

# STRIPED

A PUBLIC HEALTH  
INCUBATOR

Strategic Training Initiative for the Prevention of Eating Disorders

A Collaboration of Harvard T.H. Chan School of Public Health and Boston Children's Hospital

Newsletter Fall 2017

## From the Director



S. Bryn Austin

Right from the start with STRIPED, we've had our eye on ways to accelerate progress in eating disorders prevention. The prevention field has been around

for more or less 30 years and has made lots of inspired discoveries in that time. But we've been advancing at what could be fairly called a snail's pace. The reasons are myriad and most definitely do *not* include a lack of hard work or dedication from a lot of smart people.

So what's been missing? **Strategic science.** Rather than pursue new studies or training initiatives simply to fill a gap, any gap, in knowledge, the overriding goal of strategic science is to fill gaps that will directly inform policy action. Why? To spur change on a large scale—for a whole city or state or maybe even the whole country.

Granted, this may sound a bit over-ambitious, but this is truly what evidence-informed, policy translation efforts can achieve when based on strategic science. And now more than ever, this is the hallmark of all that STRIPED aims to do. For instance,

- Our policy translation portfolio now includes three primary tracks designed to catalyze policy changes in the dieting and fashion industries

and at the Centers for Disease Control and Prevention (aka, the CDC), the nation's premiere federal agency responsible for monitoring the health of Americans (p. 2).

- Our ever-expanding library of teaching cases offers educators engaging ways to bring state-of-the-art training in the techniques of strategic science and policy translation into their classrooms. Through our teaching cases, learners gain the essential skills they will need to apply the techniques in their public health work out in the field (p. 4).

Want to be part of the STRIPED action too? **Join us on April 30, 2018,** for our first university-wide, all-day symposium on primary and secondary prevention of eating disorders (p. 4). Together with Harvard Catalyst, we will convene researchers, advocates, policy makers, and thought leaders to identify strategic research gaps and spark innovative transdisciplinary and multisectoral partnerships to advance eating disorders prevention.

*I hope to see you all there!*

With gratitude,

S. Bryn Austin, ScD

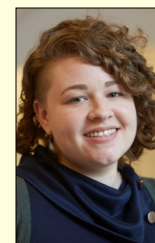
## What Our Trainees Say About STRIPED



Katelyn Ferreira

“ STRIPED has provided an invaluable opportunity to take what I'm learning in the classroom out into the real world, to work on issues I'm passionate about, and to broaden

the scope and depth of my knowledge in eating disorders prevention and mental health policy. I'm extremely grateful that STRIPED has been part of my experience at the Harvard Chan School. ”



Monica Kriete

“ Working on the Out of Kids' Hands Campaign has given me a new perspective on the meaning of public health. I have worked alongside a team of change-makers to advocate for policy shifts

based on scientific research and have built relationships with leaders in eating disorder prevention. I am grateful for my time with STRIPED and look forward to continuing this work. ”

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# Highlights From Our Policy Translation Portfolio

## Out of Kids' Hands Campaign to Protect Youth From Harmful Diet Pills



**W**ith the incessant messages in mass media that we can never be thin or muscular enough, and with diet pills and muscle-building supplements sold at every corner store, it's no surprise that teens may turn to these products to try to conform to our society's unrealistic standards of beauty. But what

most teens and parents don't know is that there is a mountain of evidence pointing to the dangers of these products due in part to all-too-frequent adulteration with dangerous ingredients, such as prescription drugs, steroids, and other chemicals that can lead to stroke, cancer, liver injury, or even death. The American Academy of Pediatrics strongly cautions against teens using diet pills and muscle-building supplements. So why are these products still within easy reach of our kids?

STRIPED's Out of Kids' Hands campaign supports An Act Protecting Children from Harmful Diet Pills and Muscle-

Building Supplements (Massachusetts HB1195), a bill filed by MA State Rep. Kay Khan of Newton, MA, in January 2017 and based on STRIPED legal research. If passed, this bill would prevent the sale of diet pills and muscle-building supplements to minors under the age of 18 years and would require retailers to

keep these products behind the counter, as already done with tobacco. Working with STRIPED trainees Katelyn Ferreira, Monica Kriete, Kuanysh Yergaliyev, and Supriya Misra, our team is building a coalition of concerned partners, including the Multi-Service Eating Disorders Association, National Eating Disorders Association, Eating Disorders Coalition, Massachusetts Chapter of the American Academy of Pediatrics, and others to support MA HB1195. Our goal? To keep these dangerous products out of the hands of our youth. To find out more: <http://hsph.me/out-of-kids-hands>



