

# STRIPED

A PUBLIC HEALTH  
INCUBATOR

Strategic Training Initiative for the Prevention of Eating Disorders

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## Vision and Innovation 2015-2016

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June 2016



# Executive Summary

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This STRIPED report outlines the pioneering work in eating disorder prevention accomplished by the Strategic Training Initiative for the Prevention of Eating Disorders (STRIPED), led by Director Dr. S. Bryn Austin. Launched in 2009, STRIPED has created an unparalleled public health training program that provides researchers and students the opportunity to collaborate across disciplines and learn from leaders in the field. Since our inception, STRIPED has:

- Trained **46 graduate and post-graduate students** through practicum experiences and rigorous scientific research. STRIPED trainees are *change agents* who are equipped to put eating disorder prevention on the larger public health agenda at both the local and national level.
- Led the field of public health education by developing the **first case-based curriculum** that teaches students how to tackle current issues in the prevention of eating disorders through real-world problem solving and teamwork. In the past year, STRIPED has completed two new teaching cases: One on protecting minors from dangerous and deceptive dietary supplements sold for weight loss and muscle building and another on protecting fashion models and consumers from dangerous pressures to be thin at all costs.
- Raised awareness and sparked discussion at **80 academic seminars, conference presentations, and public events led by our trainees and guest lecturers** within the academic and wider community on eating disorders and related problems with food, weight, and appearance.

A special focus for growth over the past year has been our policy translation training program. STRIPED is generating scientific evidence and legal analysis to inform new policies and programs that will ultimately help us recast how society addresses the prevention of eating disorders and disordered weight and shape control behaviors. Just in the past year, our legal research studies catalyzed two new pieces of legislation in state legislatures: A bill in Massachusetts to protect youth from health risks associated with deceptive dietary supplements sold for weight loss and muscle building as well as a bill in California to improve regulation of the fashion industry to protect the health and well-being of models. STRIPED continues to offer Lobby Day on Capitol Hill as a unique opportunity for trainees to gain valuable experience in integrating policy with advocacy on important issues in eating disorders.

Yet, there is much more to do. As we prepare for the next academic year, the STRIPED team will put special focus on three high-impact aspects of our work in the field of eating disorder prevention:

- 1) Build capacity in the field of eating disorder prevention by recruiting postdoctoral researchers to deepen the base of evidence and partner with Dr. Austin to mentor master's and doctoral degree students.

- 2) Double the number of STRIPED teaching cases in our ever-growing library over the next several years and make the series widely available to educational institutions around the world through state-of-the-art e-learning technologies. Our cases are based on active-learning principles, proven to be the most effective methodology to enhance learning and equip students with new skills and knowledge to apply in real-world settings.
- 3) Continue to build advocacy and policy training practicum and research opportunities for students so they can gain firsthand experience communicating with lawmakers and public officials to shape public policy to advance eating disorders prevention.

# What Is STRIPED?

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STRIPED is a graduate-level training initiative based at the Harvard T.H. Chan School of Public Health (Harvard Chan School) and Boston Children's Hospital (BCH). We bring together experts in eating disorders, public health, adolescent preventive medicine, health law, policy, and economics, and many other disciplines to create a public health incubator, a place where transdisciplinary collaborations catalyze crosscutting, innovative approaches to eating disorders prevention.

## Mission

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Our mission is to train the next generation of health professionals to harness the power of public health to prevent eating disorders and related problems with food, weight, and appearance. We strive to create a society where girls and boys alike can grow up at home in their own bodies.

The well-documented health risks of eating disorders and the high numbers of youth engaging in dangerous behaviors in attempts to control their weight and shape underscore the critical need for prevention. But current prevention efforts are not adequate. Prevention strategies are needed on a large scale to reach the millions of youth at risk. They also need to reach young people early, before they have started down the path of escalating weight and shape control behaviors that can eventually lead to an eating disorder and other serious health problems.

Substantial advances in our capacity to prevent eating disorders and dangerous weight and shape control behaviors will require concerted effort to integrate eating disorders prevention into the curricula of the nation's training programs producing the next generation of public health and adolescent health professionals. Our mission with STRIPED is to do exactly that: To bring eating disorders prevention into the mainstream of training for public health and adolescent preventive medicine.

## Training Strategy

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STRIPED is designed to be easily integrated into the existing training format at the Harvard Chan School and BCH. The six training components of our initiative are: Research Projects, Practicum Fieldwork, Independent Study Course, Academic Seminars, Case-Based Curriculum, and Policy Translation. We provide trainees with research opportunities that help them develop content expertise in prevention of eating disorders and dangerous weight and shape control behaviors and the methodological

expertise needed to conduct rigorous scientific research. Trainees are linked with opportunities to take part in research projects, provided with funding so they can devote the time needed to carry out the projects, and mentored by experts in the field. In addition, trainees are able to apply for an annual Dissertation/Postdoctoral Research Award to carry out their own independent research.

We also link trainees with practicum opportunities and provide support for them to carry out fieldwork focused on eating disorders prevention. For interested Harvard Chan School students, we offer the independent study course “Independent Study in Eating Disorders Prevention: A Strategy Incubator,” which provides mentorship from STRIPED faculty to help students generate novel, transdisciplinary strategies to prevent eating disorders and the spectrum of disordered weight- and shape-control behaviors. Students work closely with Dr. Bryn Austin to develop innovative approaches for prevention that expand beyond the bounds of current thinking in the field.

