

# Stanford

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## Pooja Kakar

### Bio

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#### BIO

Pooja Kakar, MD, IBCLC is a Clinical Assistant Professor of Pediatrics at Stanford University's Division of General Pediatrics and an International Board Certified Lactation Consultant, with her primary practice at Gardner Packard Children's Health Center. Dr. Kakar has established a breastfeeding medicine clinic and leads efforts to align hospital- and community-based lactation support initiatives. She also serves as the American Academy of Pediatrics (AAP) Section on Early Career Physicians Liaison to the Section on Breastfeeding. Complementing her work in the clinical setting, Dr. Kakar is co-project investigator on two pragmatic trials to address childhood obesity and develop novel digital health applications to promote equitable access to safe outdoor spaces.

Dr. Kakar earned her BA with Honors in Cell Biology and Neuroscience at Rutgers University, followed by an MD with Distinction in Service to the Community at Rutgers Robert Wood Johnson Medical School. She completed her Pediatric Residency at St. Christopher's Hospital in Philadelphia. Dr. Kakar has language proficiency in Spanish and Hindi.

#### ACADEMIC APPOINTMENTS

- Member, Maternal & Child Health Research Institute (MCHRI)

#### BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Leadership Council on Section of Breastfeeding and Section on Early Career Physicians, American Academy of Pediatrics (2020 - present)
- Member, Academy of Breastfeeding Medicine (2017 - present)
- Member, Academy of Lactation Policy and Practice (2018 - present)

#### PROFESSIONAL EDUCATION

- IBCLC, International Board of Lactation Consultant Examiners (2020)
- BA with Honors, Rutgers University , Cell Biology and Neuroscience (2013)

#### LINKS

- Pediatric Telehealth: <http://med.stanford.edu/pediatric-telehealth>

## Research & Scholarship

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### CURRENT RESEARCH AND SCHOLARLY INTERESTS

As a breastfeeding medicine physician, I am passionate about advocating for mother-infant dyads and supporting their breastfeeding journeys. Additionally, I am interested studying and addressing disparities in initiation and duration of breastfeeding, particularly in lower-resourced populations, by building and advancing community partnerships.

I am also interested in the use of digital health tools to advance upstream determinants of health in community-based settings. My current funded research projects include: 1) Providing a telehealth-based, weight control program to children with obesity from lower-income, racial and ethnic minority families (Gardner GOALS) and 2) Assessing and addressing disparities in healthy behaviors in families from under-resourced settings through the use of a secure, multilingual mobile neighborhood app (Our Voice: Beyond Clinic Walls).

## Publications

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### PUBLICATIONS

- **Community-Based Approaches to Reducing Health Inequities and Fostering Environmental Justice through Global Youth-Engaged Citizen Science.** *International journal of environmental research and public health*  
King, A. C., Odunitan-Wayas, F. A., Chaudhury, M., Rubio, M. A., Baiocchi, M., Kolbe-Alexander, T., Montes, F., Banchoff, A., Sarmiento, O. L., Balter, K., Hinckson, E., Chastin, S., Lambert, et al  
2021; 18 (3)
- **Diagnosis, Evaluation, and Treatment of Attention-Deficit/Hyperactivity Disorder.** *JAMA pediatrics*  
Loe, I. M., Kakar, P. A., Sanders, L. M.  
2020