



# Celebrate Gold

## Aanya Kabra Overland Park, KS



## Childhood Obesity: Prevention is Better Than Cure

Aanya Kabra was a Girl Scout for 13 years as a member of Troop 13098 in Girl Scouts Heart of the South Council. She will be celebrated for her highest achievement with Girl Scouts of NE Kansas & NW Missouri Council after recently moving to the area. Aanya is currently attending Blue Valley North High School and will be a senior next school year. After high school she plans to study Medicine, with the goal of becoming a Cardiologist.

Aanya saw an uptick in the rates of childhood obesity and wanted to combat the issue through education. She created a 15 minute video presentation that was presented to middle schoolers in her district, educating them on the importance of physical activity and good food choices.

Her goal was to spread awareness in her community about childhood obesity, as well as ways to combat it. She had a pre and post presentation questionnaire that participants completed so she could assess the effectiveness of her presentation on her target audience. The program reached more than 400 middle school students and will be used with future students to educate them on healthier choices. She hopes that through this presentation, also available on YouTube, she can reach families who can implement change and turn the tide on childhood obesity.

**“Because of Girl Scouts... I am a stronger and more wholesome version of myself. I learned to make friends and gained confidence. I found some of the best friends of my life. I learned to speak for myself, to be assertive yet courteous. Girl Scouts taught me my first important lesson in money management and marketing. Selling Girl Scout Cookies taught me to handle rejections and celebrate successes. Through camping and outdoor excursions, I learned to be independent and take risks. Most importantly, Girl Scouts gave me the opportunity to actively give back to the community. Overall, because of Girl Scouts, I am who I am today: a strong, independent, empathetic young woman.”**