

# COMMUNITY OUTREACH

*How TMA helped an employed  
physician put her passion  
into practice*



Physicians Caring for Texans

Amanda Mohammed, MD

**Amanda Mohammed-Strait, MD**

*Family medicine*

**Dallas**

*MEMBER SINCE 2011/12*

Join TMA today at [texmed.org/Join](https://www.texmed.org/Join). Questions? Email [membership@texmed.org](mailto:membership@texmed.org).

**“TMA has a lot to offer and gives physicians a lot of options for getting involved.”**



**Amanda Mohammed-Strait, MD**, says her membership in TMA has helped her make a difference in her patients’ lives outside the clinical setting, embodying the public health principles she promotes every day.

**“I’m having a bigger impact on my community at the local level. It helps me fulfill why I went into medicine in the first place,”** she said.

### **WALKING THE WALK**

A firm believer in Walk With a Doc (a program that encourages healthy physical activity through physician-led walks), Dr. Mohammed-Strait says she has witnessed improved blood pressure and diet among her patients, adding that many have started walking for exercise independently, outside the program.

**“My patients are taking ownership of their health and showing more interest in preventive health care. Walk With a Doc has been a way for me to mirror public health advocacy in my life and work,”** she said.

Not just the patients reap benefits from Walk With a Doc. Dr. Mohammed-Strait credits the program with stimulating “more of my drive to educate patients outside the clinic.”

**“The patients connect with one another. I love seeing that engagement and advocating for them in that way. They look at me differently because they see that I am unique in my level of involvement,”** she said.

### **MEMBERSHIP MATTERS**

Dr. Mohammed-Strait recognizes that her membership in TMA encompasses a broad range of resources and services that benefit the state’s physicians and their patients. In terms of legislative advocacy, she hopes to engage lawmakers in important health care-related discussions by participating in First Tuesdays at the Capitol. At the local level, she’s grateful to TMA for helping to arrange a meeting with her state representative.

**“I was part of a group of family physicians who met with her to discuss the importance of a medical home for underserved patients. She’s going to visit my clinic, and that will help her understand what we’re trying to accomplish for the patient population we serve,”** she explained. **“I work in a valued based care model organization. Our clinic is located in an underserved area in Dallas and we truly meet the needs of the community through evidenced based care, screening and prevention, and advocating for our patients.”**

Dr. Mohammed-Strait encourages other employed physicians to explore the benefits of TMA membership.

**“Reach out to some active TMA members and find out how the organization has helped them have a bigger impact. TMA has a lot to offer and gives physicians a lot of options for getting involved,”** she said.

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