



## Seleda Williams, M.D., M.P.H.

**Philosophy of Care** My philosophy of care is to support patients in achieving their journey to a healthy life.

**Clinical Interests** Dr. Seleda Williams is a clinical preventive medicine and public health specialist. She runs the UCD Nutrition/Weight Management Clinic. She teaches in the UCD the School of Medicine, the Betty Irene Moore School of Nursing and the Departments of Internal Medicine and Public Health Sciences. Her passion is in promoting health.

**Research/Academic Interests** Dr. Williams research focuses on improving medical professional's competencies in lifestyle medicine, nutrition, chronic disease prevention and obesity prevention.

**Title** Volunteer Clinical Professor  
Volunteer Clinical Faculty  
I-Explore PBL Facilitator

**Specialty** Public Health and Preventive Medicine, Nutrition

**Department** [Internal Medicine](#)  
[Public Health Sciences](#)

**Division** Endocrinology, Diabetes, and Metabolism  
Public Health Sciences

**Address/Phone** Lawrence J. Ellison Ambulatory Care Center, Endocrinology, Diabetes & Metabolism Clinic, 4860 Y St. Suite 0400 Sacramento, CA 95817  
**Phone:** 916-734-2737

**Additional Phone** Physician Referrals: 800-4-UCDAVIS (800-482-3284)

**Education** M.D., UCLA/Drew Univ. Medicine & Science, Los Angeles CA 1989  
M.P.H., Health Promotion, San Diego State University/UC San Diego, San Diego CA 1992  
B.H.E., Dietetics, University of British Columbia, Vancouver, Canada 1985

**Internships** Family Medicine, King/Drew Medical Center, Los Angeles CA 1989-1990

**Residency** General Preventive Medicine, UC San Diego/San Diego State University, Los Angeles CA 1990-1993

**Board Certifications** American Board of Preventive Medicine  
UCD Interprofessional Teaching Scholarship Program

**Professional Memberships** The Obesity Society



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### Honors and Awards

Pfizer Medical School Scholarship, UCLA  
Award: Child Development Policy Advisory Committee  
Spirit of Mentoring Award

### Select Recent Publications

Williams S. The Obesity Society: Abstract: UCD Primary Care Adult Obesity Training %26amp%3B Treatment Services Assessment. A Case for For Interprofessional Collaboration. ObesityWeek. 2020. Poster

Williams S. DHCS Child Health Disability %26amp%3B Prevention (CDHP) Program Health Assessment Guidelines. 2016. Web-based publication.

Williams S. DHCS California Children Services (CCS) Medical Eligibility Guide. 2016. Web-based publication.

Contributing Author: Advanced Pharmacology for Prescribers. Pharmacotherapy for Obesity, Springer Pub. 2022;36.

Williams S. Review article: Office Management of Obesity. Am J Clinical Nutrition. 2004 Sep;80: 794.

DHCS Telehealth Workgroup Report: Impact of Assembly Bill 415 on the Department of Health Care Services, California Department of Health Care Services. 2012 Dec.

Quick and Basic Training Guide for Child and Adolescent Overweight and Obesity, California Department of Health Care Services. June 2009.

Shalwitz J, Bushman D, Davis K, Williams S. Body Basics, An Adolescent Provider Toolkit. San Francisco, CA. 2005.



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Williams S. Teen Overweight Outreach Prevention and Treatment: A Medi-Cal Managed Care Best Practice Model, Center for Health Care Strategies Resource Paper. 2004 Sep 14.

Williams S. California Obesity Prevention Initiative Health Systems Workgroup Obesity Prevention for Health Care Systems Executive Summary %26amp%3B Literature Review, California Department of Health Services. 2002 Nov 15.

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