Through academic seminars, we incorporate academic sessions on topics related to eating disorders prevention into a range of standing seminars and courses offered at Harvard Chan School and BCH in addition to film screenings and discussions for the wider community. Our case-based curriculum engages students in real-world dilemmas, problem solving, and teamwork to tackle current, high-impact issues in eating disorders prevention.

With the generous support of the Ellen Feldberg Gordon Challenge Fund for Eating Disorders Research, STRIPED has had the opportunity to offer travel scholarships for trainees to attend the Eating Disorders Coalition Congressional Lobby Day on Capitol Hill for the last two academic years. At these Lobby Days, STRIPED is represented by a diverse group of passionate students, researchers, and clinicians who travel to meet with members of Congress and their staff to tell them in their own words about the devastating impact of eating disorders and the urgent need for prevention. Using policy translation strategies to put democracy into action, our team joins like-minded people from all walks of life and from all across the country to convey to our national leaders how urgent the problem of eating disorders is and how vast the suffering and injustice in access to care and evidence-based prevention. In our first two years offering these travel scholarships, we are thrilled with the overwhelmingly positive response from STRIPED trainees, eager to get involved in policy advocacy on eating disorders.

# Faculty

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S. Bryn Austin, ScD

Director, STRIPED

Professor, Department of Social and Behavioral Sciences, Harvard Chan School; Professor in Pediatrics, Harvard Medical School (HMS); Director of Fellowship Research Training, Division of Adolescent and Young Adult Medicine, Boston Children's Hospital (BCH)

Marie McCormick, MD, ScD

Sumner and Esther Feldberg Professor of Maternal and Child Health, Department of Social and Behavioral Sciences, Harvard Chan School; Professor in Pediatrics, HMS; Senior Associate Director of the Infant Follow-up Program, BCH

Jean Emans, MD

Professor in Pediatrics, HMS; Chief, Division of Adolescent and Young Adult Medicine; Faculty Director, Office of Faculty Development; Vice Chair for Clinical Affairs, Department of Medicine; and Co-Director, Center for Young Women's Health, BCH

Jerel P. Calzo, PhD, MPH

Assistant Professor in Pediatrics, HMS; Research Scientist in the Division of Adolescent and Young Adult Medicine, BCH

Holly C. Gooding, MD, MS

Assistant Professor in Pediatrics, HMS; Physician in the Division of Adolescent and Young Adult Medicine, BCH; Director of Interprofessional Teaching for the Boston Leadership in Adolescent Health Fellowship, BCH

## Affiliated Faculty in Health Law

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Jennifer Pomeranz, JD, MPH

Clinical Assistant Professor, College of Global Public Health, New York University

# Collaborating Mentors

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Michael Long, ScD, MPH

Assistant Professor, Department of Prevention and Community Health, Milken Institute  
School of Public Health, George Washington University, Washington, D.C.

Katherine Record, JD, MPH, MA

Deputy Director of Behavioral Health Integration and Accountable Care, Massachusetts  
Health Policy Commission, Boston

Rachel Rodgers, PhD

Associate Professor, Department of Applied Psychology, Northeastern University, Boston,  
and Laboratoire de Stress Traumatique, Université Paul Sabatier, Toulouse, France

Mihail Samnaliev, PhD

Instructor in Pediatrics, Department of General Pediatrics, HMS and Health Economist,  
Clinical Research Center, BCH, Boston

Kendrin Sonnevile, ScD, RD, LDN

Assistant Professor, Human Nutrition Program, University of Michigan School of Public  
Health, Ann Arbor, Michigan

Davene Wright, PhD

Assistant Professor, Department of Pediatrics and Program in Health Economics and  
Outcomes Methodology, University of Washington and Seattle Children's Research  
Institute, Seattle

# International Expert Advisory Panel

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Debra Franko, PhD

Northeastern University, Boston

Jess Haines, PhD, MHSc, RD

University of Guelph, Guelph, Canada

Dianne Neumark-Sztainer, PhD, MPH, RD

University of Minnesota School of Public Health, Minneapolis, Minnesota

Susan Paxton, PhD

La Trobe University, Melbourne, Australia

# Staff

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Kimberly Yu, BA

# Trainees

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## 2015-2016

Allegra Gordon, ScD, MPH, Division of Adolescent and Young Adult Medicine, BCH

Xindi (Cindy) Hu, MS, Environmental Health, Harvard Chan School

Erica Kenney, ScD, MPH, Social and Behavioral Sciences, Harvard Chan School

Yongjoo Kim, PhD, MPH, Social and Behavioral Sciences, Harvard Chan School

Esther Li, MPH, Social and Behavioral Sciences, Brown University School of Public Health

Longxiang Li, MS, Environmental Health, Harvard Chan School

Ayesha McAdams-Mahmoud, MPH, Social and Behavioral Sciences, Harvard Chan School

Ariane Moss, MS, Harvard Law School

Flora Or, MHS, Social and Behavioral Sciences, Harvard Chan School

Aryn Phillips, MPH, Social and Behavioral Sciences, Harvard Chan School

Marysa Sheren, MEd, Technology, Innovation & Education, Harvard Graduate School of Education

