

BIOGRAPHICAL SKETCH

NAME: Patel, Anisha I.

eRA COMMONS USER NAME (credential, e.g., agency login): ANISHAP

POSITION TITLE: Professor, Pediatrics, Stanford University

EDUCATION/TRAINING

INSTITUTION AND LOCATION	DEGREE (if applicable)	Completion Date MM/YYYY	FIELD OF STUDY
University of North Carolina, Chapel Hill, NC	B.A./B.A.	05/1997	Chemistry/Anthropology
University of North Carolina, Chapel Hill, NC	M.S.P.H.	05/2001	Public Health
University of North Carolina, Chapel Hill, NC	M.D.	05/2001	Medicine
University of California, Los Angeles, CA	M.S.H.S.	12/2007	Health Services Research
Philip R. Lee Institute of Health Policy Studies University of California, San Francisco, CA	Post-Doc Fellow	06/2010	Health Policy

A. Personal Statement

I am a Professor in the Division of General Pediatrics with a courtesy appointment in Epidemiology at Stanford and an Associate Dean of Research in the Stanford School of Medicine and Director of Community-Engaged Research for Stanford's Maternal and Child Health Research Institute. I have rigorous training in research (health services research, public health, community-engaged research, implementation science, and health policy) and pediatrics. I currently practice general pediatrics at a federally qualified health center.

My research focuses on two main areas: 1) understanding provider practices related to clinical guidelines, and 2) patient- and community-engaged randomized clinical trials with thousands of children in schools, childcare centers, clinics, and other community settings to reduce racial/ethnic and income-related disparities in health among children. I have led numerous studies, including NIH-funded research that uses a community-engaged research (CEnR) approach (R13 Community-Academic Partnership grant, 5R13HD075498) and (K23 Award, 1K23HD067305). I led an R01-funded cluster RCT (Water First) to examine the impact of a water promotion and access intervention on children's intake of food and beverages, and obesity. I also lead a related R01-funded cluster RCT to examine the impact of a multi-level childcare-based healthy beverage intervention (Healthy Drinks, Healthy Futures) on beverage intake and obesity for Latino preschoolers. I am also MPI on a R01 study (MPI: Ritchie; 1 R01 DK131217-01A1) to lead an RCT to examine the impact of low-fat vs. whole milk on toddler's cardiovascular health, microbiome and development. I am co-I on another R01 RCT (ESI PI: Beck; 1 R01 HD109158-01A1) to examine the impact of a primary care-based intervention to prevent obesity in low-income Latino children. I co-chair a panel led by the Robert Wood Johnson Foundation that is developing evidence-based recommendations for beverages that children should consume. The panel includes representatives from the American Academy of Pediatrics, Academy of Nutrition and Dietetics, American Heart Association, and American Academy of Pediatric Dentistry.

As Associate Dean of Research in Stanford's School of Medicine, Director of Community-Engaged Research in the Maternal Child Health Research Institute (MCHRI), core faculty in the Community Health and Prevention Research Master's program, member of the MCHRI Bridge to K Award Committee, and in my role on the Council of Mentors for Stanford's KL2 program, I also mentor trainees. To date, I have mentored 60 trainees who have published manuscripts, numerous translational products, and obtained grants, including career awards. Over a third are from under-represented backgrounds in health. I am PI on a NHLBI Midcareer Investigator Award in Patient-Oriented Research (1 K24 HL169841-01) that supports my mentoring in translational patient-oriented research.

Ongoing projects that I would like to highlight include:

1R01DK127124-01A1

Patel (PI)

08/21-07/26

National Institute of Diabetes and Digestive and Kidney Diseases (R01)

A Multi-Level Intervention to Promote Healthy Beverage Intake through Childcare

This cluster RCT is examining the impact of a childcare healthy beverages intervention on children's intake of beverages and obesity.

