



Anisha I Patel

Associate Professor of Pediatrics (General Pediatrics) and, by courtesy, of
Epidemiology and Population Health
Pediatrics - General Pediatrics

CLINICAL OFFICES

- **Gardner Packard Childrens Health Center**
3351 El Camino Real Ste 100
Atherton, CA 94027
Tel (650) 362-2500 Fax (650) 362-2584

Bio

BIO

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.

CLINICAL FOCUS

- Pediatrics

ACADEMIC APPOINTMENTS

- Associate Professor - University Medical Line, Pediatrics - General Pediatrics
- Associate Professor - University Medical Line (By courtesy), Epidemiology and Population Health
- Member, Maternal & Child Health Research Institute (MCHRI)

ADMINISTRATIVE APPOINTMENTS

- Member, Stanford Diabetes Research Center, (2018- present)

PROFESSIONAL EDUCATION

- Residency: Stanford Health Care at Lucile Packard Children's Hospital (2005) CA
- Board Certification: Pediatrics, American Board of Pediatrics (2005)
- MSHS, University of California, Los Angeles , Health Services (2008)
- MD, University of North Carolina, Chapel Hill , Medicine (2002)
- Medical Education: University of North Carolina School of Medicine (2002) NC
- MSPH, University of North Carolina, Chapel Hill Gillings School of Public Health , Maternal and Child Health (2001)
- BS, University of North Carolina, Chapel Hill , Chemistry, Anthropology (1997)

LINKS

- Partnerships for Research in Child Health Website: <https://researchinchildhealth.org/>
- Twitter: @anishaipatelmd: <https://twitter.com/anishaipatelmd>
- Half the Sugar, All the Love: <https://www.workman.com/products/half-the-sugar-all-the-love>

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

- Childcare Healthy Beverage Access, Food and Beverage Intake, and Obesity, Recruiting
- Communication and Marketing of School Meals, Recruiting
- 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

Publications

PUBLICATIONS

- **A Cross-sectional Study Characterizing Pediatric Temperature Percentiles in Children at Well-Child Visits.** *Academic pediatrics*
Dang, R., Schroeder, A. R., Weng, Y., Wang, M. E., Patel, A. I.
2022
- **Water Security Experiences and Water Intake among Elementary Students at Low Income Schools: A Cross-Sectional Study.** *Academic pediatrics*
Ezennia, J., Schmidt, L. A., Ritchie, L., Blacker, L., McCulloch, C. E., Patel, A. I.
2022
- **Association of park drinking water source characteristics and water intake in San Francisco Bay Area parks** *H2OPEN JOURNAL*
Ezennia, J., Schmidt, L. A., Blacker, L., Vargas, R., McCulloch, C. E., Patel, A.
2022
- **Factors Related to Water Filter Use for Drinking Tap Water at Home and Its Association with Consuming Plain Water and Sugar-Sweetened Beverages among U.S. Adults.** *American journal of health promotion : AJHP*
Park, S., Onufrak, S., Craddock, A. L., Hecht, C., Patel, A., Chevinsky, J. R., Blanck, H. M.
2022: 8901171211073304

