

Tamara Sheffield, Intermountain Health

Dr. Tamara Sheffield is the Medical Director for Community Health and Prevention at Intermountain Healthcare where she works with health care administrators, physicians, and community leaders on developing preventive medicine programs for patients and communities served by the Intermountain system. She is the spokesperson of Intermountain's LiVe campaign, promoting healthy nutrition and activity to Utah's adolescents, and was the spokesperson for Intermountain's Health Highlights media campaign.



Dr. Sheffield is a member of the CDC's Advisory Committee on Immunization Practices (AICP) Influenza Subcommittee. She chairs the Utah Adult Immunization Coalition and is the Medical Advisor to the Coalition for Tobacco Free Utah.

Dr. Sheffield is an alumnus of the University of Utah Medical School. She received her Masters degree in public administration from the Marriott School of Management, Brigham Young University, and received her Masters degree in public health from the Medical College of Wisconsin.