

## Tiffani Bell Washington, an Obesity, Mental Health & Lifestyle Specialist with The Healthy Weigh MD, PLLC

Get to know Obesity, Mental Health & Lifestyle Specialist, Dr. Tiffani Bell Washington, who serves patients in the states of North Carolina, Georgia, and Virginia.



**New York City, New York Aug 29, 2022 ([IssueWire.com](https://www.issuewire.com))** - Specializing in obesity medicine, physician wellness, and lifestyle medicine, Dr. Bell is a quadruple board-certified physician with a remote concierge practice - The Healthy Weigh MD, PLLC - for residents in North Carolina, Georgia, and Virginia.

Providing individuals with the necessary tools to reach their health and fitness goals, she can address any underlying depression or anxiety which may add to your difficulty maintaining your weight and having a balanced life. She understands just how busy life can be and how tough it is to maintain balance.

During one's initial evaluation, Dr. Bell will also take a careful look at their medication regimen and will offer them and their primary care physician suggestions to eliminate or substitute medications known to have a negative impact on weight.

The Healthy Weigh MD, PLLC is a virtual cash pay, Direct Patient Care, and medical weight loss practice. Its mission is to help guide individuals on a journey of complete wellness and weight loss, in a healthy way. Some of the practice's areas of specialization include weight issues, stress management, mood issues (depression/anxiety), pre and post-pregnancy weight management, binge eating, lifestyle medicine, life coaching, nutrition, and meal replacement programs (when needed for faster weight loss), as well as medication and lifestyle changes.

Academically, Dr. Bell received her Bachelor of Science degree from Norfolk State University, and her medical degree from the Medical College of Virginia, and completed her residency and fellowship at Wake Forest School of Medicine. She was also an MPH candidate in an accelerated program focused on Leadership and Minority Health Policy at the Harvard T. H. Chan School of Public Health.

After personal tragedy and losing several family members, including her father, to preventable diseases at a young age, Dr. Bell dedicated her life to maximizing health and limiting the impact of chronic illness in minority populations.

She has leadership positions in several national organizations, including currently serving as a Delegate in the American Medical Association, Young Physicians Section, serving on the Steering Committee for the American Medical Association's Ambassador Leadership program, and being a regional trustee for the Black Psychiatrists of America. She previously served as the Residency Fellow Member representative for Black Psychiatrists of America, was selected to be an APA/SAMHSA Fellow, was the Physical and Mental Health Chair for her sorority, Delta Sigma Theta, and served on the American Medical Association's Minority Affairs Section, Governing Council.

Dr. Bell worked as an Assistant Professor of Child and Adolescent Psychiatry, where she received Outstanding Teaching Faculty of the Year and the National Medical Association's "Top Physician under 40" Emerging Leader Award at the beginning of the COVID-19 Pandemic in 2020. D

Utilizing her unique skills, she is board-certified in adult, child, and adolescent psychiatry through the American Board of Psychiatry and Neurology, Inc.; in lifestyle medicine through the American Board of Lifestyle Medicine; and obesity medicine through the American Board of Obesity Medicine.

Passionate and driven, Dr. Bell is a founding member of the Pierce Bell Institute of Black Psychiatry, a 501c3 that advocates for research and policies which address the unique needs of black mental health, especially in today's society given the racial tension and trauma from social injustice and COVID. She also educates and informs audience members on a myriad of topics including obesity in the black community, obesity and the elderly, mental health in the black community, and stigma in mental health and obesity.

As a speaker, she has talked to a wide variety of audiences; from high school students to practicing physicians. Her down-to-earth nature and plain-talk approach to complex topics help make her effective

at communicating with any audience.

Much more than a doctor, Dr. Bell is a community supporter as she encourages each member to help dispel stigma and judgment.

“I plan to continue my advocacy and outreach to underserved communities in hopes of inspiring others to pursue their dreams, even if they do not have many examples of physicians of color. I am most moved by my ability to positively impact the lives of those whom I encounter and meet my patients where they are in terms of understanding” as stated the doctor.

**Learn More about Tiffani Bell Washington:**

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/28472-Tiffani-Bell-Washington-Psychiatrist>, or through The Healthy Weigh MD, PLLC, <https://www.thehealthyweighmd.com/>

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