



Lena Claire van der List, D.O.

Philosophy of Care

As a pediatrician I strive to build strong and lasting relationships with children and their families from birth to eighteen. I believe that pediatric health care is comprised of physical, developmental and emotional wellness and I will work to ensure a multi-modal approach to caring for your child. I work to provide timely, accurate pediatric health information to families both in and out of the exam room. For this reason, I am actively engaged in using media as an education tool and have created Kids Considered, a children's health podcast, for parents to have immediate access to timely pediatric health topics.

Clinical Interests

Dr. van der List is a community pediatrician who works to ensure each individual child obtains optimal health and development. She has a clinical interests in adolescent medicine and creating a medical home for children with complex medical needs.

Research/Academic Interests

Dr. van der List's academic interests focus on teaching other physicians to use media for advocacy and patient education. She is the co-creator of the UC Davis children's health podcast, Kids Considered.

Title Associate Physician

Specialty Pediatrics

Department [Pediatrics](#)

Division General Pediatrics

Clinic UC Davis Medical Group, Sacramento - Midtown

Center/Program Affiliation [UC Davis Medical Group](#)
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Education D.O., Western Univeristy of Health Sciences, Pomona CA 2017
B.S., UC Davis, Davis CA 2011

Residency Pediatrics, UC Davis, Sacramento CA 2017-2020

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