

about ChOOSE HEALTH

THE BEGINNING...

The seeds of ChOOSE HEALTH were sown in early 2010 when I had the chance to meet Dr. Michael Twery, the Director of a laboratory at the National Institute of Health. He told me about the strong relationship between sleep deprivation and obesity, and the need to educate society about it.

In 2010, First Lady Michelle Obama launched the Let's Move campaign to combat Childhood Obesity through healthy eating and physical exercise. There was no mention of the role of sleep. I realized that she too was not aware about the importance of sleep education as part of a comprehensive approach to childhood obesity. I decided that starting with my school, I needed to educate my fellow-teens about the need for fighting obesity and about the tools and techniques to do that.

I researched the topic and discovered several organizations that could help my mission.

...THE JOURNEY...

Fittingly, the name of my project and its scope came to me as I was jogging. ChOOSE HEALTH - an acronym for Childhood Obesity Overcome by Sleep Education, Healthy Eating and Aerobically Loving The Heart. I wanted teens to realize that to overcome obesity, it would be best to take an integrated approach that emphasized all three aspects: (1) aerobic exercise, (2) healthy eating and (3) good sleep hygiene.

My school, Dawson High has become a laboratory now for ChOOSE HEALTH. With the aid of my principal, Mr. David Moody, I helped in starting a School Wellness Council which includes the Vice Principal, a Counselor, the Food Services director, parents and of course students. We are developing a strategic plan for the school which helps students (and staff) make healthy choices which will proactively combat childhood obesity and be the prototype for other schools.

MY GOAL

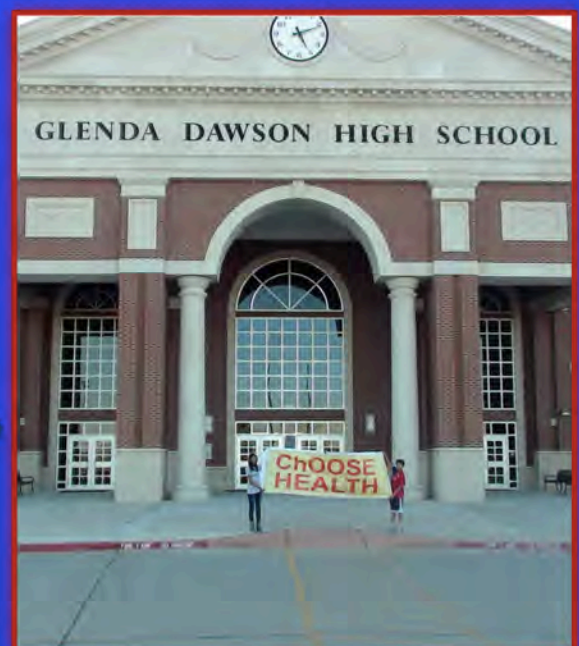
My goal for ChOOSE HEALTH is to make it an integral part of the educational process in Dawson High. If we can make a difference in the lives of our students, then the methods and approaches we validate at Dawson will form the basis on which other schools can build on. I believe it is important that all stakeholders - physicians, nurses, teachers, students, parents and community leaders - should share their ideas and come together, right now, to make a difference.

*I am using the motto - **act locally, think globally** - to guide ChOOSE HEALTH. I am therefore always ready to share our experience with other schools, and at the same time willing to take help from any reputable organization which has the same goals.*

I am confident that if we ChOOSE HEALTH today, we will have a healthier generation tomorrow.

SUPPORTERS OF MY PROJECT

BAYLOR COLLEGE OF MEDICINE
PISD FOOD SERVICES
ITS YOUR LIFE FOUNDATION
ALLIANCE FOR A HEALTHIER GENERATION
ACCP CHEST FOUNDATION
ASU CENTER FOR HEALTH INNOVATION
RESMED



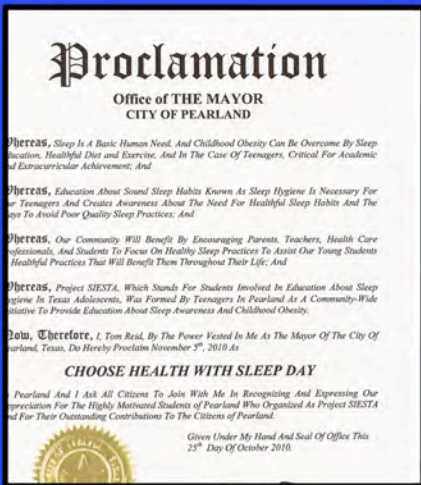
Community Outreach



HOUSTON PROCLAMATION



ANITA AT CHOOSE HEALTH BOOTH TALKING TO VISITORS AT ACCP CONFERENCE



PEARLAND PROCLAMATION

CHOOSE HEALTH developed a brochure that contains information on how exercise, eating habits, and sleep are all interconnected. This gives helpful tips to youngsters in order to promote choosing health.

