

## Dr. Patrice A. Harris: A Trailblazer in Health Equity

Imagine a world where everyone has equal access to healthcare, regardless of race or income. Dr. Patrice A. Harris has dedicated her life to making this vision a reality. She was the first African American woman to become President of the American Medical Association (AMA). She had this position during the largest health crisis in the United States in over a century: the COVID-19 pandemic. The demands on her were immense as she worked to support doctors in responding to this exceptional situation,



As AMA president, she continued her lifelong commitment to addressing the health needs of underserved populations. African American communities, in particular, often face barriers to quality healthcare. As a result, these communities have higher rates of illness and shorter lifespans. Dr. Harris has used her platform to advocate for policies that ensure equitable care for all. She is especially concerned with the mental health of African Americans in low-income communities, where mental health issues are frequently overlooked. Dr. Harris has worked tirelessly to emphasize that mental health is as important as physical health. By addressing mental health openly, she believes we can create healthier, more supportive communities.

Whether you aspire to become a doctor, an advocate, or simply a supportive friend, remember that your efforts can drive positive change. Dr. Harris's journey demonstrates that with determination and compassion, we can all be trailblazers in our own way