

WAKE FOREST UNIVERSITY SCHOOL OF MEDICINE
Curriculum Vitae

NAME Brittany Watson, MD, MPH, BSN, FAAFP, DABOM

ACADEMIC TITLE: Assistant Professor
Department of Family and Community Medicine

ADDRESS Department of Family and Community Medicine
Wake Forest University School of Medicine
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Brittany.N.Watson@advocatehealth.org

EDUCATION

2012	Clemson University, Calhoun Honors College Clemson, SC Bachelor of Science in Nursing
2016	Medical University of South Carolina (MUSC) Charleston, SC Doctor of Medicine
2023	Harvard T.H. Chan School of Public Health Boston, MA Master of Public Health: Concentration in Health Policy

POSTDOCTORAL TRAINING

2016 – 2017	Intern, Family Medicine Carolinas Medical Center Charlotte, NC
2017 – 2019	Resident, Family Medicine Carolinas Medical Center Charlotte, NC
2018 – 2019	Chief Resident Carolinas Medical Center Charlotte, NC
2021 – 2021	Leading Physician Wellbeing Scholar Leading Physician Wellbeing Certificate Program American Academy of Family Physicians
2022 – 2023	Fellow, Commonwealth Fund Fellowship in Minority Health Policy Harvard University Boston, MA
2024 – 2025	Fellow Leadership through Scholarship Fellowship Society of Teachers of Family Medicine

PROFESSIONAL LICENSURE

2017 – present	North Carolina Medical License, #2017-02052
2019 – present	South Carolina Medical License, #83020

SPECIALTY CERTIFICATION

2019	Diplomate, American Board of Family Medicine
2024	Diplomate, American Board of Obesity Medicine

EMPLOYMENT

Academic Appointments

Edward Via College of Osteopathic Medicine - Carolinas Campus

2022 – 2022	Clinical Assistant Professor, Department of Family Medicine
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Harvard Medical School

2022 – 2023	Research Fellow, Department of Global Health and Social Medicine
2023 – 2025	Affiliate Faculty, Center for Primary Care

Harvard T.H. Chan School of Public Health, Brigham Women's Hospital and Ariadne Labs

2023 – present	Affiliate Faculty
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Wake Forest University School of Medicine

2023 – present	Assistant Professor, Department of Family and Community Medicine
2024 – present	Affiliate Faculty, Maya Angelou Research Center for Healthy Communities

Professional Experience

2019 – 2022	Family Physician (APP Supervisor), Affinity Health Center, Rock Hill, SC
2019 – 2022	Affinity Health Center, Quality Improvement, Primary Care Lead
2020 – present	Part-Time Family Physician, Atrium Health, Charlotte, NC
2020 – 2022	Affinity Health Center, Supervisor
2023 – present	Consultant, Initium Health, Denver, CO
2023 – present	Associate Medical Director Consultant, North Carolina Department of Health and Human Services Division of Health Benefits (NC Medicaid)
2023 – present	Family Physician, United Health Centers, Winston-Salem, NC 2023
2023 – present	Attending Physician, Atrium Health Wake Forest Baptist Medical Center

ADMINISTRATIVE SERVICE

Departmental Service

2018 – 2019	Resident Selection Committee Department of Family Medicine Carolinas Medical Center
2023 – present	Research Committee Department of Family and Community Medicine

Institutional Service – Carolinas Medical Center

2016 – 2019	House Staff Liaison Committee
2018 – 2019	Chair of Philanthropy
2025 – present	Admissions Committee

EXTRAMURAL APPOINTMENTS AND SERVICE

Board Member

2019 – present	Board of Directors, Shelter Health Services, Charlotte, NC
2023 – present	Board of Directors, Women's Empowerment and Birth Equity Institute, Charlotte, NC

Steering Committee Member

2021 – 2022	Committee Member, Impact York County, Rock Hill, SC
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Committee Member

2021 – 2024	Developing New Allies, Cover SC
2023 – present	International Myeloma Foundation African American Initiative Council

PROFESSIONAL MEMBERSHIPS AND SERVICE

2012 – 2016	Student National Medical Association, Member
2015 – 2015	American Academy of Family Physicians Student Liaison to the Student National Medical Association Family Medicine Interest Group Network
2018 – 2018	American Academy of Family Physicians Resident Member, Commission on Health of the Public and Science
2018 – present	Society of Teachers of Family Medicine, Member
2018 – present	National Medical Association, Member
2021 – present	North Carolina Academy of Family Physicians Workforce Pipeline Committee
2022 – present	American Public Health Association, Member

PROFESSIONAL MEMBERSHIPS AND SERVICE

2023 – 2024	Academy Health, Member
2023 – present	Society of Teachers of Family Medicine Underrepresented in Medicine Mentoring Program, Mentee
2024 – present	Charlotte Medical Dental Pharmaceutical Association, Treasurer