- **Storybooks About Healthy Beverage Consumption: Effects in an Online Randomized Experiment With Parents.** *American journal of preventive medicine*
Grummon, A. H., Sokol, R. L., Goodman, D., Hecht, C. A., Salvia, M., Musicus, A. A., Patel, A. I.
2021
- **Mitigating Childhood Food Insecurity during COVID-19: A Qualitative Study of how School Districts in California's San Joaquin Valley Responded to Growing Needs.** *Public health nutrition*
Jowell, A. H., Bruce, J. S., Escobar, G. V., Ordonez, V. M., Hecht, C. A., Patel, A. I.
2021: 1-26
- **Strength and Comprehensiveness of Drinking Water Language in California School District Wellness Policies.** *Journal of nutrition education and behavior*
Sharma, P., Altman, E. A., Hampton, K. E., Moreno, G. D., Hecht, C. A., Patel, A. I.
2021
- **Examining Recent Trends in the Racial Disparity Gap in Tap Water Consumption: NHANES 2011-2018.** *Public health nutrition*
Rosinger, A. Y., Patel, A. I., Weeks, 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.
2021
- **Temperature Measurement at Well-Child Visits in the United States.** *The Journal of pediatrics*
Dang, R. n., Schroeder, A. R., Patel, A. I., Parsonnet, J. n., Wang, M. n.
2021
- **Frequency and Consequences of Routine Temperature Measurement at Well-Child Visits.** *Pediatrics*
Dang, R., Patel, A. I., Marlow, J., Weng, Y., Wang, M. E., Schroeder, A. R.
2021
- **Healthy beverage initiatives in higher education: an untapped strategy for health promotion.** *Public health nutrition*
Patel, A. I., Schmidt, L. A.
2020: 1-3
- **Trends in sugar-sweetened beverage consumption among California children.** *Public health nutrition*
Beck, A. L., Martinez, S., Patel, A. I., Fernandez, A.
2020: 1-6
- **Correlates of Infrequent Plain Water Intake Among US High School Students: National Youth Risk Behavior Survey, 2017.** *American journal of health promotion : AJHP*
Park, S., Onufrak, S., Cradock, A., Patel, A., Hecht, C., Merlo, C., Blanck, H. M.
2020: 890117120911885
- **Development and Validation of a Photo-Evidence Tool to Examine Characteristics of Effective Drinking Water Access in Schools.** *The Journal of school health*
Patel, A. I., Podrabsky, M., Hecht, A. A., Morris, S., Yovanovich, S., Walkinshaw, L. P., Ritchie, L., Hecht, C.
2020
- **Drinking Water in the United States: Implications of Water Safety, Access, and Consumption.** *Annual review of nutrition*
Patel, A. I., Hecht, C. E., Cradock, A. n., Edwards, M. A., Ritchie, L. D.
2020; 40: 345-73
- **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.
2020: 1-10
- **Hydrate Philly: An Intervention to Increase Water Access and Appeal in Recreation Centers.** *Preventing chronic disease*
Lawman, H. G., Grossman, S. n., Lofton, X. n., Tasian, G. n., Patel, A. I.
2020; 17: E15
- **Drinking water access in California schools: Room for improvement following implementation of school water policies.** *Preventive medicine reports*

- Altman, E. A., Lee, K. L., Hecht, C. A., Hampton, K. E., Moreno, G. n., Patel, A. I.
2020; 19: 101143
- **Water Safety in California Public Schools Following Implementation of School Drinking Water Policies.** *Preventing chronic disease*
Umunna, I. L., Blacker, L. S., Hecht, C. E., Edwards, M. A., Altman, E. A., Patel, A. I.
2020; 17: E166
 - **A cluster-randomized controlled trial of an elementary school drinking water access and promotion intervention: Rationale, study design, and protocol.** *Contemporary clinical trials*
Moreno, G. D., Schmidt, L. A., Ritchie, L. D., McCulloch, C. n., Cabana, M. D., Brindis, C. D., Green, L. W., Altman, E. A., Patel, A. I.
2020: 106255
 - **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.
2019
 - **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
 - **Training High School Student "Citizen Scientists" to Document School Water Access: A Feasibility Study.** *The Journal of school health*
Walkinshaw, L. P., Hecht, C., Patel, A., Podrabsky, M.
2019
 - **A randomized trial of a multi-level intervention to increase water access and appeal in community recreation centers** *CONTEMPORARY CLINICAL TRIALS*
Lawman, H. G., Lofton, X., Grossman, S., Root, M., Perez, M., Tasian, G., Patel, A.
2019; 79: 14–20
 - **Ecological Momentary Assessment of Factors Associated with Water Intake among Adolescents with Kidney Stone Disease** *JOURNAL OF UROLOGY*
Tasian, G. E., Ross, M., Song, L., Audrain-McGovern, J., Wiebe, D., Warner, S. G., Henderson, B., Patel, A., Furth, S. L.
2019; 201 (3): 606–13
 - **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*
Cradock, A. L., Poole, M. K., Agnew, K. E., Flax, C. n., Plank, K. n., Capdarest-Arest, N. n., Patel, A. I.
2019
 - **Agua4All: Providing Safe Drinking Water in Rural California Communities.** *Preventing chronic disease*
Patel, A. I., Hecht, A. A., Hampton, K. E., Hecht, C. n., Buck, S. n.
2019; 16: E151
 - **Perceptions of drinking water safety and their associations with plain water intake among US Hispanic adults.** *Journal of water and health*
Park, S. n., Onufrak, S. n., Patel, A. n., Sharkey, J. R., Blanck, H. M.
2019; 17 (4): 587–96
 - **The association of flavored milk consumption with milk and energy intake, and obesity: A systematic review** *PREVENTIVE MEDICINE*
Patel, A. I., Moghadam, S., Freedman, M., Hazari, A., Fang, M., Allen, I. E.
2018; 111: 151–62
 - **Measuring beverage consumption in US children and adolescents: a systematic review.** *Obesity reviews : an official journal of the International Association for the Study of Obesity*
Grummon, A. H., Sokol, R. L., Hecht, C. A., Patel, A. I.
2018; 19 (8): 1017–27
 - **Potentially addictive properties of sugar-sweetened beverages among adolescents.** *Appetite*
Falbe, J. n., Thompson, H. R., Patel, A. n., Madsen, K. A.
2018; 133: 130–37
 - **Ecological Momentary Assessment of Factors Associated with Water Intake Among Adolescents with Kidney Stone Disease.** *The Journal of urology*
Tasian, G. E., Ross, M. n., Song, L. n., Audrain-McGovern, J. n., Wiebe, D. n., Warner, S. G., Henderson, B. n., Patel, A. n., Furth, S. L.
2018

