



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

Philosophy of Care	The emphasis of my clinical practice is to keep patients healthy. My focus is on the promotion of healthy habits such as eating healthy, staying fit and reducing stress.
Clinical Interests	Dr. Williams' clinical interests include: Obesity and chronic disease prevention, Maternal and Child Health policy and Nutrition.
Research/Academic Interests	Dr. Williams' research interests include: Obesity prevention, nutrition and health promotion and Heart Disease prevention.
Title	Clinical Professor - Volunteer
Specialty	Public Health and Preventive Medicine, Nutrition
Division	Endocrinology, Diabetes, and Metabolism
Address/Phone	Lawrence J. Ellison Ambulatory Care Center, Endocrinology, Diabetes & Metabolism Clinic, 4860 Y St. Suite 0400 Sacramento, CA 95817 Phone: 916-734-2737
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Education	M.D., UCLA School of Medicine, Los Angeles CA 1989 M.P.H., San Diego State University, San Diego CA 1992 B.H.E., 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 1990-1992
Board Certifications	American Board of Preventive Medicine, 1996
Professional Memberships	American Board of Preventive Medicine American College of Preventive Medicine Association of Clinicians for the Underserved The Obesity Society UC Los Angeles Alumni
Honors and Awards	Pfizer Medical School Scholarship, UCLA Award: Child Development Policy Advisory Committee



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Spirit of Mentoring Award

Select Recent Publications

Review article: Office Management of Obesity, American Journal of Clinical Nutrition, Volume 80, p. 794, September 2004.

Long Term Follow-up of Over 100 Patients Who Lost Over One Hundred Pounds, The Permanente Journal, Volume 2 No. 3, Summer 1998.

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

California Daily Food Guide, California Department of Health Care Services & Department of Public Health, Editor. 2012

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

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

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

California Obesity Prevention Initiative Health Systems Workgroup Obesity Prevention for Health Care Systems Executive Summary & Literature Review, California Department of Health Services, November, 15, 2002.



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Steps to Take Comprehensive Perinatal Services Guidelines, Contributing author and editor. 1997.

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