

STRIPED

A PUBLIC HEALTH
INCUBATOR

Strategic Training Initiative for the Prevention of Eating Disorders

A Collaboration of Harvard School of Public Health and Boston Children's Hospital

Newsletter Spring 2013

From the Director

It seems like yesterday when we launched STRIPED, fueled by hope, hard work, and the generous support of Ellen Feldberg Gordon to pursue our goal of jump starting graduate-level public health training in eating disorders prevention. It was exciting to see but, in the early days, still too untested to know if we could succeed. Now flash forward as we near the four-year mark: We are not just succeeding, *we are thriving*. This year alone, we added four outstanding scholars to our team:

- ◆ Faculty Jerel Calzo, PhD: Specializes in male eating disorders, masculinity norms, and sexual orientation health disparities.
- ◆ Affiliated Faculty in Health Law Jennifer Pomeranz, JD, MPH: National leader in legal strategies to solve public health problems.
- ◆ Visiting Scholar Christina Roberto, PhD: Focuses on novel policy approaches to health promotion.
- ◆ Collaborating Mentor Davene Wright, PhD: Expert in economic and decision analysis methods for health promotion planning.

A sign of STRIPED's growth and broadening appeal, this year we are enjoying an uptick in students from around the globe, including South Korea, China, and Chile. Also, with 10 trainees, we now have more on board than ever before, and this spring we are celebrating our second doctoral graduate.

So what's our appeal? If I had to point to one thing, I'd say it's our inquiry-centered training model. We don't teach through traditional, expert-down instruction. With STRIPED — in the words of pioneering educator Donald Finkel — "It is the inquiry that teaches," inspiring us in our common quest. Everything we do is organized first around one question: "How can we create a society where girls and boys alike can grow up at home in their own bodies?" From this flow all our follow-up questions, the ones that shape and give meaning to each of our many projects. Shared inquiry is at the heart of our STRIPED community.

All my best wishes,



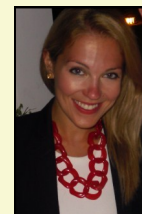
S. Bryn Austin, ScD

What Our Trainees Say About STRIPED



Hyungi LeAnn Noh

“ STRIPED has offered me a truly unique and rewarding opportunity to use my skills to contribute to the issues of eating disorders. Working closely with the faculty and peer fellows has opened my eyes to various approaches to this critical public health problem. I hope I can translate the inspiration and skills I have acquired to help solve the problem of eating disorders in Korea as well. ”



Katherine Cohen

“ STRIPED gave me a unique opportunity to approach prevention from an innovative and multi-disciplinary perspective. I've learned not only how vulnerable groups are targeted with misleading images and information about cosmetic procedures but also a lot about what lawmakers could do to protect these groups and prevent harm. STRIPED is doing great work on cutting-edge public health issues. ”

Harvard School of
Public Health



Boston Children's Hospital
Until every child is well



HARVARD MEDICAL SCHOOL
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Spotlight

STRIPED Dissertation Award Winners

Bernice Garnett, MPH



Bernice Garnett is a doctoral candidate in the Department of Social and Behavioral Sciences at HSPH.

With a dual concentration

in health communication and maternal and child health, she is gaining valuable expertise to bring to eating disorders prevention. Bernice's doctoral dissertation focuses on the intersections of multiple forms of discrimination among ethnically diverse adolescents, highlighting the consequences of weight-based discrimination and bullying for the mental and physical health of teens.

In 2011, she was honored for this work with the top prize for student research from the Society for African American Public Health Issues. With

STRIPED Bernice is leading the first-ever evaluation of Fat Talk Free Week, a unique social marketing campaign to encourage more affirming ways for girls and women to talk about their bodies. Outside of STRIPED, Bernice has also been managing a trail-

“*Weight-based discrimination and bullying are common and, sadly, often accepted as the norm. But for youth, they can have serious consequences on their health, well-being and academic achievement. My hope is that my research will help us develop much-needed interventions to eliminate discrimination and bullying.*”

blazing, community-based, participatory research collaboration in Cambridge, MA, to address the persistent racial and ethnic disparities in overweight in the city's youth.

Emily Kroshus, MPH



Emily Kroshus is a doctoral candidate in the Department of Social and Behavioral Sciences at HSPH. Her doctoral dissertation is

focused on evaluating how a positive, strength-based approach can help prevent disordered eating among female athletes and how teams can promote these strengths. Previous research on the “contagion” of eating-related attitudes

and behaviors among groups of females has focused on negative attitudes and pathological behaviors. Her work aims to bring a positive orientation to the conversation about the prevention of disordered eating among

female athletes. Emily is a collaborator with the Female Athlete Triad Project, helping to develop and evaluate educational materials

about the female athlete triad for high school coaches in the state of New York. She is also leading efforts to evaluate the implementation of a mindfulness-based eating disorder prevention program in South Carolina. For her

“*Sports participation can have so many psychological, social and health benefits, but in some sports, female athletes are at increased risk for disordered eating, often due to pressures within the athletic environment. My goal is to develop and evaluate programs aimed at enhancing the positive effects of sport participation.*”

other work on health in the sports context, she is the 2012-13 recipient of the NCAA's Graduate Student Research Grant for her research evaluating collegiate concussion education programs.

Bringing Eating Disorders Prevention Into Public Health Classrooms

One of the best ways to introduce eating disorders prevention to students in public health training programs is to bring real-world, case-based examples into the classroom. Working with professional case writer Eric Weinberger, a Senior Writing Fellow at the Dartmouth Center for Health Care Delivery Science, STRIPED is developing a series of teaching cases to do just this.