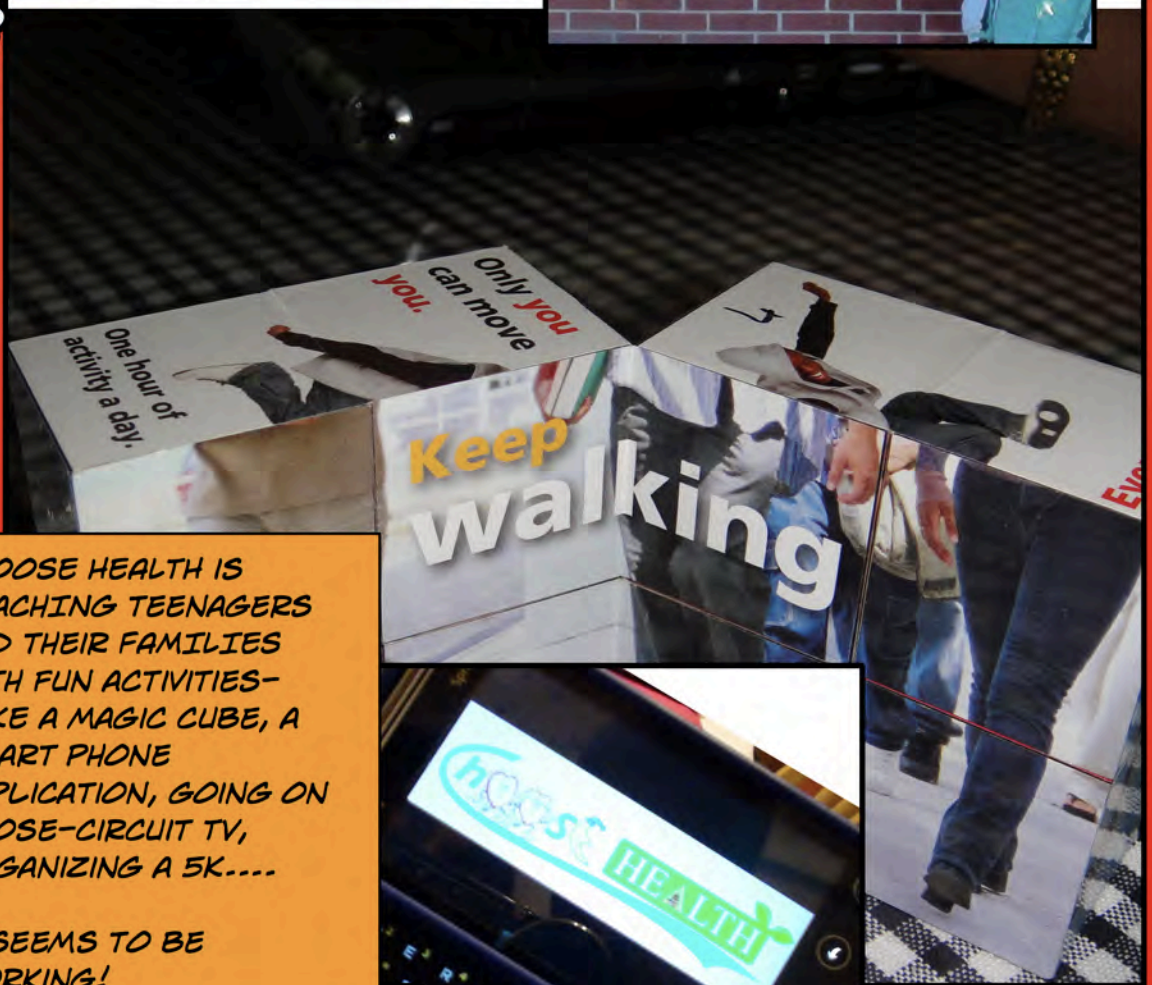


In Phoenix, AZ, anita gave a talk at asu to a group of nurses to encourage teaching the ChOOSE HEALTH message and CHOOSE HEALTH tips to students