HONORS AND AWARDS

2013 – 2014	Presidential Scholar, MUSC
2015	Gold Humanism Honor Society Inductee
2015 – 2016	Emerging Leader, American Academy of Family Physicians Foundation Family Medicine Leads Emerging Leader Institute
2016	Student to Service Scholar, National Health Service Corps
2016	Earl B. Higgins Leadership in Diversity Award, MUSC
2016	Hiriam B. Curry Award for exceptional Community Service, MUSC
2016	Leonard Tow Humanism in Medicine, Arnold P. Gold Foundation
2016	Palmira Silva Snape Award for service to the community, MUSC
2018	Outstanding Resident, Carolinas Medical Center, Dept. of Family Medicine
2019	Academy of Educators Inductee, University of North Carolina School of Medicine
2019	Outstanding Resident Teaching Award, University of North Carolina School of Medicine- Charlotte Campus
2019	Resident Teacher Award, Society of Teachers of Family Medicine, Carolinas Medical Center
2023	Titus and Venus Award, Harvard Black Graduate Student Association

GRANT FUNDING

Currently Active Grants

23-23630g. The Commonwealth Fund (Brittany Watson, P.I) Promoting Equitable SGLT2 Inhibitor Access for Patients Living with Chronic Kidney Disease This project aims to assess the current landscape of evidence-based pharmacotherapy using SGLT2 inhibitors for people at risk for or living with chronic kidney disease and design a system intervention to advance equity in prescribing.	July 1, 2024- present \$15,000
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CLINICAL INNOVATIONS AND INITIATIVES

Clinical Innovations

2021 – 2021	Clinical Wellbeing, Affinity Health Center, Project Lead Rock Hill, SC Improvement in clinician satisfaction
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Quality Improvement Initiatives

2020 – 2022	Improving Blood Pressure, Affinity Health Center Project Lead Rock Hill, SC 61% improvement in hypertension control
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CLINICAL INNOVATIONS AND INITIATIVES

Quality Improvement Initiatives

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| 2020 – 2022 | Improving Diabetes Control, Affinity Health Center, Project Lead
Rock Hill, SC
25% reduction in uncontrolled diabetes |
| 2020 – 2022 | Improving Cancer Screening, Affinity Health Center, Project Lead
Rock Hill, SC
115% improvement in breast cancer screenings, 63% improvement in
colorectal cancer screening |

BIBLIOGRAPHY

Peer-Reviewed Publications

1. **Watson BN**. Primary Care's Role in Eliminating Inequities in Kidney Transplant. *Am Fam Physician*. 2024;109(2):109-110. PMID: 38393790.
2. **Watson BN**, Estenson L, Eden AR, et al. Person-Centered Care Planning for People Living with or at Risk for Multiple Chronic Conditions. *JAMA Network Open*. 2024;7(10):e2439851. doi:10.1001/jamanetworkopen.2024.39851
3. Kramer J, Gupta A, Ellis S, Reed J, McWilliams A, Pokharel Y, Debinski B, **Watson B**, Sparks N, Daniel S, Taylor YJ. Relationships Matter: Exploring the Impact of Patients' Familial, Community, and Provider Relationships on Hypertension Management. *Journal of General Internal Medicine*. 2025; <https://doi.org/10.1007/s11606-025-09470-1>
4. Kramer J, Johnson D, Wolf, K, Gupta A, Ellis S, Reed J, Pokharel Y, McWilliams A, Debinski B, **Watson B**, Assoumou BMT, Taylor Y. Utilizing a health equity framework to explore the patient-level factors impacting effective hypertension management across two academic health systems. *Med. Care Res. Rev.* 2025;0(0).

Letters to the Editor

1. Reavis K, Harris D, **Watson BN**. Re: The Gender Wage Gap Among Early-Career Family Physicians. *J Am Board Fam Med*. Published online August 25, 2025. doi:[10.3122/jabfm.2024.240413R0](https://doi.org/10.3122/jabfm.2024.240413R0)

Invited Publications

1. **Watson BN**, Diamantidis CJ. Missed Opportunities: Rethinking Primary Care Engagement in Dialysis-Dependent Populations. *American Journal of Kidney Diseases*. Published online August 19, 2025. doi:[10.1053/j.ajkd.2025.07.001](https://doi.org/10.1053/j.ajkd.2025.07.001)

Media Presentations and Interviews

1. WFDD Public Radio: Gauging the impact of Medicaid expansion in North Carolina, January 17, 2024
2. The Multiple Chronic Conditions Resource Center Podcast, April 7, 2025

PRESENTATIONS AT PROFESSIONAL MEETINGS

Regional

1. **Watson B.** The Intricacies of Pediatric Psychiatric Admissions within a Practice Based Research Network and the Conundrum of Disposition. North Carolina Academy of Family Physicians Winter Conference 2017, Asheville, NC (Poster Presentation)

