

# REAIM Public Health IDEAS Through the Lens of the Youth **INITIATIVE**



THE UNIVERSITY OF  
**MEMPHIS**

School of Public Health

## REAIM Public Health IDEAS THROUGH THE LENS OF THE YOUTH

This innovative initiative challenges youth to conceptualize out-of-the-box solutions for the public health challenges of the 21st century. This platform brings together youths' ideas on how today's problems in public health can be addressed across diverse local and global settings.

In this inaugural launch, a few selected high schools were given the opportunity to generate solution-based ideas. As we connect youth locally, nationally and globally, we are beginning to embark on solving public health challenges on a greater scale.

Ashish Joshi, PhD, MBBS, MPH  
Dean, School of Public Health

### REAIM

Research  
Entrepreneurship  
Analytics  
Informatics  
Management

### IDEAS

Inclusivity  
Diversity  
Equity  
Accessibility  
Sustainability

# WHY PARTICIPATE:

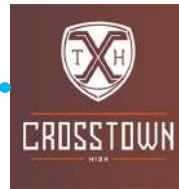
This initiative **allows** the participants to achieve their objectives and **turn** ideas into reality. It offers the opportunity to **solve** public health problems through innovative and sustainable solutions. These solutions **contribute** to the improvement of health and well-being. The participants **become** champions of public health change.

**ALLOW. TURN. SOLVE. CONTRIBUTE. BECOME.**

# PARTICIPATING SCHOOLS



UNIVERSITY  
**HIGH**  
UNIVERSITY OF MEMPHIS



Woodbridge School

# YOUTH INITIATIVE WINNING IDEAS

## Impact Of COVID-19 On Teens And Ways To Overcome It

Addressing the negative mental health effects of the COVID-19 pandemic on teenagers by providing teens with adequate support to focus on their own mental well-being and communicate their needs. One approach to this is facilitating interactions with peers in group or partner spaces to discuss their experiences and how they were impacted by COVID-19, potentially through the establishment of public health clubs and events in schools.

**Aashita Joshi | 9th Grade**  
**University High School, Memphis**

## Tackling Obesity: A Challenge

The continuing increase in the percentage of obesity and the numerous negative health outcomes that can and often do accompany obesity need to be addressed with utmost importance. It can be addressed in multiple ways that all have the potential

to be effective. One of the more promising approaches is to increase knowledge and awareness about obesity and the importance of nutrition, exercise and overall physical health to students and young people in an engaging and informative way.

**Ansh Kerr | 10th Grade**  
**Woodbridge School, Nainital, Uttarakhand, India**

## Effects Of Media Usage On Mental Health

Looking into the mental health ramifications of the COVID-19 lockdowns on students at various academic levels by researching the relationships between alterations in sleep patterns, time perception and digital/social media usage. Findings point to associations between increased usage of social media applications and a general sense of exhaustion, which points to mental health decline in students. This decline can be addressed by encouraging better sleep habits and limiting digital/social media usage.

**Vishrut Tripathi | 10th Grade**  
**Nakshatra Vaish | 11th Grade**  
**Birla Vidya Mandir, Nainital, Uttarakhand, India**



**THIS INITIATIVE IS AIMED TO INSTILL:**  
Leadership and **E**ducational **A**dvancement Among Youth to  
Solve **P**ublic Health Challenges of the 21st Century (**LEAP**)

## Public Health Challenges Among Youth

Physical and mental healthcare resources can be promoted on social media to increase awareness about the importance of personal health.

Shivansh Agarwal | 11th Grade  
Birla Vidya Mandir, Nainital, Uttarakhand, India

## Stress Management

Effective stress management strategies are crucial to the success and well-being of all people.

Gauri Kashyap | 12th Grade  
Woodbridge School, Nainital, Uttarakhand, India

## Ways To Enhance Physical Activity

Physical inactivity needs to be addressed to increase life expectancy and decrease many physical health risk factors internationally.

Prachetas Nainwal | 12th Grade  
Woodbridge School, Nainital, Uttarakhand, India

## Public Health: Through The Lens Of Youth

In the field of public health and in the general population, mental health should be treated equally as important as physical health.

Aksh Saraf | 9th Grade  
Birla Vidya Mandir, Nainital, Uttarakhand, India



# JUDGES Panel



“Great ideas from young minds. Some of the innovative solutions may have long-lasting impacts on health promotion!”

**Abu Mohammed Naser Titu, PhD, MBBS**  
Assistant Professor of Environmental and Urban Health



"It is clear that the youth of the world see the issues that are impacting our health and well-being and are excited to participate in coming up with innovative and sustainable solutions!"