(LEFT TO RIGHT) TAMMY HARDEN, ANITA RAO, DR. CAROL BALDWIN

Major Accomplishments



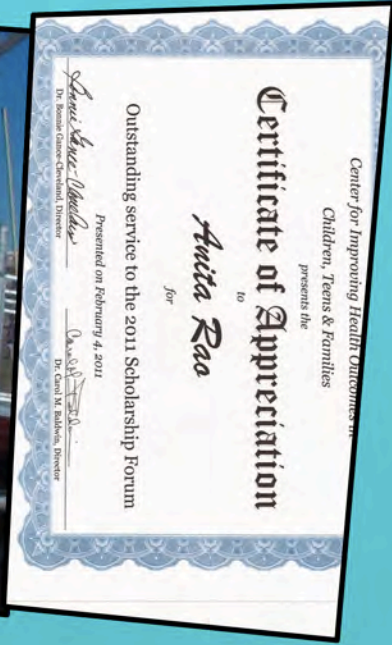
CHOOSE HEALTH IS REACHING TEENAGERS AND THEIR FAMILIES WITH FUN ACTIVITIES- LIKE A MAGIC CUBE, A SMART PHONE APPLICATION, GOING ON CLOSE-CIRCUIT TV, ORGANIZING A 5K....

IT SEEMS TO BE WORKING!



MAJOR ACCOMPLISHMENTS

IT WAS COLD...BUT
CHOOSE HEALTH WAS
THERE



CHOOSE
HEALTH is
getting its
message out -

at City Hall,
Conferences,
Overseas
schools,
School fairs!!!



... FROM INTERESTED
AUDIENCE MEMBERS



WITH MAYOR TOM REID



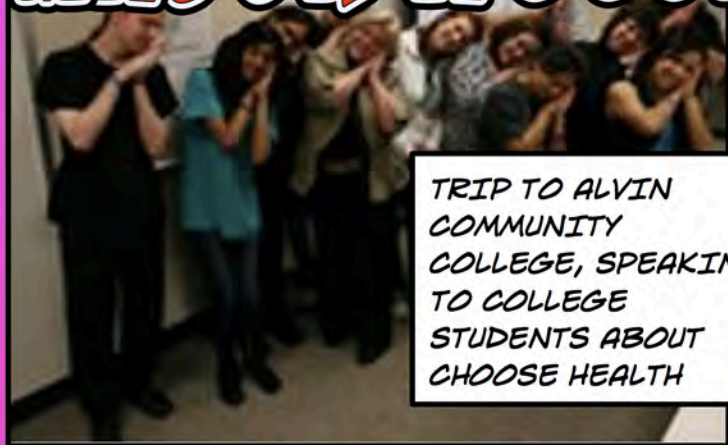
ANITA ANSWERING
QUESTIONS....



SPEAKING TO OVER 300 STUDENTS AT PAUL REVERE MIDDLE SCHOOL

TALKING TO STUDENTS

MAJOR ACCOMPLISHMENTS

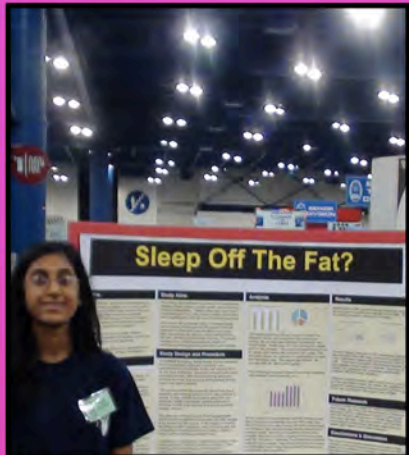


TRIP TO ALVIN COMMUNITY COLLEGE, SPEAKING TO COLLEGE STUDENTS ABOUT CHOOSE HEALTH



IN WASHINGTON, DC SPOKE TO TEXAS CONGRESSMAN, BLAKE FAHRENHOLD, ABOUT ISSUES OF CHILDHOOD OBESITY

ACC PSG recognizes National Sleep Awareness Week



DID SCIENTIFIC RESEARCH ON OBESITY IN HIGH SCHOOL STUDENTS

BOOTH AT THE HOUSTON HEALTH MUSEUM



ASSISTED GROUP IN CORPUS CHRISTI, TX IN PRESENTING A POSTER AT NSF CONFERENCE IN WASHINGTON, DC

ur half-marathons, and hopes to run several more in

y sleep practices are an essential aspect of overall
where there is a recognized focus on preventing
identified Sleep Education, Healthy Eating habits, and
t. She has now created a program called CHOOSE
Childhood Obesity Overcome by Sleep Education, Health
the Heart.



