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CONTACT:

Samantha White
Texas Academy of Family Physicians
(512) 329-8666 ext. 116
swhite@tafp.org

Adela Valdez, MD, MBA, receives the Texas Academy of Family Physicians Diversity and Health Equity Leadership Award

GRAPEVINE, TEXAS — Adela Valdez, MD, MBA, of Harlingen, Texas, has been awarded the Texas Academy of Family Physicians Diversity and Health Equity Leadership Award. Dr. Valdez received the award during TAFP’s Annual Session and Primary Care Summit in Grapevine on Oct. 29. The award honors physicians who advocate for health equity, encourage increased representation from groups historically underrepresented in medicine, and/or promote inclusivity in health care settings and organized medicine.

“I’ve been so blessed to be a family medicine physician and I thank you, all of you, for being first responders, for being at the base of what it is to take care of our community,” Valdez said while accepting the award. “So thank you very much.”

Valdez is the associate dean of diversity, inclusion, and health at the University of Texas Rio Grande Valley School of Medicine, where she is also a professor of family and community medicine. She also chairs the Texas Medical School Diversity and Inclusion Consortium, and the newly-formed UTRGV Faculty and Success and Diversity Council.

In her work as associate dean, Valdez focuses on increasing underrepresented groups in medicine, including Hispanic, Black, and female populations. She also oversees the Diversity Fireside Chats, which provide a venue for open discussion on thought-provoking topics, and have included prestigious speakers such as multiple former surgeon generals.

Family physicians like Valdez are qualified to work in all major medical areas and trained to treat more than 90 percent of all cases they encounter. Family physicians care for patients of all ages.

The Texas Academy of Family Physicians is the premier membership organization dedicated to uniting the family doctors of Texas through advocacy, education, and member services, and empowering them to provide a medical home for patients of all ages. It has 32 local chapters and is a chapter of the American Academy of Family Physicians. Visit www.tafp.org for more information.