Alvin Tran, MPH, Nutrition and Social and Behavioral Sciences, Harvard Chan School

Trine Tetlie Eik-Nes, MSc, Neuroscience, Norwegian University of Science and Technology

Suzanne Wintner, MPH, Social and Behavioral Sciences, Harvard Chan School

Kuanysh Yergaliyev, MD, MPH, Public Health Leadership, Harvard Chan School

Sara Ziff, MPP, Public Administration, Harvard Kennedy School, Founder of the Model Alliance

## 2014-2015

Amy Brunner, MEd, Technology, Innovation & Education, Harvard Graduate School of Education

Elizabeth Cheever, MS, Computational Biology and Quantitative Genetics, Harvard Chan School



Allegra Gordon, ScD, Social and Behavioral Sciences, Harvard Chan School  
Ryan Huerto, MEd, Social and Behavioral Sciences, Harvard Chan School  
Erica Kenney, ScD, MPH, Social and Behavioral Sciences, Harvard Chan School  
Emily Kroshus, ScD, MPH, Social and Behavioral Sciences, Harvard Chan School  
Anvita Kulkarni, MS, Social and Behavioral Sciences, Harvard Chan School  
Esther Li, Behavioral and Social Sciences, Brown University of Public Health  
Selena Hua Liu, MS, Social and Behavioral Sciences, Harvard Chan School  
Kate Makaroff, BS, Neurobiology and Global Health & Health Policy, Harvard College  
Morgan Redman, MS, Social and Behavioral Sciences, Harvard Chan School  
Alvin Tran, MPH, Nutrition and Social and Behavioral Sciences, Harvard Chan School

### 2013-2014

Lakendra Barajas, JD, Harvard Law School  
Grant Barbosa, JD, Harvard Law School  
Kelly Bauer, BA, Concentration in Global Health and Health Policy, Harvard College  
Samantha Glover, JD, Harvard Law School  
Allegra Gordon, MPH, Social and Behavioral Sciences, Harvard Chan School  
Brigitte Granger, MS, Social and Behavioral Sciences, Harvard Chan School  
Erica Kenney, ScD, MPH, Social and Behavioral Sciences, Harvard Chan School  
Emily Kroshus, ScD, MPH, Social and Behavioral Sciences, Harvard Chan School  
Eric Nazar, Harvard Graduate School of Education  
Selena Hua Liu, Social and Behavioral Sciences, Harvard Chan School  
Hyungi LeAnn Noh, MS, Social and Behavioral Sciences, Harvard Chan School  
Morgan Redman, MS, Social and Behavioral Sciences, Harvard Chan School

### 2012-2013

Kelly Bauer, Concentration in Global Health and Health Policy, Harvard College  
Katherine Cohen Cooper, JD, Harvard Law School  
Bernice Garnett, ScD, MPH Social and Behavioral Sciences, Harvard Chan School  
Brigitte Granger, Social and Behavioral Sciences, Harvard Chan School  
Allegra Gordon, MPH, Social and Behavioral Sciences, Harvard Chan School  
Matías Irrázaval, MD, MPH, Social and Behavioral Sciences, Harvard Chan School  
Yushan Jiang, MS, Global Health and Population, Harvard Chan School

Yongjoo Kim, PhD, MPH, Social and Behavioral Sciences, Harvard Chan School  
Emily Kroshus, MPH, Social and Behavioral Sciences, Harvard Chan School  
Hyungi LeAnn Noh, Social and Behavioral Sciences, Harvard Chan School

## 2011-2012

Rob Buelow, MS, Society, Human Development and Health, Harvard Chan School  
Jerel Calzo, PhD, Division of Adolescent and Young Adult Medicine, BCH  
Katherine Cohen Cooper, JD, Harvard Law School  
Bernice Garnett, ScD, MPH, Society, Human Development and Health, Harvard Chan School  
Allegra Gordon, MPH, Society, Human Development and Health, Harvard Chan School  
Leah Hawkins, MD, Society, Human Development and Health, Harvard Chan School;  
HMS  
Emily Kroshus, MPH, Society, Human Development and Health, Harvard Chan School  
Elisabeth Malin, MS, Health Policy and Management, Harvard Chan School  
Boram Seo, MD, MPH, Society, Human Development and Health, Harvard Chan School  
Monica Wang, ScD, MS, Society, Human Development and Health, Harvard Chan School

## 2010-2011

Maliha Ali, MD, MPH, Maternal and Child Health, Harvard Chan School  
Rob Buelow, MS, Society, Human Development and Health, Harvard Chan School  
Jerel Calzo, PhD, Division of Adolescent and Young Adult Medicine, BCH  
Meagan Campol, MD, MPH, Maternal and Child Health, Harvard Chan School  
Meredith Chace, MS, Health Policy and Management, Harvard Chan School  
Bernice Garnett, ScD, MPH, Society, Human Development and Health, Harvard Chan School  
Emily Kroshus, MPH, Society, Human Development and Health, Harvard Chan School  
Jenna Kruger, MPH, Health Policy, Yale University  
Lisa Taylor, JD, Harvard Law School  
Monica Wang, ScD, MS, Society, Human Development and Health, Harvard Chan School

## 2009-2010

Bernice Garnett, ScD, MPH, Society, Human Development and Health, Harvard Chan School

Emily Kroshus, ScD, MPH, Society, Human Development and Health, Harvard Chan School

Monica Wang, ScD, MS, Society, Human Development and Health, Harvard Chan School

# Where Are They Now? Past Trainees

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Grant Barbosa, JD, is a legislative assistant at the US House of Representatives

Rob Buelow, MS, is Associate Director for EverFi, an education technology company focused on health issues in Boston.