Our first teaching case — *“Who’s Calling Me Fat? Or, How Columbia Got Its Obesity Prevention Campaign Back on Track”* — tells the story of protagonist Gisele Rodriguez, a public health professional working for the fictional U.S. state of Columbia. Rodriguez is tasked with figuring out the best way to right course the health department’s first attempt at a childhood obesity social marketing campaign that went terribly wrong. The case is a fictionalized composite of the experiences of real-world social marketing campaigns from around the country.



Eric Weinberger

Through this case, students get an education in the very real risk of exacerbating weight-related bullying and stigma through public health campaigns while gaining practical skills in evidence-based health communications.

Our second teaching case — *“The Governor Is Very Interested”: Or, Cost-Effectiveness Analysis for School Health Screenings* — introduces students to protagonist Nefertiti Nelson, director of the Office of Management and Budgets also for the fictional state of Columbia’s Department of Public Health. Nelson is tasked with doing a cost-effectiveness analysis of BMI screening, which are widespread in U.S. schools, and eating disorders screening, a potentially life-saving program that has yet to be adopted on a large scale. Through this case, students gain the skills to assess the evidence for costs and potential savings with public health programs.

Prevention, Research & Training in Health Law

As part of one of our Robert Wood Johnson Foundation-funded projects, Jennifer Pomeranz, JD, MPH, who is STRIPED Affiliated Faculty in Health Law and Director of Legal Initiatives for the Rudd Center on Food Policy and Obesity at Yale University, is mentoring standout Harvard Law School student Katherine Cohen to investigate promising legal avenues to protect youth and other vulnerable groups from abuses and exploitation by the beauty industry. There are countless examples of beauty industry tactics that warrant legal scrutiny, but let’s start with just one: woefully inadequate regulation of liquid silicone injections used to temporarily change body shape, such as to enlarge breasts or hips.



Jennifer Pomeranz

Often done illegally, this procedure is dangerous -- *and sometimes deadly* -- and can lead to devastating health consequences, including debilitating pain, systemic infection, and embolism. Poor body image and pressures to achieve unrealistic standards of beauty make many women, particularly low-income immigrant women and transgender women in some areas of the country, vulnerable to purveyors of these and other similar procedures.

Katherine is gaining invaluable experience that she’ll be able to use in her law career after graduation to help craft viable legal strategies to protect those most vulnerable in our society’s unrelenting pursuit of beauty.

Thank You to Our Funders!

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Amy Spies

Rhode Island Foundation

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STRIPED in Action

Economic & International Perspectives on Eating Disorders Screening

Through our cost-effectiveness evaluation of school-based screening for eating disorders and with the expert guidance of STRIPED Collaborating Mentor Davene Wright, PhD, HSPH master's degree students Yushan Jiang and Hyungi LeAnn Noh are learning volumes about these essential public health methods as applied to eating disorders. Dr. Wright, a 2012 PhD graduate in health policy from Harvard University and now an Assistant Professor at University of Washington and Seattle Children's Research Institute, is an expert in cost-effectiveness and decision analysis research. She joined forces with us to carry out what may be the first-ever U.S. cost-effectiveness study of eating disorders screening.



Davene Wright



Yushan Jiang



Hyungi LeAnn Noh



Yongjoo Kim



Kendrin Sonnevile



Matias Irarrázaval



S. Bryn Austin

In a second screening project, physician Yongjoo Kim and child psychiatrist Matías Irarrázaval are working with STRIPED director Bryn Austin and co-director Kendrin Sonnevile on their HSPH MPH program practicum to craft strategic plans for new nationwide eating disorders screening and prevention programs for South Korean and Chilean adolescents. Their long-term goal is to take their strategic plans back to the federal health ministries in their home countries to propose expansion of their nations' eating disorders screening and prevention initiatives.

A Critical Eye on the Weight-Loss & Beauty Industries



Allegra Gordon



Jerel Calzo



Brigitte Granger



Grace Kennedy



Christina Roberto



Kelly Bauer

In several new projects this year, STRIPED trainees and faculty are turning a critical eye on the beauty industry — an industry that is as ubiquitous and pernicious as it is complex and challenging to study. As part of our multi-disciplinary team including the unlikely mix of a geographer, an economist, a statistician, and a nutritionist, HSPH doctoral student Allegra Gordon along with STRIPED staffer Grace Kennedy are helping to pilot new methods to map the onslaught of beauty industry purveyors in young people's environments. In a parallel project, STRIPED's newest faculty, Jerel Calzo, PhD, is working closely with Austin and Sonnevile to begin a national study of male body image and the masculinization of the cosmetic surgery and procedures industry.

STRIPED Visiting Scholar Christina Roberto, PhD, is mentoring HSPH master's student Brigitte Granger and Harvard College undergraduate Kelly Bauer in a new Robert Wood Johnson Foundation-funded investigation of deceptive marketing practices used by the weight-loss industry. Kelly and Brigitte are gaining hands-on research experience documenting the scope of these misleading marketing strategies and are also working to design follow-up studies that will examine how weight-loss industry marketing practices negatively influence young people and — most importantly — what we can do to change these harmful marketing practices.

Check out our website at www.hsph.harvard.edu/striped for updates on our projects!

Newsletter by: S. Bryn Austin, Grace Kennedy, Kendrin Sonnevile
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