1UM1TR004921-01

O'Hara (PI)

07/24-06/31

National Center for Advancing Translational Sciences, NIH

Stanford Center for Clinical & Translational Education & Research

Stanford's CTSA-supported research Hub transforms clinical and translational research and education at Stanford and across the Hub network to make it more effective at discovering and implementing data-driven strategies to serve health needs and to disseminate knowledge to trainees and the public.

Role: Co-I

K24HL169841-01

Patel (PI)

07/23-06/28

Mentoring in Translational Research to Prevent Disparities in Childhood Obesity and Cardiometabolic Disease
National Heart, Lung, and Blood Institute

This award will examine the reach, effectiveness, adoption, implementation and maintenance of drinking water promotion and access interventions in schools and childcare centers that are being examined as a childhood obesity prevention strategy through two RCTs. This award will: 1) generate new research that will help adapt and translate these interventions to community settings, 2) provide training experiences in translational patient-oriented research, and 3) enhance Dr. Patel's career development in research, leadership, and mentoring.

1R01DK13121701A1

Ritchie/Patel (MPI)

09/2023-06/2028

Milk Type in Toddlers (Milk-TOT) Study: Impact of Whole versus Low-fat Milk on
Child Adiposity, Health and Development

The study goal is to conduct an RCT to test the impact of milk type (whole versus 1%) on adiposity, dietary intake, vitamin D status, cardiovascular health, neurocognitive development, and microbiota in toddlers.

Relevant Citations (Underlined authors are mentees):

1. Grummon AH, Cabana MD, Hecht AA, Alkon A, McCulloch CE, Brindis CD, **Patel AI**. Effects of a multipronged beverage intervention on young children's beverage intake and weight: a cluster-randomized pilot study. Public Health Nutr. 2019 Oct;22(15):2856-2867. PMID: PMC6750979.
2. **Patel AI**, Hecht AA, Hampton KE, Hecht C, Buck S. Agua4All: Providing Safe Drinking Water in Rural California Communities. Prev Chronic Dis. 2019 Nov 14;16:E151. PMID: PMC6880921
3. Lawman HG, Grossman S, Lofton X, Tasian G, **Patel AI**. Hydrate Philly: An Intervention to Increase Water Access and Appeal in Recreation Centers. Prev Chronic Dis 2020;17:190277. PMID: PMC7085906.
4. **Patel AI**, Schmidt LA, McCulloch CE, Blacker LE, Cabana MD, Brindis CD, Ritchie LD; Effectiveness of a School Drinking Water Promotion and Access Program for Overweight Prevention. Pediatrics 2023; e2022060021. 10.1542/peds.2022-060021

B. Positions, Scientific Appointments, and Honors

Positions and Employment

2022- Executive Committee, Maternal and Child Health Research Institute, Stanford, Palo Alto, CA
2021- Co-Director of Research, Office of Child Health Equity, Stanford, Palo Alto, CA
2021- Director, Community-Engaged Research, Maternal and Child Health Research Institute, Stanford, Palo Alto, CA
2021- Associate Dean, Research, School of Medicine, Stanford, Palo Alto, CA
2021- Courtesy Appointment, Epidemiology and Population Health, Stanford, Palo Alto, CA
2017- Associate Professor, Division of General Pediatrics, Stanford, Palo Alto, CA
2013- Affiliate Faculty, Institute for Health Policy Studies, University of CA, San Francisco, CA
2016- Associate Professor, Division of General Pediatrics, University of CA, San Francisco, CA
2010-2016 Assistant Professor, Division of General Pediatrics, University of CA, San Francisco, CA
2009- Clinical Instructor, Division of General Pediatrics, University of CA, San Francisco, CA
2006-2009 Fellow, Robert Wood Johnson Clinical Scholars Program, University of CA, Los Angeles, CA
2005-2006 Staff Physician, Santa Clara Valley Medical Center, San Jose, CA
2005-2006 Chief Resident, Pediatrics, Lucile Packard Children's Hospital at Stanford, Palo Alto, CA
2002-2005 Resident, Pediatrics, Lucile Packard Children's Hospital at Stanford, Palo Alto, CA
2001 Research Assistant, Ipas, Mexico City, Mexico

