

## **Rise and Renew**

“Eat less, move more” is a haunting phrase derived from nutrition misinformation and toxic weight loss culture, often said without the consideration of hormone issues and holistic views of women’s health. As a young teen, I felt alone and isolated as I experienced unexplained symptoms like fatigue and sudden weight changes. A few years later, I understood why—I have PCOS. Polycystic Ovarian Syndrome (PCOS) affects 5 to 6 million women nationwide and is characterized by cysts on the ovaries that cause irregular menstrual cycles, acne, cardiovascular issues, and metabolic disorders. I am committed to helping my fellow Californians on their journey to find wellness through healing—physically, emotionally, and mentally.

*Rise and Renew* is devoted to revitalizing our community through nourishment, movement, support, and creativity. Built on my personal journey healing my PCOS, this movement encourages women to rise, renew, and reclaim their vitality. I wholeheartedly believe that together we can rebuild, drawing strength from our bodies and hope from our hearts. This is not just about recovery; it’s about renewal and resilience.

As Miss California, I will highlight our organization’s existing partnerships, like American Pistachio Growers and the American Heart Association, on social media and through community events. I plan to continue with a social media calendar with monthly challenges and livestreams with wellness experts and other PCOS advocates. As California’s largest economic contributor is agriculture, we will share California-grown recipes to fuel our bodies while highlighting the American Pistachio Growers’ contribution to California’s health. Alongside this, due to PCOS being a factor of increased risk of heart disease in women, I plan to use my personal story and platform to highlight the MAO x AHA Go Red for Women partnership to raise funds for scholarships, heart disease prevention, and women’s health research. California is a big state. My plan is to act locally—engaging with local morning television programs across all 58 counties, such as KTLA 5 Morning News, CBS13 Good Day Sacramento, and FOX5 San Diego, to share insightful tips on how to spot PCOS- paired with fun live cooking and meal prep classes. This will accomplish the goal of not only spreading PCOS awareness but also sharing the Miss California Organization and its mission statewide. All it takes is spreading awareness to have a healthier California.

This is more than just my story—it is an initiative to bring awareness, education, and authentic support to women’s health. Millions of women are living with PCOS and are feeling dismissed and misunderstood—70% going undiagnosed—and they deserve an advocate on a state and national level. We need a Miss California—and Miss America—who is ready to lead and empower. Let’s make change rooted in compassion, community, and confidence. Are you ready to *Rise and Renew*?

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*Miss Woodland Hills 2025*