Amy Brunner, M.Ed., is an Associate Producer at Curriculum Associates, an educational publishing company headquartered in Massachusetts.

Jerel Calzo, PhD, MPH, is Assistant Professor in Pediatrics at HMS and Research Scientist in the Division of Adolescent and Young Adult Medicine at BCH. Jerel joined the STRIPED faculty in 2012.

Meagan Campol, MD, MPH, is a third year resident at the New York University School of Medicine in obstetrics and gynecology.

Bernice Garnett, ScD, MPH, is Assistant Professor at the University of Vermont in the College of Education and Social Services.

Leah Hawkins, MD, MPH, is a second year resident in obstetrics and gynecology at Northwestern Memorial Hospital.

Ryan Huerto, MEd, is a fourth year medical student at the University of California, San Diego and is planning to pursue a career in family medicine.

Matías Irrarázaval, MD, MPH, is a postdoctoral research fellow at the Child Language and Developmental Psychiatry Lab at Judge Baker Children's Center.

Yushan Jiang, MS, is an associate at Boston Consulting Group.

Emily Kroshus, ScD, MPH, is Assistant Professor at University of Washington in the Department of Pediatrics.

Jenna Kruger, MPH, is a research analyst in the Department of Medicine at the University of California, San Francisco.

Selena Hua Liu, MPH, is a master's degree student in nutrition at Simmons College, Boston.

Kate Makaroff, BS, is on a Fulbright travel fellowship in Europe.

Elisabeth Malin, MS, is completing a two-year fellowship at Massachusetts General Hospital.

Hyungi LeAnn Noh, MS, is a health economist at Cancer Outcomes Tracking Analysis.

Morgan Redman, MS, is working in research and coaching girls soccer in Boston.

Boram Seo, MD, MPH, is a doctoral student in Culture and Theory at the University of California, Irvine.

Lisa Taylor, JD, works for Pharmacyclics as an associate healthcare counsel.

Monica Wang, ScD, MS, is Assistant Professor at Boston University School of Public Health in the Department of Community Health Sciences. Dr. Wang is also an adjunct instructor in the Department of Social and Behavioral Sciences at the Harvard Chan School.

# Funding Sources

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STRIPED has been made possible by the generous support of the Ellen Feldberg Gordon Fund for Eating Disorders Research (2009-2011; 2011-2014; 2014-2019).

Our work has also been supported by:

Robert Wood Johnson Foundation Seed Grants (2010-2011; 2012-2013)

U.S. Maternal and Child Health Bureau/Health Resources and Services Administration training grants T76-MC00001, PI Marie McCormick, and Leadership Education in Adolescent Health Project T71-MC00009, PI Jean Emans

Delta Delta Delta Fraternity & the Center for Living, Learning & Leading, Inc. (2011)

Rhode Island Foundation/Ophelia's Place (2011/2014)

Amy Spies (2012-2015)

A Chance to Heal Fund Endowment (Established 2014)

Ivy Silver (2014)

Joanna Berwind Creamer (2014)

Susan Jackson Tressider (2014)

Barbara & David Goodman (2014)

Jennifer Miles (2014)

Harvard Chan School Curriculum Innovation Grant (2015)

National Eating Disorders Association (2015-2017)

Harvard Initiative for Learning and Teaching (2016)

# STRIPED Dissertation and Postdoctoral Research Awards

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## 2015-2016

Erica Kenney: Do Schools Unintentionally Promote Unhealthy Weight Control Behaviors With Their Health Promotion Programs?

Flora Or: Adverse Events in the Past Decade: Are Dietary Supplements Truly Safe Until Proven Otherwise?

## 2014-2015

Emily Kroshus: Primary and Secondary Prevention of Disordered Eating in Sports Settings: Understanding Determinants of Coach Behaviors and Developing Strategies for Change

Allegra Gordon: Project Body Talk: Experiences of Weight and Shape Control Among Young Transgender Women

## 2013-2014

Erica Kenney: Measuring Weight-Based Discrimination in School Settings

Emily Kroshus: Group Processes for Risk and Prevention of Unhealthy Behaviors on College Sports Teams

## 2012-2013

Bernice Garnett: The Intersection Between Weight-Based Discrimination and Racial Discrimination: A Mixed-Methodology Study With Ethnically Diverse Youth

Emily Kroshus: Health and Performance Promotion as Eating Disorder Prevention? Understanding the Role of Healthy Athletic Behaviors as Protective for Disordered Eating on Female Collegiate Sports Teams

## 2011-2012

Bernice Garnett: The Intersection Between Weight-Based Discrimination and Racial Discrimination: A Mixed-Methodology Study With Ethnically Diverse Youth

Monica Wang: Risk and Protective Factors of Disordered Weight Control Behaviors among Youth

# Research Opportunities for Trainees

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## 2015-2016

Trainee: Cindy Hu

Topic: The Economic Case for Eating Disorders Prevention and Early Detection: A Comparative Cost-Effectiveness Analysis of Six Intervention Strategies