Other Service and Professional Memberships

Memberships

2022- American Pediatric Society
2017- Society for Pediatric Research
2009- American Public Health Association
2008- Academic Pediatric Association
2002- American Academy of Pediatrics

Service to Organizations

2022- Leader, American Pediatric Society Journeys Mentoring Program
2022- Member, Council of Mentors, KL2 Mentored Career Development Award Program, Stanford
2022- Committee and Reviewer, Stanford Maternal and Child Health Research Institute Bridge to K Program
2021- Ad hoc reviewer, NCI Special Emphasis Panel Social and Behavioral Intervention Research to Address Modifiable Risk Factors for Cancer in Rural Populations
2021- Core Mentor, Stanford Pediatric Coaching and Mentoring Program
2020- Co-Chair, Stanford Research on the Structural Racism, Social Injustice and Health Disparities in Maternal and Child Health, Stanford
2020- National Institutes of Health Time-Sensitive Obesity Policy and Program Evaluation
2020 National Institutes of Health Community Influences on Health Behavior Study Section
2020 Ad hoc reviewer, NIH, Community Influences on Health Behavior Study Section
2019-2021 Member, California Coalition for Child Health Research
2019- Member, Stanford Department of Pediatrics Research Committee
2019- Reviewer, American Heart Association Voices for Healthy Kids Grant Subcommittee
2017-2018 Member, Bay Area Nutrition and Physical Activity Collaborative Committee on Drinking Water
2017 Ad hoc reviewer, NIH, Psychosocial Risk and Disease Prevention Study
2016-2017 Advisor, Chancellor's Committee on Campus Drinking Water Quality, UCSF Section
2016 Reviewer, NICHD, Special Emphasis Panel on R03 Community-Based Research Proposals
2015-2020 Board Member, Public Health Advocates
2015 Reviewer, NIDCR, Special Emphasis Panel
2015- Reviewer, Healthy Eating Research Proposals
2015- Advisor, National Drinking Water Alliance
2014- Sugar Scientist, SugarScience.Org
2011- Member, NOPREN Water Working Group

Honors (Selected)

2024 Fellow, Executive Leadership in Academic Medicine, Drexel University
2021 Alpha Omega Alpha Honor Medical Society, Stanford
2021 Scholars in Service Program, Stanford
2021 Nautilus "Books for a Better World" Silver Award for Half the Sugar, All the Love

2021	Stanford Pediatrics Clinical Science Research Award
2020	Leadership Development Program, Stanford School of Medicine
2015	Sidney S. Chipman Award, University of North Carolina, Chapel Hill School of Public Health
2014	Delta Omega Honorary Public Health Society, Univ. of North Carolina, Chapel Hill
2013	Halie Debas Excellence in Teaching Award, University of California, San Francisco
2012	American Academy of Pediatrics Outstanding Achievement Award, New Orleans, LA

C. Contributions to Science (Mentees are underlined)

1. Highlighted the role of drinking water access as an obesity prevention strategy

Intake of sugar-sweetened beverages (SSBs), or drinks with added sugar, is a major contributor to obesity and cardiovascular diseases, particularly for low-income and racial/ethnic minority children. Historically, efforts have focused on reducing SSB intake, but water access and promotion is less explored. I first learned about the role of drinking water access in obesity prevention in qualitative research (observations of school nutrition environments, interviews with students) I conducted to inform an NIMHD-funded obesity prevention intervention in middle schools in Los Angeles, CA. Those early studies were the first to highlight the role of appealing and safe drinking water as a key strategy to improving racial/ethnic disparities in sugar-sweetened beverage intake and associated obesity and cardiometabolic diseases. Over the last decade, our team has extensively advanced this field. Our research has been incorporated into policy statements by the Centers for Disease Control and Prevention, American Heart Association, the Robert Wood Johnson Foundation and the 2021 Department of Health and Human Services Commission Report to Congress on Diabetes Control.

