

Dr. Alma Littles: Medical leader and patient advocate

By Dorothy Inman-Johnson
Special to the Outlook

Dr. Littles is a person all of Tallahassee should know. Her work really speaks for her. Dr. Alma Littles grew up in Quincy, Florida; and is a product of the Gadsden County School District, having graduated from James A. Shanks High School. She received her Bachelor of Science Degree from the University of Florida, and her M.D. from the University of Florida College of Medicine. She completed her residency at the Tallahassee Memorial Hospital Family Medicine Residency Program. After establishing her solo family

medical practice in Quincy where she was recognized as a statewide and national leader in medical education, she joined the faculty of Tallahassee Memorial Hospital's Family Medicine Residency Program in 1996.

Today, Dr. Littles is the chief academic officer of the Florida State University College of Medicine, with the overall responsibility for overseeing the design, development, implementation, and evaluation of the four-year comprehensive curriculum leading to medical degrees. She joined the FSU College of Medicine in 2002 as a founding chair of the Department of

Family Medicine and Rural Health; and was actively involved in the accreditation efforts for the College of Medicine when created, and led the College's successful reaccreditation in 2011.

She has dedicated her life to improving access to quality health care and the training of future health-care professionals, both in her career and public service. Her service to the medical profession and the public includes former president of the Florida Academy of Family Physicians and the Capital Medical Society, member of the National Board of Medical Examiners/ Committee for

Medical School Programs, and member of the American Academy of Family Physicians. She served as the 2016 Chair of the Tallahassee Memorial Hospital Board of Directors; and has been a longtime and powerful patient advocate.

Dr. Littles' commitment and hard work have not gone unnoticed. She was named the 1993 Florida Family Physician of the Year, one of the 25 Women to Know in Tallahassee in 2010, one of Black Health Magazine's Top 15 Most Influential African-American Medical Educators in the country in 2014, and recipient of the Capital Medical Society's 2014

Outstanding Physician of the Year Award. With the demands of her job and impressive record of service, it is a wonder that she finds time to sleep. However, she assured me she makes the time for her family, sleep, and meals. She is married to Gentle Littles III and has a son, Germaine Littles.

Her life demonstrates she could teach all of us lessons on successfully juggling a very demanding career while maintaining a very strong family life. The Capital Outlook Newspaper is proud, therefore, to name Dr. Alma Littles its Person of the Week.

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Person of the Week



Dr. Alma Littles

Week to dotinman-johnson@hotmail.com