

Stanford



Maya Adam

Clinical Assistant Professor, Pediatrics - Infectious Diseases

Bio

BIO

Maya Adam MD is the Director of Health Education Outreach at Stanford's Center for Health Education and the Faculty Lead for the Digital Medical Education International Collaborative in South Africa. Adam has been teaching at Stanford University since 2009. She received her BA in Human Biology from Stanford before studying medicine at the University of British Columbia in Vancouver, Canada. Prior to her post-secondary studies, she spent 10 years as a professional ballet dancer with the State Theater of Saxony in Germany. At the Stanford Center for Health Education, Adam creates online educational content for use in underserved populations, including those in low- and middle-income countries. Adam leads five massive open online health education courses, serving more than 450,000 international learners. In South Africa, her team collaborates with UNICEF and the National Department of Health to create digital educational content for community health workers and mothers as part of the Road to Health initiative. Adam is the author of Food Love Family: A Practical Guide to Child Nutrition.

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Pediatrics - Infectious Diseases

ADMINISTRATIVE APPOINTMENTS

- Director, Health Education Outreach, Stanford Center for Health Education, (2018- present)
- Faculty Lead, Digital MEdIC South Africa, (2017- present)
- Founder, Just Cook for Kids, (2013- present)

COMMUNITY AND INTERNATIONAL WORK

- Digital Medical Education International Collaborative, South Africa
- Stanford Health Outreach App, South Africa

LINKS

- Maya Adam, Great Teaching Showcase, Stanford Year of Learning 2015: https://www.youtube.com/watch?list=PLN8VpiHeQu1mqDmKYMEddL_Xt-DeSUXqn&t=2&v=NFb5QHVDGmw
- Maya Adam TEDx Stanford 2014: <https://www.youtube.com/watch?v=5-gyIkA-crM>
- Just Cook for Kids (a registered 501c3 public charity): <http://justcookforkids.com>

Research & Scholarship

CLINICAL TRIALS

- The Philani Mobile Video Intervention for Exclusive Breastfeeding (MOVIE) Study, Not Recruiting

Teaching

COURSES

2017-18

- The Doctor is In (the Kitchen): Teaching Kitchen Elective for Medical Students: FAMMED 242 (Aut)

2016-17

- Critical Issues in Child Health: HUMBIO 121 (Spr)
- The Doctor is In (the Kitchen): Teaching Kitchen Elective for Medical Students: FAMMED 242 (Win)

2015-16

- Critical Issues in Child Health: HUMBIO 121 (Spr)
- The Art of Creating Digital Health Education Content: PEDS 118, PEDS 218 (Aut)

Publications

PUBLICATIONS

- **A Multi-Institution Collaboration to Define Core Content and Design Flexible Curricular Components for a Foundational Medical School Course: Implications for National Curriculum Reform** *ACADEMIC MEDICINE*
Chen, S. F., Deitz, J., Batten, J. N., DeCoste-Lopez, J., Adam, M., Alspaugh, J., Amieva, M. R., Becker, P., Boslett, B., Carline, J., Chin-Hong, P., Engle, D. L., Hayward, et al
2019; 94 (6): 819–25
- **The Philani MOVIE study: a cluster-randomized controlled trial of a mobile video entertainment-education intervention to promote exclusive breastfeeding in South Africa.** *BMC health services research*
Adam, M., Tomlinson, M., Le Roux, I., LeFevre, A. E., McMahon, S. A., Johnston, J., Kirton, A., Mbewu, N., Strydom, S., Prober, C., Barnighausen, T.
2019; 19 (1): 211
- **A Multi-Institution Collaboration to Define Core Content and Design Flexible Curricular Components for a Foundational Medical School Course: Implications for National Curriculum Reform.** *Academic medicine : journal of the Association of American Medical Colleges*
Chen, S. F., Deitz, J., Batten, J. N., DeCoste-Lopez, J., Adam, M., Alspaugh, J. A., Amieva, M. R., Becker, P., Boslett, B., Carline, J., Chin-Hong, P., Engle, D. L., Hayward, et al
2019
- **Human-Centered Design of Video-Based Health Education: An Iterative, Collaborative, Community-Based Approach.** *Journal of medical Internet research*
Adam, M., McMahon, S. A., Prober, C., Barnighausen, T.
2019; 21 (1): e12128
- **Community health workers' experiences of using video teaching tools during home visitsA pilot study** *HEALTH & SOCIAL CARE IN THE COMMUNITY*
Coetzee, B., Kohrman, H., Tomlinson, M., Mbewu, N., Le Roux, I., Adam, M.
2018; 26 (2): 167–75
- **The Use of Short, Animated, Patient-Centered Springboard Videos to Underscore the Clinical Relevance of Preclinical Medical Student Education.** *Academic medicine*
Adam, M., Chen, S. F., Amieva, M., Deitz, J., Jang, H., Porwal, A., Prober, C.
2017
- **Massive open online nutrition and cooking course for improved eating behaviors and meal composition.** *international journal of behavioral nutrition and physical activity*
Adam, M., Young-Wolff, K. C., Konar, E., Winkleby, M.
2015; 12 (1): 143-?