- Patel AI**, Hecht K, Hampton KE, Grumbach J, Braff-Guajardo E, Brindis CD. Tapping into Water: Key Considerations for Achieving Excellence in School Drinking Water Access. *American Journal of Public Health*. 2014. 104(7):1314-1319. PMID: PMC4056210.
- Patel AI**, Hecht CE, Cradock A, Edwards MA, Ritchie LD. Drinking water in the United States: Implications of water safety, access and consumption. *Annu Rev Nutr*. 2020;40:345-373. PMID: 32966189
- Cooper AY, Altman E, Hecht CE, Bruce J, **Patel AI**. Stories of success: a qualitative examination of contributors to excellence in school drinking water access. *Public Health Nutr*. 2020 Jul;23(10):1800-1809. doi: 10.1017/S1368980019003975. Epub 2020 Feb 26. PMID: 32100660.
- Ezennia J, Schmidt LA, Blacker LS, Vargas RA, McCulloch CE, **Patel AI**. Association of park drinking water source characteristics and water intake in San Francisco Bay Area parks. *H2Open Journal*. 2022. 5(1): 61–68.

2. Developed and evaluated community-based drinking water promotion and access interventions

After establishing that inaccessible, unappealing, and unsafe drinking water in community settings was a barrier to decreasing disparities in SSB intake, I worked alongside community partners to develop and evaluate interventions to promote intake of water instead of SSBs in schools, childcare centers, parks and recreation centers, and in rural agricultural CA communities where drinking water was unsafe to drink due to arsenic and nitrate contamination. Our studies have shown that increased access to safe, appealing water coupled with promotion can increase water intake and prevent obesity among children in low-income communities of color.

- Patel AI**, Grummon AH, Hampton KE, Oliva A, McCulloch CE, Brindis CD. A Trial of the Efficacy and Cost of Water Delivery Systems in San Francisco Bay Area Middle Schools, 2013. *Prev Chronic Dis* 2016;13:160108 PMID: PMC4951080.
- Grummon AH, Cabana MD, Hecht AA, Alkon A, McCulloch CE, Brindis CD, **Patel AI**. Effects of a multipronged beverage intervention on young children's beverage intake and weight: a cluster-randomized pilot study. *Public Health Nutr*. 2019 Oct;22(15):2856-2867. PMID: PMC6750979.
- Lawman HG, Grossman S, Lofton X, Tasian G, **Patel AI**. Hydrate Philly: An Intervention to Increase Water Access and Appeal in Recreation Centers. *Prev Chronic Dis* 2020;17:190277. PMID: PMC7085906.
- Patel AI**, Schmidt LA, McCulloch CE, Blacker LE, Cabana MD, Brindis CD, Ritchie LD; Effectiveness of a School Drinking Water Promotion and Access Program for Overweight Prevention. *Pediatrics* 2023; e2022060021. 10.1542/peds.2022-060021

3. Conducted research to support the development, evaluation, and implementation of child health policies

I have worked with advocacy organizations and policy researchers to conduct studies that have informed development of child nutrition policies, as well as evaluation of their impact and implementation. Specifically, our early research on inadequate drinking water access in CA schools (see above) informed CA SB1413 and

the federal 2010 Healthy Hunger-Free Kids Act that requires drinking water access in school food service areas where meals are served and or eaten. We have since evaluated the implementation of those policies in California schools, through mixed methods research including surveys of school administrators, qualitative interviews with school personnel and community partners, observations of drinking water access in schools, and coding of California school district wellness policies. We have also evaluated the implementation of CA AB 746, which required community water systems to test lead levels in drinking water at all California public, K-12 school sites. Most recently, I presented data from our Water First study in expert testimony for CA AB 2638 that requires schools to provide reusable water bottle filling stations.