Faculty Mentors: Bryn Austin, Michael Long, and Davene Wright

Trainee: Longxiang Li

Topic: Study of Predictors of Spatial Location Patterns and Density of Businesses Offering Cosmetic Surgery and Cosmetic Procedures with Negative Health Effects in Seven Major Metropolitan Areas of the United States

Faculty Mentor: Bryn Austin

Trainee: Selena Liu

Topic: Tracking the Sale of Dietary Supplements Marketed for Weight Loss or Muscle Building: An Exploration of the Socioeconomic Patterns of Use

Faculty Mentor: Bryn Austin

Trainee: Ariane Moss

Topic: An Investigation of Viable Legal Strategies to Protect Consumers from Unhealthy Body Ideals Promoted Through Deceptive Photoshopping

Faculty Mentors: Jennifer Pomeranz and Bryn Austin

Trainee: Aryn Phillips

Topic: California AB 2539: Protecting Fashion Model Health and Well-being

Faculty Mentor: Bryn Austin

Trainee: Marysa Sheren

Topic: Transforming Team-Learning Teaching Cases in Public Health for Online Platforms: An e-Learning Module Development Project

Faculty Mentors: Holly Gooding and Bryn Austin

Trainee: Sara Ziff

Topic: Protecting Fashion Model Health and Well-being

Faculty Mentors: Bryn Austin and Rachel Rodgers

## 2014-2015

Trainee: Amy Brunner

Topic: Translating Case-Based Learning Into E-learning Modules

Faculty Mentor: Bryn Austin

Trainee: Elizabeth Cheever  
Implementing and Evaluating the Academy for Eating Disorders (AED) Medical Guide  
within a Pediatric Learning Community  
Faculty Mentor: Holly Gooding

Trainee: Alvin Tran  
Protecting Minors from Dietary Supplements Marketed for Weight Loss or Muscle  
Building through Legislative Action  
Faculty Mentors: Bryn Austin and Christina Roberto

Trainee: Selena Lui  
Tracking the Sale of Dietary Supplements Marketed for Weight Loss or Muscle Building:  
An Exploration of the Socioeconomic Patterns of Use  
Faculty Mentor: Bryn Austin

Trainee: Esther Li  
Examining the Cost-Effectiveness of Clinic-Based Eating Disorders Screenings in  
Primary Care  
Mentors: Bryn Austin and Davene Wright

## 2013-2014

Trainee: Grant Barbosa  
Topic: Legal Protection of Youth and Other Vulnerable Groups From Exploitation by the  
Dietary Supplements Industry  
Faculty Mentor: Jennifer Pomeranz

Trainee: Kelly Bauer  
Topic: Warning Labels on Fashion Magazine Images: Women's Eating Behavior and  
Body Dissatisfaction  
Faculty Mentor: Christina Roberto

Trainees: Samantha Glover, Lakendra Barajas  
Topic: Potential of Occupational Health and Safety Laws to Improve the Health of  
Fashion Models  
Faculty Mentor: Katherine Record

Trainee: Brigitte Granger  
Topic: Negative Effects of Weight-Loss Industry Marketing Practices  
Faculty Mentor: Christina Roberto

Trainee: Eric Nazar  
Topic: TRIAD Healthy Eating Toolkit for Coaches  
Faculty Mentor: Jerel Calzo



Trainee: Hyungi LeAnn Noh  
Topic: Economic Analysis of the Cost of Eating Disorders  
Faculty Mentor: Mihail Samnaliev

### **2012-2013**

Trainees: Allegra Gordon, Boram Seo  
Topic: Body Image Community Indicators Mapping Project: A Pilot Study of Beauty Industry Spatial Distribution and Concentration  
Faculty Mentors: Bryn Austin, Kendrin Sonneville

Trainee: Yushan Jiang, Hyungi LeAnn Noh  
Topic: Economic Analysis of Potential Cost Savings of Eating Disorders Screening in High Schools  
Faculty Mentors: Davene Wright, Kendrin Sonneville, Bryn Austin

Trainee: Brigitte Granger, Kelly Bauer  
Topic: Negative Effects of Weight-Loss Industry Marketing Practices  
Faculty Mentor: Christina Roberto

Trainee: Katherine Cohen Cooper  
Topic: Legal Protection of Youth and Other Vulnerable Groups From Abuses and Exploitation by the Beauty Industry  
Faculty Mentors: Jennifer Pomeranz

### **2011-2012**

Trainees: Bernice Garnett, Rob Buelow  
Topic: Fat Talk Free Week Pilot Evaluation: An Evaluation of a Social Marketing Campaign to Decrease Self-Disparaging Talk About Body and Weight  
Faculty Mentors: Bryn Austin, Debra Franko

### **2010-2011**

Trainees: Meredith Chace, Jenna Kruger, Lisa Taylor  
Topic: Abuse of Over-the-Counter Products for Weight Control by Youth: A Pilot Study of Product Sales, Medical Claims, and Viable Legal Responses to Protect the Health of Young People  
Faculty Mentors: Bryn Austin, Jess Haines, Jennifer Pomeranz

### **2009-2012**

Trainee: Monica Wang  
Topic: Healthy Choices: Behavioral, Familial, and Environmental Risk and Protective Factors for Disordered Weight Control Behaviors Among Youth  
Faculty Mentor: Bryn Austin

