

# National Indian Health Board Health Policy Fellowship



## **Shelbie Shelder**

Little River Band of Ottawa Indians  
2018-19 National Indian Health Board  
Health Policy Fellow

**Hometown:** Muskegon, MI

**Education:** I am a rising second year medical student at the University of Minnesota Medical School, Duluth Campus. I graduated from undergrad at Michigan State University in May 2017. I studied nutritional sciences and epidemiology.

**I was motivated to apply to be an NIHB Health Policy Fellow, because I really enjoy health policy.** I took a health policy class in undergrad and I loved it. I am hoping this fellowship gives me the tools to understand how policy impacts medicine. I want to bridge the gap between public health and medicine.

**An obstacle I have faced is finding my place in higher education.** It is often hard for me to imagine myself as a physician. I struggle with the imposter syndrome. I think that it is likely due to that fact that I am a first generation college student. I have overcome this by reminding myself why I am here, which is to serve Native people. I also have learned to embrace that my background and journey is different than my classmates.

**My short term goals are** to finish medical school and pursue an MPH degree. A personal short term goal is to run my first marathon, which is scheduled for Oct. 7th, 2018.

**My long-term goal** is to practice as a family medicine physician in an Indian Health Service clinic. I hope to one day come back home and serve my people in our Tribal clinic in Manistee, MI.

**Remember that your ancestors have your back and are watching over you!** Never doubt yourself and follow your dreams.