- a. Ritchie LD, Yoshida S, Sharma S, **Patel AI**, Vitale EH, Hecht K. Drinking water in California child care sites before and after 2011-2012 beverage policy. *Prev Chronic Dis*. 2015 Jun 4;12:E89. doi: 10.5888/pcd12.140548. PMID: PMC4456856
- b. Altman EA, Lee KL, Hecht CE, Hampton KE, Moreno G, **Patel AI**. Drinking water access in California schools: Room for improvement following implementation of school water policies. *Prev Med Rep*. 2020 Jun 8;19:101143. doi: 10.1016/j.pmedr.2020.101143. PMID: PMC7305375.
- c. Umunna IL, Blacker LS, Hecht CE, Edwards MA, Altman EA, **Patel AI**. Water Safety in California Public Schools Following Implementation of School Drinking Water Policies. *Prev Chronic Dis*. 2020 Dec 31;17:E166. doi: 10.5888/pcd17.200366. PMID: PMC7784553.
- d. Sharma P, Altman EA, Hampton KE, Moreno GD, Hecht CA, **Patel AI**. Strength and Comprehensiveness of Drinking Water Language in California School District Wellness Policies. *J Nutr Educ Behav*. 2021 Oct;53(10):870-879. doi: 10.1016/j.jneb.2021.04.466. Epub 2021 Jun 22. PMID: 34167919.

4. Developed expertise in community-based participatory research (CBPR) approaches

CBPR is an approach in which researchers and community stakeholders work in partnership to address problems that are of importance to the community. In this approach, researchers and stakeholders work together to design, implement, and evaluate studies, and to disseminate study findings for timely impact on policies and practices. I have over a 15-year history of using a CBPR approach to work with community partners to conduct salient research that has affected local policies and practices.

- a. **Patel AI**, Bogart LM, Uyeda KE, Martinez H, Knizewski R, Ryan GW, Schuster MA. School site visits for community-based participatory research on healthy eating. *American Journal of Preventive Medicine*. 2009;37(1):S300-306. PMID: PMC2921547.
- b. Walkinshaw LP, Hecht C, **Patel A**, Podrabsky M. Training High School Student "Citizen Scientists" to Document School Water Access: A Feasibility Study. *J Sch Health*. 2019 Aug;89(8):653-661. PMID: 31155729.
- c. **Patel AI**, Hecht AA, Hampton KE, Hecht C, Buck S. Agua4All: Providing Safe Drinking Water in Rural California Communities. *Prev Chronic Dis*. 2019 Nov 14;16:E151. PMID: PMC6880921
- d. Jowell AH, Bruce JS, Escobar GV, Ordonez VM, Hecht CA, **Patel AI**. 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 Nutr*. 2021 Jul 30;:1-11. PMID: PMC8367873.

5. Applied health services research to understand how to improve pediatric clinical care

In another thread of research, I have applied my formal training in health services research to conduct studies using data from national administrative datasets and electronic medical records to generate evidence to make health care affordable, safe, effective, equitable, accessible, and patient-centered.

- a. **Patel AI**, Madsen KA, Maselli JH, Cabana MD, Stafford RS, Hersh AL. Underdiagnosis of pediatric obesity during outpatient preventive care visits. *Acad Pediatr*. 2010 Nov-Dec;10(6):405-9. doi: 10.1016/j.acap.2010.09.004. PMID: 21075322; PMID: PMC4011383.
- b. Burman NJ, Cabana MD, Maselli JH, Hilton JF, **Patel AI**. Missing documentation of weight and height at preventive visits for children. *Clin Pediatr (Phila)*. 2012 Oct; 51(10):933-8. PMID: 22511198
- c. Shapiro DJ, Hersh AL, Cabana MD, Sutherland SM, **Patel AI**. Hypertension screening during ambulatory pediatric visits in the United States, 2000-2009. *Pediatrics*. 2012 Oct; 130(4):604-10. PMID: 22987883
- d. Leventer-Roberts M, **Patel A**, Trasande L. Is severity of obesity associated with diagnosis or health education practices? *Int J Obes (Lond)*. 2012 Dec;36(12):1571-7. doi: 10.1038/ijo.2012.1. Epub 2012 Jan 24. PMID: 22270382.

Complete List of Published Works: <https://www.ncbi.nlm.nih.gov/myncbi/anisha.patel.2/bibliography/public/>