Chapter Member Spotlight



Name: Annabelle de St. Maurice
Practice Location: LA County and UCLA
Number of Years in Practice: 14 years

I was born in Paris, France and grew up speaking both French and English in a small town in Southwestern Pennsylvania. Although I went away to the midwest for college and Rochester, NY for medical school, I returned to Pennsylvania for residency at UPMC Children's Hospital of Pittsburgh. Following residency, I pursued Pediatric Infectious training at Vanderbilt University, where I also obtained my MPH.

I pursued my passion for public health as Epidemic Intelligence Officer in the CDC's Viral Special Pathogens Branch at CDC. There I investigated Rift Valley Fever outbreaks in Uganda and hantavirus outbreaks in Wisconsin. I then moved to California in 2017 where I led Pediatric Infection Prevention at UCLA until I took a position at the Los Angeles County Department of Public Health in 2023. Although the bulk of my work is currently focused on public health I continue to work as a Pediatric Infectious Disease consultant at Santa Monica UCLA Hospital.

What do you do before work that sets the tone for your day?
I drink a large mug of coffee and hug and kiss my husband and daughter. I also love to do strength training and cardio (running, cycling, swimming) when possible.

What are some challenges or struggles that you face at work?
Public health work has become more complicated due to misinformation, politics, and decreased funding. Our public health teams are challenged by increasing outbreaks of infectious diseases like measles and introduction of emerging diseases like H5 bird flu.

How do you work through or overcome your challenges or struggles?
I try to maintain a sense of humor and remain positive. I focus on where I can be most impactful and what work related factors I can control versus what I can't control. I focus on having a strong, mission driven team that enjoys working together.

After work, what do you do for your own wellness?
I enjoy spending time with my family and trying new recipes. I try to get sufficient sleep.

From what/whom does your inspiration or motivation stem?
My father was a lifelong learner and read the New York Times and Scientific American voraciously. My mom instilled a love of people and giving back to the community. I continue to draw my inspiration from my family and the amazing friends I have met along the way.

Wellness Tip: What is the one thing you would recommend to our readership to do each day to take care of oneself?
I wish I had something revolutionary to share, but I try to generally be positive, grateful, and remain physically active. It isn't always possible, but I find that limiting my own screen time and disabling lots of notifications (especially from the news) on my phone helps!