am changing myself.

~ Rumi



Truth Inside Of You

How Do *I* Champion?



How Do *I* Champion?



Committing to My Advocacy Philosophy

The physicians are the natural attorneys of the poor, and social problems fall to a large extent within their jurisdiction.

– Rudolf Virchow

Advocacy/Champion Provider “To Do” List

- **Chairperson – Council on Legislation for CMA**
- **Op-Ed Submissions**
- **Convene Community Stakeholders and Support Expansion of Partner Networks**
- **Obtain MPH (Health Policy) Beginning Fall 2017**
- **Build a Prenatal Obesity Awareness Program**



A Physician's Purpose (Dentist's Duty)



