Dr. Anisha I. Patel is an Associate Professor in the Division of General Pediatrics at Stanford University. Dr. Patel earned a medical degree at the University of North Carolina at Chapel Hill, completed a residency and chief residency in pediatrics at Stanford University, a fellowship in the Robert Wood Johnson Clinical Scholars Program at UCLA and a post-doctoral fellowship in the Philip R. Lee Institute for Health Policy Studies at UCSF. Dr. Patel practices general pediatrics at the Gardner Packard Children's Health Center.
Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS
Dr. Patel's research interests focus on reducing socioeconomic disparities in chronic diseases, including childhood obesity. Over the past 10 years, Dr. Patel has led numerous studies to encourage healthy beverage intake among children and adolescents. These studies include analyses of large national data sets, conduct of randomized controlled trials in schools, child care, and community settings to examine how interventions to increase children’s intake of water instead of sugar-sweetened beverages impact child health, and the evaluation of policy efforts to improve the healthfulness of beverages offered in schools and community settings.

Dr. Patel has a diverse funding portfolio ranging from the Robert Wood Johnson Foundation Healthy Eating Research Program, the W.K. Kellogg Foundation, and the National Institutes of Health. Dr. Patel has presented her research to local, national and international audiences. She has also been recognized for her research with awards from the American Academy of Pediatrics and the University of North Carolina, Chapel Hill School of Public Health.

CLINICAL TRIALS

• School Water Access, Food and Beverage Intake, and Obesity, Recruiting

PROJECTS

• Water First: The Impact of School Water Access on Child Food and Beverage Intake and Obesity - Stanford University, University of California, San Francisco, Nutrition Policy Institute (8/1/2016 - 5/31/2021)

• Examining Policies Providing Access to Free Water in Schools and the Health Impact of an Alternative to Sugar-Sweetened Beverages - Stanford University, Nutrition Policy Institute, California Food Policy Advocates, Enigami Ventures

• Testing Drinking Water in California Public Schools for Lead and Other Contaminants in the Context of an Obesity-Prevention Strategy - Stanford University, Virginia Tech, Nutrition Policy Institute

Teaching

STANFORD ADVISEES
Med Scholar Project Advisor

Jazmin Perez

Publications

PUBLICATIONS

  Sharma, P., Altman, E. A., Hampton, K. E., Moreno, G. D., Hecht, C. A., Patel, A. I.
  2021

  Rosinger, A. Y., Patel, A. I., Weaks, F.
  2021: 1-20

• The Importance of Body Mass Index Assessment and Surveillance in Schools. JAMA pediatrics
  Patel, A. I., Sanchez-Vaznaugh, E. V., Woodward-Lopez, G.
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• Temperature Measurement at Well-Child Visits in the United States. *The Journal of pediatrics*
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• Healthy beverage initiatives in higher education: an untapped strategy for health promotion. *Public health nutrition*
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• Trends in sugar-sweetened beverage consumption among California children. *Public health nutrition*
  Beck, A. L., Martinez, S., Patel, A. I., Fernandez, A.
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  Park, S., Onufruk, S., Cradock, A., Patel, A., Hecht, C., Merlo, C., Blanck, H. M.
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• Development and Validation of a Photo-Evidence Tool to Examine Characteristics of Effective Drinking Water Access in Schools. *The Journal of school health*
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• Drinking Water in the United States: Implications of Water Safety, Access, and Consumption. *Annual review of nutrition*
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• Stories of success: a qualitative examination of contributors to excellence in school drinking water access. *Public health nutrition*
  Cooper, A. Y., Altman, E. n., Hecht, C. E., Bruce, J. n., Patel, A. I.
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• Hydrate Philly: An Intervention to Increase Water Access and Appeal in Recreation Centers. *Preventing chronic disease*
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• Drinking water access in California schools: Room for improvement following implementation of school water policies. *Preventing chronic disease*
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• A cluster-randomized controlled trial of an elementary school drinking water access and promotion intervention: Rationale, study design, and protocol. *Contemporary clinical trials*
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• Teachers as Healthy Beverage Role Models: Relationship of Student and Teacher Beverage Choices in Elementary Schools. *Journal of community health*
  Laguna, M. C., Hecht, A. A., Ponce, J., Jue, T., Brindis, C. D., Patel, A. I.
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• Effects of a multipronged beverage intervention on young children’s beverage intake and weight: a cluster-randomized pilot study. *Public health nutrition*
  Grummon, A. H., Cabana, M. D., Hecht, A. A., Alkon, A., McCulloch, C. E., Brindis, C. D., Patel, A. I.
  2019: 1–12

  Walkinshaw, L. P., Hecht, C., Patel, A., Podrabsky, M.
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• A randomized trial of a multi-level intervention to increase water access and appeal in community recreation centers *CONTEMPORARY CLINICAL TRIALS*
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**Ecological Momentary Assessment of Factors Associated with Water Intake among Adolescents with Kidney Stone Disease** *JOURNAL OF UROLOGY*
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**A systematic review of strategies to increase drinking-water access and consumption among 0- to 5-year-olds.** *Obesity reviews : an official journal of the International Association for the Study of Obesity*
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**Agua4All: Providing Safe Drinking Water in Rural California Communities.** *Preventing chronic disease*
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2018; 111: 151–62

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