Rep. Kay Khan

## Getting Eating Disorders to Count at the CDC

**T**he Centers for Disease Control and Prevention (CDC) keeps a close eye on the health of Americans by collecting data from individuals, hospitals, and healthcare providers. This system works well when the right data are counted. But if questions are not asked about a particular health issue, we have no way of knowing how severe the issue is, which communities are affected, or what we can do



about it. *Simply put: If you're not counted, you don't count.* This is why the STRIPED team, including STRIPED trainee Supriya Misra and STRIPED Collaborating Mentor Kendrin Sonnevile, joined forces with the Academy for Eating Disorders, Eating Disorders Coalition, and the National Eating Disorders Association to educate members of Congress on the issue and alert the CDC to the need to step up the agency's health monitoring of eating disorders around the country. Once we can get eating disorders on the CDC's radar and included in the agency's national health monitoring surveys, we will be much more prepared to develop an appropriate and effective public health response.



Supriya Misra

## Fashion Forward With Strategic Science

**S**tarting in 2015, we set our sights on the fashion industry to bring our strategic science and policy translation approaches to bear on the industry's unrealistic and dangerous standards of thinness. We began with an initial legal analysis of viable avenues to protect the health of fashion models, and we carried out a survey with models, which was the first to explore models' own perspectives on proposed policy approaches to improve their working conditions. Building on this work, our strategic science and



policy translation initiatives with the fashion industry have expanded into a suite of studies and multiple collaborations with a half dozen community organizations and government agencies. Led by STRIPED Collaborating Mentor Rachel Rodgers and Sara Ziff, STRIPED alum and founder and executive director of Model Alliance, we are carrying out three new studies in New York City and in France to evaluate the impact of new laws to improve the health of models and interrupt the excessive focus on extreme thinness in the mass media. Our long-term goal? To catalyze evidence-informed policy to make the fashion workplace and the media it generates healthier for all.



Sara Ziff

# A Few Words From STRIPED Scholars

*Thank You, Funders!*

## Allegra Gordon, ScD, MPH

Mounting evidence has shown that lesbian, gay, bisexual, transgender, and queer (LGBTQ) young people face heightened risk of eating disorders due to a range of sociocultural and stigma-related reasons.



Allegra Gordon

But little is known about how health, education, and other professionals can best support these communities. With support from the STRIPED Early Career Development

Award, I am conducting a formative research project, the BOLD Study (Being Ourselves, Living in Diverse bodies). Working closely with STRIPED Collaborating Mentor Dr. Rachel Rodgers and health psychologist Dr. David Pantalone, I am gathering the perspectives of LGBTQ college students with the long-term goal of developing and

*How can we better serve LGBTQ youth?*

testing positive body image workshops that will bridge the gap in effective resources for this underserved group.

## Yongjoo Kim, PhD, MPH

In South Korea, as in the United States, there is an obsession with an unrealistic body image that is continuously promoted by the beauty industry, television, and social media. As a result, many teens turn to unhealthy practices



Yongjoo Kim

such as dieting, vomiting or using diet pills or supplements to lose weight. The STRIPED Early Career Development Award is giving me the opportunity to inves-

tigate risk factors in Korean youth using the Korean Youth Risk Behavior Web-based Survey, which includes surveys from over 65,000 South Korean teens. Findings suggest that a combination of individual, school, family, and societal factors plays a role in shaping risk. As I continue my work in this field, my goal is to help create a healthy, body-positive environment for

*Eating Disorders in South Korean Youth*

South Korean youth where teens can feel good about themselves and remain free from eating disorders.

## Laura Hart, PhD

Body dissatisfaction is a significant public health issue and increases the likelihood of many poor mental and physical health outcomes, including depression, obesity, and eating disorders.



Laura Hart

I am a STRIPED visiting scholar on an Endeavor Scholarship from La Trobe University in Melbourne, Australia, where I focus on interventions to prevent

or reduce body dissatisfaction and disordered eating across the lifespan. While a visiting scholar with STRIPED this year, I am focusing on advocacy work to change legislation and policy at state and federal levels to prevent body dis-

*Prevention Across the Lifespan*

satisfaction and eating disorders. My goal is to learn from all the talented and passionate professionals and students working with STRIPED and to help to initiate positive changes in the Australian context when I return home.