# Research Presentations by Trainees

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## 2015-2016

Trainees: Carly Guss and Allegra Gordon with faculty Jerel Calzo  
Keynote at 2016 Multi-Service Eating Disorders Association (MEDA) Annual Conference, Newton, MA  
Topic: Gender Identity, Gender Expression, and Eating Disorders

Trainee: Allegra Gordon and Carly Guss  
Lecture at Fenway Health, Boston, MA  
Topic: Sexual and Gender Minority Youth and Eating Disorders

Trainee: Allegra Gordon  
Oral Presentation at International Conference on Eating Disorders (ICED) Annual Meeting, San Francisco, CA  
Topic: Nonconforming Gender Expression, Peer Victimization, and Disordered Weight Control Behaviors Among High School Students in Four U.S. School Districts

Trainee: Sara Ziff  
Moderator, Panel at Harvard Kennedy School of Government, Boston, MA  
Topic: From the Runway to the Factory Floor: Labor Rights, Safety & Public Health

Trainee: Allegra Gordon  
Lecture at Harvard T.H. Chan School of Public Health, Boston, MA  
Topic: Advanced Topics in Women, Gender and Health

Trainee: Allegra Gordon  
Poster Presentation at 2015 Renfrew Center Conference on Eating Disorders, Philadelphia, PA  
Topic: Eating Disorders Risk Among Young Transgender Women

Trainee: Allegra Gordon  
Poster Presentation at 2015 American Public Health Association (APHA), Chicago, IL  
Topic: Weight and Shape Control Behaviors Among Young Transgender Women

Trainee: Allegra Gordon  
Oral Presentation at 2015 Philadelphia Trans Health Conference, Philadelphia, PA  
Topic: Body Image and Weight and Shape Control Among Young Transgender Women

Trainee: Allegra Gordon  
Lecture at Rainbow Consortium, Boston Children's Hospital, Boston, MA  
Topic: Eating Disorders Risk Among Young Transgender Women

## 2014-2015

Trainee: Allegra Gordon

Oral Presentation at the 2015 International Conference on Eating Disorders, Boston, MA

Topic: Weight and Shape Control Behaviors Among Young Transgender Women: Preliminary Findings from Project Body Talk

Trainee: Erica Kenney

Poster Presentation at the 2015 International Conference on Eating Disorders, Boston, MA

Topic: Weight Bias, School Climate, and the Academic Experience for K-12 Students: A Qualitative Study of Classroom Teachers

Trainee: Emily Kroshus

Oral Presentation at the Eating Disorders in Sport Conference, St. Louis, MO

Topic: Developing best practices for prevention, identification and management of disordered eating in US collegiate sport

## 2013-2014

Trainee: Emily Kroshus

Oral Presentation at the 2014 International Conference on Eating Disorders, New York City, NY

Topic: Internalization of the Athletic Body Ideal: An Important Mediator of the Association Between Athletic Identity and Disordered Eating

Trainee: Grace Kennedy

Poster Presentation at the 2014 International Conference on Eating Disorders, New York City, NY

Topic: Validation of the Fat Talk Bystander Scale: A Novel Approach to Assess Fat Talk

Trainee: Brigitte Granger

Oral Presentation at Harvard Chan School, Boston, MA

Topic: Diet Industry Marketing Practices: The Problem's Scope and Solutions

## 2012-2013

Trainee: Emily Kroshus

Panelist at the 2013 Boston Children's Hospital Sports Medicine Female Athlete Conference, Boston, MA

Topic: Athletes and Eating Disorders

Trainee: Emily Kroshus

Poster Presentation at the 2013 International Conference on Eating Disorders, Montreal, Canada

Topic: Team-Level Processes for Addressing and Preventing Disordered Eating: A Comparison of Two Female Collegiate Cross-country Running Teams

Trainee: Monica Wang  
Poster Presentation at the 2013 Society for Behavioral Medicine Annual Conference, San Francisco, CA  
Topic: Environmental Factors Associated With Disordered Weight Control Behaviors Among Youth: A Systematic Review

Trainees: Rob Buelow, Bernice Garnett  
Poster Presentation at the 2012 American Public Health Association Annual Conference, San Francisco, CA  
Topic: Bystander Intervention in Fat Talk Prevention: A Psychometric Evaluation

Trainee: Bernice Garnett  
Oral Presentation at the 2012 American Public Health Association Annual Conference, San Francisco, CA  
Topic: Utilizing Latent Class Analysis to Explore the Multi-Dimensionality of Discrimination Among Ethnically Diverse Youth: Highlighting the Intersection of Racial and Weight-Based Discrimination

Trainee: Emily Kroshus  
Poster Presentation at the 2012 American Public Health Association Annual Conference, San Francisco, CA  
Topic: Team-Driven Prevention of Disordered Eating: A Qualitative Comparison of Two Female Collegiate Cross-country Teams

## 2011-2012

Trainees: Bernice Garnett, Rob Buelow  
Poster Presentation at the 2012 International Conference on Eating Disorders, Austin, TX  
Topic: A Pilot Evaluation of Fat Talk Free Week, a Social Marketing Campaign to Decrease Self-Disparaging Talk About Body and Weight