- **Validation of a survey to examine drinking-water access, practices and policies in schools.** *Public health nutrition*
Hecht, A. A., Grumbach, J. M., Hampton, K. E., Hecht, K. n., Braff-Guajardo, E. n., Brindis, C. D., McCulloch, C. E., Patel, A. I.
2017; 1–7
- **Water Access in the United States: Health Disparities Abound and Solutions Are Urgently Needed.** *American journal of public health*
Patel, A. I., Schmidt, L. A.
2017; 107 (9): 1354–56
- **Validation of a Brief Questionnaire Against Direct Observation to Assess Adolescents' School Lunchtime Beverage Consumption.** *Journal of nutrition education and behavior*
Grummon, A. H., Hampton, K. E., Hecht, A. n., Oliva, A. n., McCulloch, C. E., Brindis, C. D., Patel, A. I.
2017
- **Public Perception of Quality and Support for Required Access to Drinking Water in Schools and Parks.** *American journal of health promotion*
Long, M. W., Gortmaker, S. L., Patel, A. I., Onufrak, S. J., Wilking, C. L., Craddock, A. L.
2016
- **San Francisco childcare centers' preparedness in the prevention and management of asthma among preschool-aged children** *JOURNAL OF ASTHMA*
Young, C. A., Stookey, J., Patel, A. I., Chan, C., Evans, J., Cohn, K., Agana, L., Yen, I. H., Fernandez, A., Cabana, M. D.
2016; 53 (7): 691-698
- **Maximizing School Policies to Reduce Youth Consumption of Sugar-Sweetened Beverages** *JOURNAL OF ADOLESCENT HEALTH*
Patel, A. I., Brindis, C. D.
2016; 59 (1): 1-2
- **A Trial of the Efficacy and Cost of Water Delivery Systems in San Francisco Bay Area Middle Schools, 2013** *PREVENTING CHRONIC DISEASE*
Patel, A. I., Grummon, A. H., Hampton, K. E., Oliva, A., McCulloch, C. E., Brindis, C. D.
2016; 13
- **Lunchtime School Water Availability and Water Consumption Among California Adolescents** *JOURNAL OF ADOLESCENT HEALTH*
Bogart, L. M., Babey, S. H., Patel, A. I., Wang, P., Schuster, M. A.
2016; 58 (1): 98-103
- **Association Between Student Purchases of Beverages During the School Commute and In-School Consumption of Sugar-Sweetened Beverages, San Francisco Bay Area, 2013** *PREVENTING CHRONIC DISEASE*
Grummon, A. H., Oliva, A., Hampton, K. E., Patel, A. I.
2015; 12
- **Chocolate Milk in Schools** *PEDIATRICS*
Dooley, D., Patel, A., Schmidt, L. A.
2015; 136 (6): E1680-E1680
- **Reach Out and Eat: Food and Beverages Depicted in Books for Preschoolers** *CLINICAL PEDIATRICS*
England, J. L., Linchey, J., Madsen, K. A., Patel, A. I.
2015; 54 (13): 1257-1264
- **Development of a Tool to Evaluate Asthma Preparedness and Management in Child-Care Centers** *PEDIATRIC ALLERGY IMMUNOLOGY AND PULMONOLOGY*
Young, C. A., Chan, C., Stookey, J., Patel, A. I., Evans, J., Cohn, K., Agana, L., Yen, I. H., Fernandez, A., Cabana, M. D.
2015; 28 (2): 121-128
- **Drinking Water in California Child Care Sites Before and After 2011-2012 Beverage Policy** *PREVENTING CHRONIC DISEASE*
Ritchie, L. D., Yoshida, S., Sharma, S., Patel, A., Vitale, E. H., Hecht, K.
2015; 12
- **Middle School Student Attitudes About School Drinking Fountains and Water Intake** *ACADEMIC PEDIATRICS*
Patel, A. I., Bogart, L. M., Klein, D. J., Cowgill, B., Uyeda, K. E., Hawes-Dawson, J., Schuster, M. A.
2014; 14 (5): 471-477
- **Tapping Into Water: Key Considerations for Achieving Excellence in School Drinking Water Access** *AMERICAN JOURNAL OF PUBLIC HEALTH*

