



CRYSTAL MADDOX MD, MPH, FAAFP – 2023 JUDGE WILLIAM GASTON AWARD

Dr. Crystal Maddox is a family physician, disability rights advocate, best-selling children's book author, wife, and Mother. She is currently an Outpatient Family Medicine Physician and Primary Care Service Line Physician Medical Director with CaroMont Medical Group. She graduated from East Carolina University's (ECU) Brody School of Medicine (Greenville, NC), University of North Carolina at Greensboro (Greensboro, NC), and North Carolina Agricultural & Technical State University (Greensboro, NC).

After completing her internship and residency at ECU Brody School of Medicine/Vidant Medical Center (Greenville, NC Family Medicine), she began working as a Primary Care Physician within the CaroMont Medical Group, caring for individuals of all ages and for patients within a local skilled nursing facility. Her patient population is diverse and includes a large Spanish-speaking population, children and adults with developmental disabilities, as well as patients from a variety of cultural and socio-economic backgrounds.

She is focused on providing culturally competent, accessible, patient-centered care in an efficient and caring manner. She is a system innovator who enjoys experimenting and improving care delivery systems to the benefit of patients, staff, and providers. Ever community-focused, Dr. Maddox's advocacy with both local and state boards is coupled with her continuous civic work with an extensive list of local and statewide organizations. She also serves as a connector, using her personal and professional network for the improvement of individuals and organizations around her. She is an optimistic, energetic, and empathetic problem solver who is not driven by ego, but by results.

Throughout her medical education and residency, she has been active in advocacy and public health. She served as a Schweitzer fellow during medical school, focusing on educating young people about the dangers of marijuana and secondhand smoke. During residency, she participated in a pilot program aimed at teaching Family Medicine residents how to better serve adults with developmental disabilities. This exposure, blended with life experiences, began her career as an advocate for individuals with developmental disabilities.

Dr. Maddox currently serves on the Gaston County Board of Health and Human Services as the Vice Chair and the NCAFP (North Carolina Academy of Family Physicians) Advocacy Committee. She has also served on Disability Rights North Carolina, NC Council on Developmental Disabilities, Jack and Jill of America/Piedmont Gastonia Chapter, Meals on Wheels of Gaston County, and as a Holy Angels Volunteer.

She was the recipient of the *2022 Duke Energy Citizenship & Service Award* and was named "*Top 40 under 40 Physician*" in 2016 by the National Medical Association.

Dr. Maddox is a member of the American Academy of Family Physicians, North Carolina Academy of Family Physicians, American Academy of Healthcare Executives, American Medical Association, North Carolina Medical Society and North Carolina Public Health Association.

In her free time, Dr. Maddox has written several children's books, and her first book, "Doc Like Mommy," was inspired by her daughter. She loves traveling and having adventures with her husband and children. It is her belief that representation matters, whether it be in medicine or in literature. She strives to make sure that her children, patients, and community live without limitations.

Dr. Maddox, the County Commission is honored to present you with the **2023 Judge William Gaston Award** in recognition of your compassion, devotion and professionalism. We are indebted to you for your continued efforts to make Gaston County a better place to live, work and play.