Trainee: Bernice Garnett  
Oral Presentation at the 2011 Society for the Analysis of African American Public Health Issues Scientific Symposium, Washington, DC  
Topic: Using Multiple Qualitative Methods to Address Weight Disparities in Cambridge Black Youth: A Focus on Parent/Child Dyad and "Positive Deviant" Interviews

Trainee: Bernice Garnett  
Oral Presentation at the 2011 Reproductive Health Symposium at the Harvard Chan School, Boston, MA  
Topic: Utilizing Latent Class Analysis to Explore the Multi-Dimensionality of Discrimination Among Ethnically Diverse Youth: Highlighting the Intersection of Racial and Weight-Based Discrimination

Trainee: Emily Kroshus

Oral Presentation at the International Conference on Sport and Society, Cambridge, UK  
Topic: Relation of Athletic Identity to Eating Disorder Risk: An Examination of Mediating Mechanisms

Trainee: Monica Wang

Presentation at the 2012 Society for Behavioral Medicine Annual Conference, New Orleans, LA

Topic: Family Physical Activity and Meal Practices Associated With Disordered Weight-Control Behaviors in a Multi-Ethnic Sample of Middle-School Youth

## 2010-2011

Trainee: Monica Wang

Presentation at the 2011 Society for Adolescent Health and Medicine Annual Conference, Seattle, WA

Topic: Dietary and Physical Activity Behaviors Related to Eating Disorder Symptoms Among Middle-School Youth

# Practicum Fieldwork

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## 2015-2016

Trainee: Ayesha McAdams-Mahmoud

Improving Screening for Eating Disorders in Pediatric Primary Care

Practicum Sponsor: STRIPED

Trainee: Alvin Tran and Esther Li

Protecting Youth from the Dangers of Dietary Supplements Sold for Weight Loss and Muscle Building

Faculty Mentor: Bryn Austin

Trainee: Suzanne Wintner

School Strategies to Promote Healthy Weight Among Children and Youth

Practicum Sponsor: STRIPED

Trainee: Kuanysh Yergaliyev

Strategic Planning to Protect Youth from Diet Pills and Dietary Supplements Sold for Weight Loss and Muscle Building

Practicum Sponsor: STRIPED

## 2014-2015

Trainee: Morgan Redman

A Study of Potential Policy Strategies to Place Warning Labels on Fashion Magazine Advertisements

Practicum Sponsor: STRIPED

Trainees: Ryan Huerto and Anvita Kulkarni  
Developing a Strategic Plan to Motivate Corporate Social Responsibility on the Sale of Harmful Weight Loss and Muscle Building Products  
Practicum Sponsor: STRIPED

### 2013-2014

Trainee: Selena Hua Lui  
Creating Size Accepting Physical Activity Resources for Obese Adolescents  
Practicum Sponsor: STRIPED

Trainee: Morgan Redman  
Development of Best Practices Resource for Eating Disorders Prevention in Schools  
Practicum Sponsor: Multiservice Eating Disorders Association, Newton, MA

### 2012-2013

Trainees: Yongjoo Kim, Matías Irarrázaval  
Development of Nationwide Eating Disorders Screening and Prevention Proposals for South Korean and Chilean Adolescents  
Practicum Sponsor: STRIPED

### 2011-2012

Trainee: Boram Seo  
Body Image Community Indicators Mapping Project  
Practicum Sponsor: STRIPED

Trainee: Elisabeth Malin  
Organizing a Legislative Briefing at the Massachusetts State House Focused on Improving Early Intervention and Prevention by Adding Eating Disorders to Required Health Screenings in Schools  
Practicum Sponsors: National Eating Disorders Association, New York, NY, and the Office of Massachusetts State Representative Kay Khan, Newton, MA

Trainee: Leah Hawkins  
Evaluation of Eating Disorders Secondary Prevention Program for High-Risk Women During Pregnancy  
Practicum Sponsor: Multiservice Eating Disorders Association, Newton, MA

### 2010-2011

Trainees: Rob Buelow, Maliha Ali  
Evaluation of Middle-School Program to Prevent Eating Disorders  
Practicum Sponsor: Multiservice Eating Disorders Association, Newton, MA

# Independent Study Course

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## 2014-2015

Trainee: Kate Makaroff

Topic: The Theory and Practice of Coalition Building: How to Influence Policy on Dietary Supplements for Marketed for Weight-Loss and Muscle Building

Faculty Mentors: Bryn Austin, Christina Roberto

## 2013-2014

Trainee: Selena Hua Liu

Topic: Development of Eating Disorders Identification and Referral Guidelines for Certified Personal Trainers

Faculty Mentors: Bryn Austin, Kendrin Sonneville

Trainee: Morgan Redman

Eating Disorder Prevention in Athletes: Development of a Team Environmental Assessment Tool for College Coaches

Faculty Mentors: Bryn Austin, Kendrin Sonneville

## 2012-2013

Trainee: Matías Irrarrázaval

Topic: Feasibility of Integrating Eating Disorder Screening Into Youth Mental Health Systems in Chile

Faculty Mentors: Bryn Austin, Kendrin Sonneville

## 2011-2012

Trainee: Boram Seo

Topic: A Look Into the Beauty Industries: Key Informant Interviews to Inform Improved Regulation

