Ida Almanza was raised in Ft. Hancock, Texas, in a small farming community. After high school, she moved to El Paso, Texas to attend The University of Texas at El Paso. She received a Bachelor of Science in Medical Technology, which is now the Bachelor of Science in Clinical Laboratory Science (CLS) degree in the College of Health Sciences. She is board certified as a Medical Technologist and Specialist in Microbiology by the American Society for Clinical Pathology (ASCP). She has had the opportunity to work in a number of positions in reference and hospital laboratories. She retired in July 2020 from Vitalant as the director of shared technical services.