Ellen Feldberg Gordon Fund for Eating Disorders Research

Jennifer Perini

A Chance to Heal Endowment

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Jennifer Miles

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National Eating Disorders Association

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### STRIPED Faculty

S. Bryn Austin, ScD, Director

Marie McCormick, MD, ScD

S. Jean Emans, MD

Holly C. Gooding, MD, MS

Allegra R. Gordon, ScD, MPH

### Collaborating Mentors

Jerel P. Calzo, PhD, MPH

Erica Kenney, ScD, MPH

Michael Long, ScD, MPH

Jennifer Pomeranz, JD, MPH

Katherine Record, JD, MPH, MA

Rachel Rodgers, PhD

Mihail Samnaliev, PhD

Kendrin Sonnevile, ScD, RD, LDN

Davene Wright, PhD

### International Expert Advisory

Debra Franko, PhD

Jess Haines, PhD, RD

Dianne Neumark-Sztainer, PhD

Susan Paxton, PhD



# The Ellen Feldberg Gordon STRIPED Challenge Campaign

Longtime friend of STRIPED, Ellen Feldberg Gordon of Newport Beach, CA, will match every dollar donated to STRIPED up to \$100,000. That means your gift, of any amount, will be doubled! Philanthropy is critical to STRIPED. Private contributions directly support:

- Student financial aid and research grants
- Pioneering research in eating disorders prevention and adolescent health
- Events and advocacy to raise awareness about dangerous weight and shape control behaviors
- Case studies to be used to teach thousands of public health students and healthcare professionals around the world

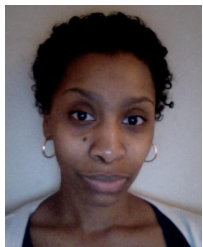


Ellen Feldberg Gordon

STRIPED is deeply grateful to Ellen for this wonderful opportunity and asks the STRIPED community to help us reach our \$100,000 goal. To make a gift, visit <https://goo.gl/MyI7Wl> or contact David Kelley, Director of Development, Harvard Chan School, at 617-432-8435.

## What's New for STRIPED Teaching Cases?

STRIPED's newest teaching case, *Coloring the Narrative: How to Use Storytelling to Create Social Change in Skin Tone Ideals*, explores colorism — or, stigma and discrimination against people with darker skin tones — as an important dimension of body image and body dissatisfaction among girls and women of color. STRIPED trainee Ayesha McAdams-Mahmoud, along with STRIPED case writer Eric Weinberger and expert advisor Nadia Craddock, a STRIPED alum now at the Centre for Appearance Research based at the University of the West of England in Bristol, developed the new case. Through the case narrative, students are drawn into an alliance of researchers and community members striving to use strategic storytelling techniques



Ayesha McAdams-Mahmoud

to organize a public health response to skin-bleaching products, a multi-billion dollar sector of the global beauty industry that peddles its carcinogenic and toxic products especially to women of color in the Global South.



Nadia Craddock

Also, with generous new grants from the Harvard Initiative for Learning and Teaching and the Association of Teachers of Maternal and Child Health, we are moving full-steam ahead in transforming our ever-expanding case library for delivery to online learning communities. Our next e-module will be based on our case “Who’s Calling Me Fat? Or How Columbia Got its Obesity Prevention Campaign Back on Track.” We’ll also be hosting a ½-day workshop to convene educators across Harvard to distill a compendium of best practices for integrating active-learning techniques into online education.

## “Reimagining the Frontier of Public Health Approaches to Eating Disorders Prevention: Transdisciplinary, Translational, Transformative” Symposium

Teaming up with Harvard Catalyst, STRIPED will host Harvard’s first university-wide, all-day symposium focused on innovations in eating disorders prevention research. Our symposium will be held on **April 30, 2018, at the Joseph B. Martin Center in Boston**. This pioneering summit will convene researchers, advocates, policy makers, and thought leaders from the university, government, community, and corporate sectors. The program will highlight research gaps, disseminate new informa-

tion, and spark innovative transdisciplinary and multisectoral partnerships to advance primary and secondary prevention of eating disorders. In addition to STRIPED and Harvard Catalyst, symposium supporters include the Division of Adolescent & Young Adult Medicine of Boston Children’s Hospital and Johnson & Johnson. We hope you can join us! Find out more and register online: <https://www.hsph.harvard.edu/striped/news/events/eating-disorder-prevention-symposium/>

Check out our website at [www.hsph.harvard.edu/striped](http://www.hsph.harvard.edu/striped)



Newsletter by: S. Bryn Austin and Erin Gibson