**Jennifer Turchi, PhD**  
Assistant Professor of Social and Behavioral Sciences



“I have found many insightful ideas in these abstracts. Many students have proposed innovative solutions to address critical public health questions that may demand serious follow-up research. Congratulations to all of these students!”

**Xinhua Yu, MD, PhD, MS**  
Associate Professor of Epidemiology  
PhD Program Coordinator for Epidemiology

# CRITERIA

The winning public health ideas were selected by the esteemed jury, representing a multidisciplinary team, based on the following criteria:

**CREATIVE**

**RESEARCH ORIENTED**

**ENTREPRENEURIAL**

**ACCESSIBLE**

**TRANSFORMATIVE**

**EFFECTIVE**



## **The Problems of Sedentary Lifestyles**

Sparsh Agarwal | 11th Grade

Birla Vidya Mandir, Nainital, Uttarakhand, India

## **Teen Physical and Mental Health**

Aman Bhardwaj | 9th Grade

Birla Vidya Mandir, Nainital, Uttarakhand, India

## **Addressing Child Abuse**

Chloe Hilliard | 9th Grade

University High School, Memphis, TN

## **Ways to Address Violence and Bullying**

Kendraditya Negi | 12th Grade

Woodbridge School, Nainital, Uttarakhand, India

## **Improving Healthcare Accessibility in India**

Shreyash Singh | 9th Grade

Birla Vidya Mandir, Nainital, Uttarakhand, India



“I am thoroughly impressed with the exceptional and innovative design of the REAIM Public Health Ideas Initiative. Engaging our youth in conversations that will shape the future is essential, particularly as it relates to public health. I am excited to see the advancements, locally and globally, that will be created as a result of this forward-thinking project, and I commend the School of Public Health for leading this charge.”

**Dr. Bill Hardgrave**  
President  
University of Memphis



“There is no better mechanism to construct knowledge than to engage actively in connecting new facts and activities within the framework of each individual’s knowledge of the world. This structured opportunity to have students in different parts of the world work together to build their public health problem-solving skills...will be tremendously empowering for all involved.”

**Dr. Abby Parrill-Baker**  
Interim Executive Vice President of Academic Affairs and Provost / Professor  
University of Memphis

# WHAT LEADERS ARE SAYING:



“Investing in youth’s public health education and well-being could lead to socioeconomic development and help solve public health challenges of the 21st century in today’s interconnected world.”

**Ashish Joshi, PhD, MBBS, MPH**  
Dean of School of Public Health  
University of Memphis



“This partnership provides an unmatched opportunity for our high school students to examine real world public health challenges and identify thoughtful, collaborative and innovative solutions. I am confident these solutions lie in the hands of this next generation of leaders, and look forward to seeing them apply their learning in ways that benefit our global community.”

**Dr. Sally G. Parish**  
Associate Vice President for Educational Initiatives  
University of Memphis



"Our mission as a UHS community is that we prepare students for the 21st century global community. In partnering with the School of Public Health in our launch year, we aim to create experiential learning opportunities and dual enrollment coursework that matters."

**Dr. Kristle Hodges-Johnson**  
Executive Director  
University High School  
University of Memphis



"This initiative offers an opportunity to include youth voices into the civic discourse about public health and engage them in co-creating solutions for their futures. I look forward to what we will all learn from this experience."

**Dr. Jan Young**  
Executive Director  
The Assisi Foundation of Memphis, Inc.



**Dr. Mary C. McDonald**  
President & CEO  
MCD Partners Consulting, TN

"This unique educational partnership is a very innovative approach to addressing the issues in public health locally, nationally and globally, while promoting critical thinking, creative problem solving and the development of a growth mindset for students in the program. It is succession planning that will provide a pipeline of highly trained, well-educated practitioners and leaders in public health."



"It's time that adolescents become harbingers and ambassadors of public health issues and bring their innovative, vibrant, thoughtful and deep insights to not only discussions on different platforms, but also suggest ways and means to address and combat them. Participation of youth can truly be a forceful and impactful gamechanger."

**Dr. Rakesh Kumar**  
Global Health Expert, India



"The population of young people between the ages of 10 and 24 years is currently 1.8 billion. This presents a unique opportunity in our history to engage youth locally and globally in effective and meaningful efforts that realize their full potential for health and well-being. The World Health Organization highlights four areas of strategic opportunity for engaging youth in health and sustainable development: (1) Leadership; (2) Country impact; (3) Global public goods; and (4) Partnerships."

**Dr. Yonette F. Thomas**  
Founder and CEO  
Urban Health 360A



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