National

1. **Watson B.** The Impact of Health Coaching at a Student-Run Free Clinic, Society of Student-Run Free Clinics Conference 2015, Atlanta, GA (Oral Presentation)
2. **Watson B,** Beesley R. The Intricacies of Pediatric Psychiatric Admissions within a Practice Based Research Network and the Conundrum of Disposition, North American Primary Care Research Group Practice-based Research Network 2018, Bethesda, MD (Oral Presentation)
3. Keating M, **Watson B,** Jones, K. Struggling with Advocacy Curriculum: Ideas to Expand Residency Advocacy Training. Society of Teachers of Family Medicine Spring Conference 2024, Los Angeles, CA (Roundtable Presentation)
4. **Watson B,** Person-Centered Care Planning for People Living with or at Risk for Multiple Chronic Conditions, Academy Health: Annual Conference on the Science of Dissemination and Implementation 2024, Washington, DC (Oral Presentation)

INTRAMURAL PRESENTATIONS AND SEMINARS

1. **Watson B,** Hammond, A, Denizard-Thompson, N. From Classroom to Community: A Guided Health Equity Elective for Future Physicians, Health Professions Education Institute, Annual Health Educator Conference 2025, Charlotte, NC (Poster Presentation)
2. **Watson B,** Bridging the Gap: A Novel Medical Student Elective in Safety Net Healthcare, Health Professions Education Institute, Annual Health Educator Conference 2025, Charlotte, NC (Oral Presentation)

INVITED EXTRAMURAL PRESENTATIONS AND SEMINARS

1. **Watson B.** Transition to Motherhood in Women of Low Socioeconomic Status, Greenville Hospital System 2012, Greenville, SC, (Poster Presentation)
2. **Watson B.** Health Awareness and Disparities in South Carolina on a Community Level, Williamsburg County Rally 2013, Hemingway, SC
3. **Watson B.** Carvers Bay High School Black History Month Keynote Speaker 2022, Virtual
4. **Watson B.** Advocacy in Primary Care, Grand Rounds 2023, Harvard Medical School Center for Primary Care, Boston, MA
5. **Watson B.** Build Your Advocacy Toolkit: Transforming Systems for Health Equity Student Workshop 2023, Harvard Medical School Center for Primary Care, Boston, MA
6. **Watson B.** Building Health Equity: Why it Matters and How to Take Action 2023, Northwestern University Virtual

INVITED EXTRAMURAL PRESENTATIONS AND SEMINARS

7. **Watson B.** Advancing Person-Centered Care Planning for People Living with Multiple Chronic Conditions
Minority Health Policy Annual Meeting 2023, Boston, MA
8. **Watson B.** Medicaid Expansion Roundtable, South Carolina American Cancer Society's Cancer Action
Network 2023, Columbia, SC
9. **Watson B.** Overcoming Barriers to Care in Multiple Myeloma: A Call to Action 2023, Medscape
Oncology, Virtual
10. **Watson B.** Physician Advocacy Panel Discussion 2023, Harvard Medical School Office of Diversity,
Inclusion and Community Partnership, Virtual
11. **Watson B.** Keynote: Heal Thy Self: Cultivating Wellbeing on the Journey of Medicine, Family Medicine
Day 2024, North Carolina Academy of Family Physicians, Raleigh, NC
12. **Watson B.** Navigating the Transplant System as a Physician, Caregiver, and Health Equity Expert 2024,
American College of Cardiology Annual Conference, Atlanta, GA
13. **Watson B.** Why Collaborative Care in NC Now?. Behavioral Health Care Manager Summit 2024, NC
Area Health Education Centers (AHEC), Raleigh, NC
14. **Watson B.** Where is the Collaborative Care Model (CoCM) in North Carolina Now?. Behavioral Health
Care Manager Summit 2025, NC Area Health Education Centers (AHEC), Colfax, NC

DIDACTIC/SYSTEMATIC INSTRUCTION

Harvard Medical School
Small Group Instructor, Year 1, PWY 120: Essentials of the Profession (5 hrs.)
January 2023

Wake Forest University School of Medicine
Course Director, 4th Year Elective: Safety Net Elective
July 2024 – present

Wake Forest University School of Medicine
Co-Course Director, 3rd Year Longitudinal Curriculum: Health Equity
August 2024 – present

COMMUNITY ACTIVITIES AND SERVICE

2013 – 2016	CARES Clinic Director of Marketing and Development (2015-2016) Student-run free clinic for the local uninsured population.
2014 – 2020	Charleston and Charlotte Alumnae Chapters of Delta Sigma Theta Sorority, Inc. Delta GEMS Program Volunteer Coordinated and supervised engaging programming for a local teen girl group that promotes education, service, and enhances social skills.
2016 – 2016	PATCH Program Volunteer Mentored local underserved high school students interested in medicine.

COMMUNITY ACTIVITIES AND SERVICE

2017 – 2025	Shelter Health Services Volunteer Provided clinical services and conduct interactive discussion groups for residents living in a local homeless shelter for women and children. Currently serving on the board of directors.
2017 – 2019	Johnson C. Smith University/ Family Medicine Mentoring Program Mentor Mentored undergraduate students interested in medicine.
2018 – 2019	Big Brothers Big Sisters of America Big Sister Big sister to a fifth-grade student.
2020 – 2022	Charlotte Alumnae Chapter of Delta Sigma Theta Sorority, Inc. Delta Academy Program Coordinator Designed and implemented age-appropriate programming for local middle school girls that promotes service, leadership, social skills, and STEM.