



# Diversity & Inclusion Moment

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# Dr. Helen Rodríguez Trías

Physician, public health expert & women's rights activist

- She was born 1929 in New York and grew up in New York and Puerto Rico.
- She experienced discrimination and disadvantages in school because she was a Latina.
- She became a pediatrician in Puerto Rico and started Puerto Rico's first infant health clinic: Infant mortality declined by 50% within 3 years.
- She was a member of the women's health movement and founded the Committee to End Sterilization Abuse and the Committee for Abortion Rights and Against Sterilization Abuse
- In the 1980s, she was medical director of New York State's AIDS institute.
- She later became the first Latina to serve as the president of the American Public Health Association (APHA)
- She was awarded the Presidential Citizen's Medal in 2001.