-
- Patel, A. I., Hecht, K., Hampton, K. E., Grumbach, J. M., Braff-Guajardo, E., Brindis, C. D.
2014; 104 (7): 1314-1319
- **Striving for Meaningful Policies to Reduce Sugar-Sweetened Beverage Intake Among Young Children** *PEDIATRICS*
Patel, A. I., Ritchie, L.
2013; 132 (3): 566-568
 - **Sociodemographic Characteristics and Beverage Intake of Children Who Drink Tap Water** *AMERICAN JOURNAL OF PREVENTIVE MEDICINE*
Patel, A. I., Shapiro, D. J., Wang, Y. C., Cabana, M. D.
2013; 45 (1): 75-82
 - **Trends in Sugar-Sweetened Beverage and 100% Fruit Juice Consumption Among California Children** *ACADEMIC PEDIATRICS*
Beck, A. L., Patel, A., Madsen, K.
2013; 13 (4): 364-370
 - **Is severity of obesity associated with diagnosis or health education practices?** *INTERNATIONAL JOURNAL OF OBESITY*
Leventer-Roberts, M., Patel, A., Trasande, L.
2012; 36 (12): 1571-1577
 - **Hypertension Screening During Ambulatory Pediatric Visits in the United States, 2000-2009** *PEDIATRICS*
Shapiro, D. J., Hersh, A. L., Cabana, M. D., Sutherland, S. M., Patel, A. I.
2012; 130 (4): 604-610
 - **Missing Documentation of Weight and Height at Preventive Visits for Children** *CLINICAL PEDIATRICS*
Burman, N. J., Cabana, M. D., Maselli, J. H., Hilton, J. F., Patel, A. I.
2012; 51 (10): 933-938
 - **Observations of Drinking Water Access in School Food Service Areas Before Implementation of Federal and State School Water Policy, California, 2011** *PREVENTING CHRONIC DISEASE*
Patel, A. I., Chandran, K., Hampton, K. E., Hecht, K., Grumbach, J. M., Kimura, A. T., Braff-Guajardo, E., Brindis, C. D.
2012; 9
 - **Encouraging Consumption of Water in School and Child Care Settings: Access, Challenges, and Strategies for Improvement** *AMERICAN JOURNAL OF PUBLIC HEALTH*
Patel, A. I., Hampton, K. E.
2011; 101 (8): 1370-1379
 - **Increasing the Availability and Consumption of Drinking Water in Middle Schools: A Pilot Study** *PREVENTING CHRONIC DISEASE*
Patel, A. I., Bogart, L. M., Elliott, M. N., Lamb, S., Uyeda, K. E., Hawes-Dawson, J., Klein, D. J., Schuster, M. A.
2011; 8 (3)
 - **Encouraging healthy beverage intake in child care and school settings** *CURRENT OPINION IN PEDIATRICS*
Patel, A. I., Cabana, M. D.
2010; 22 (6): 779-784
 - **Underdiagnosis of Pediatric Obesity during Outpatient Preventive Care Visits** *ACADEMIC PEDIATRICS*
Patel, A. I., Madsen, K. A., Maselli, J. H., Cabana, M. D., Stafford, R. S., Hersh, A. L.
2010; 10 (6): 405-409
 - **Perceptions about availability and adequacy of drinking water in a large California school district.** *Preventing chronic disease*
Patel, A. I., Bogart, L. M., Uyeda, K. E., Rabin, A., Schuster, M. A.
2010; 7 (2): A39-?
 - **School Site Visits for Community-Based Participatory Research on Healthy Eating** *AMERICAN JOURNAL OF PREVENTIVE MEDICINE*
Patel, A. I., Bogart, L. M., Uyeda, K. E., Martinez, H., Knizewski, R., Ryan, G. W., Schuster, M. A.
2009; 37 (6): S300-S306