by Anita Rao
Guidance and expertise is given by the
group's mentor, Lata Casturi, RPSGT,
who manages the Houston-based Baylor
College of Medicine (BCM) Sleep Center.
"Anita was in 7th grade when we first
talked about sleep as a possible topic for a
science project," says Casturi. "She was
...ally. It's amazing for
... to show so much

In July, Anita visited India, and has
talked to the students and teachers of 5
schools in Hyderabad, and has made
contacts in Bangalore. Her message is
grounded in the science of sleep, and she
explains about the different stages of sleep.
Anita recalls her teachers advising students
to get a lot of rest before a big test.
"Whenever you sleep and hit the REM
cycle, everything you learn the previous
day is getting stored and you retain that
knowledge," says Anita, echoing a message
she repeats often to students looking to
improve their grades. "When you don't get
the right quality and quantity of sleep, it
affects your Learning big time. Especially
for high schoolers applying for colleges,
everything is so competitive that a few
grade points can matter."

Realizing that initial awareness may
open the door for teens with debilitating
sleep problems that may have thought that
nobody realized the seriousness of their
problems. Familiar manufacturers such as
ResMed and Philips Respironics
developed an interest in Project SIESTA
by sponsoring the group and offering
advice when appropriate. Narendra Reddy,
managing director of Sishaha Software

chapters begin to pop
country."

Already students from
and Glendale Academy
create their own award
Students from Indus Inter
in Bangalore, two camp
Public School and Bharati
are in the process of sta
chapters with the active
principals. It is this posit
encourages Anita.

Anita is convinced the
practices are an essential
health. In the United States
a recognized focus
Childhood Obesity, Healthy
and exercise is critical to it
also the founder of an org
CHOOSE HEALTH, wh
Childhood Obesity Over
Education, Healthy Eating
Loving The Heart.

Anita's tries to be a
lifestyle she advocates.
herself, she advocates
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TESTIMONIALS

Dear Ms. Rao:

First, let me congratulate you on the acceptance of this abstract first student at this age that has achieved such an accomplishment. Your mother is a physician and member of ACCP, who I assume, see your registration, but will ask that you both be recognized at the West Coast Robb Rabito here at ACCP to facilitate this for you along with. Again, congratulations!

Sincerely,

Ed Dellert, RN, MBA, CCMEP
Senior Vice President, Clinical Education, Informatics and Research

DECCAN POST
ARTICLE IN INDIA

Nocturnes



14 year old Anita Rao from Hyderabad who is currently based in Houston has started the SIESTA foundation (Students Involved in Education of Sleep hygiene for Teen Adolescents) and is spreading awareness among teens and their parents about the effects of sleep deprivation through her website

projectsiesta.com. "I make sure to get at least eight hours of sleep every day. I find it both refreshing and gratifying," she says. So here's to a good night's sleep and battling those sleep demons effectively. ♣
MALLIK

Some golden bedtime rules:

- Teenagers require a minimum of 8 to 10 hours of sleep
- It's not just about the quantity, but also the quality
- Teens should calm themselves before bedtime
- Control over computer use and eating habits is essential for a good night's sleep
- Loss of sleep is directly related to weight fluctuations

ARTICLE IN WOW!
(POPULAR TEEN MAGAZINE)

Carol Baldwin to Kotes, Tammy, me,
NOW!!
Kotes, you should be VERY proud. Anita is a role model for all of us, especially me!
Carol
Carol M. Baldwin, PhD, RN, CHTP, CT, AHN-BC, FAAN
Associate Professor and Southwest Borderlands Scholar
Director, Center for World Health Promotion and Disease Prevention
Faculty, SIRC Center of Excellence for Health Disparities Research & Training
State University
and Health Innovation

You certainly have "taken the bull by the horns" as they say. You have my support. As you may know, I am not only Editor of the Journal of Clinical Sleep Medicine, but Editor of the Harvard Division of Sleep Medicine's Sleep and Health Education Program.....as editor of the Journal of Clinical Sleep Medicine, I would be willing to consider a perspective/editorial for publication on Project SIESTA for adolescent sleep education for adolescents.]

Stuart F. Quan, M.D.
Professor of Medicine
Division of Sleep Medicine
Harvard Medical School

& PUBLICITY