Faculty Mentor: Bryn Austin

## 2010-2011

Trainee: Meagan Campol

Topic: Engaging Healthcare Providers to Help Mothers With Eating Disorders Create Healthy Eating Environments for Their Children

Faculty Mentors: Bryn Austin, Kendrin Sonneville

Trainee: Rob Buelow

Topic: Formative Research Study on Weight and Shape Concerns and Pressures in Middle-School Environments

Faculty Mentors: Bryn Austin, Kendrin Sonneville

## 2009-2010

Trainee: Bernice Garnett

Topic: A Musically Based Eating Disorders Prevention Media Literacy Program

Faculty Mentors: Bryn Austin, Jess Haines

Trainee: Emily Kroshus

Topic: An Investigation of Team-Level Variation in Disordered Eating and Protective Potential of Team Cohesion and Collective Efficacy

Faculty Mentors: Bryn Austin, Jess Haines

# Case-Based Curriculum

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Working with professional case writer Eric Weinberger, the STRIPED team is developing a series of teaching cases that will be used in classroom settings to engage students in real-world dilemmas, problem solving, and teamwork to tackle current, high-impact issues in the prevention of eating disorders and dangerous weight and shape control behaviors.

- **“Who’s Calling Me Fat? Or, How Columbia Got Its Obesity Prevention Campaign Back on Track”**

This case, which premiered in Spring 2013, 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 the course of 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. 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.

- **“Retweet Does Not Imply Endorsement’: The Logic of Cyberbullying in Schools”**

This case, which premiered in Fall 2013, introduces students to Hazel O’Leary, a veteran nurse at Franklin Middle School in Franklin, a largely working-class city in the fictitious U.S. state of Columbia. In response to the cries of an eighth grade girl who is being cyberbullied about her weight, O’Leary and her principal, Jamal Morden-Jones, try a few solutions to combat the bullying. Though their efforts seem promising at first, they fall short of anything systematic or evidence-based. As the case study ends, Hazel prepares to initiate her school’s first foray into the world of logic models for public health program planning. Through this case, students must think critically about how to bridge the gap between policy and program design and implementation when real life intrudes.

With the support of the Harvard Initiative for Learning and Teaching, STRIPED is transforming this teaching case into the first of our e-learning modules. With this



program, we aim to make all our cases easily accessible for students and educators around the globe through online educational platforms.

- **“The Governor Is Very Interested’: Or, Cost-Effectiveness Analysis for School Health Screenings”**

This case, which premiered in Spring 2014, introduces students to protagonist Nefertiti Nelson, director of the Office of Management and Budgets for the fictional state of Columbia’s Department of Public Health. Nelson is tasked with doing a cost-effectiveness analysis of BMI screening, which is 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. In 2014 “*The Governor Is Very Interested’: Or, Cost-Effectiveness Analysis for School Health Screenings*” made its worldwide debut. STRIPED Co-director Kendrin Sonnevile and Consulting Expert Michael Long taught students from around the world through the Harvard Medical School Global Clinical Scholars Research Training Program (GCSRT). Students in the GCSRT program hail from 22 nations and are all faculty-level clinicians working in clinical research in their respective countries.

- **“Beauty and the Breast: Mobilizing Community Action to Take on the Beauty Industry”**

This case, which premiered in Spring 2014, tells the story of protagonist Joe Wendell who is raising a teenage daughter. One day, his daughter announces she would like to have breast implants. The distressing news prompts Wendell into new, unforeseen directions, as he learns all he can about implants and surgery and the “beauty culture” permeating society. Teaming up with Anna Pinto, director of a community center in a vibrant Brazilian-American community who is concerned about cosmetic surgery, Wendell works with Anna to extend her coalition and find a sponsor for a bill that will directly confront the problem. Through this case, students gain knowledge and skills in advocacy and putting public health into action.

- **“Some Skin in the Game: Negotiating the End of a Campus Health Menace”**

This case, which premiered in Fall 2014, features fictitious Colburn University, a campus that boasts many “amenities” for its students, including cafes, a gymnasium, and U.V. tanning salon Campus Tans. Meredith Tang, a law student originally from Australia, and Barbara Holly, a public health student, cannot believe that this insidious industry has infiltrated campus life and worse yet seems to be promoted by the school or at least is allowed to advertise on campus. Soon these students turned activists begin a campaign to evict the salon; however, they quickly discover that evicting Campus Tans may not be as easy as they thought. As the story ends, the student activists sit down to a meeting with school officials and the owner of the salon to negotiate an agreement that protects the health of Colburn students while balancing the interests of diverse stakeholders. In this case, students learn crucial skills in strategic negotiation to address complex public health problems. This teaching case was featured by the Indoor Tan-Free Skin Smart Campus Initiative to promote skin cancer prevention policy and education on school campuses.

- **“Weighing the Evidence: One University Takes a Hard Look at Disordered Eating Among Athletes”**

This case, which premiered in Spring 2015, returns to Colburn University, where athletic director Harry Ritchie finds himself in hot water after making an offhanded comment about Colburn student-athletes with eating disorders. This incident coupled with a complaint from a parent draws the attention of Dean Francis Reilly, who discovers he needs to peel back some of the layers embedding college athletics on the issue of eating disorders among athletes. Throughout the narrative, different perspectives on sports and eating disorders are revealed from top-level administrators, like Dean Reilly, to the student-athletes themselves. As the story concludes, the conversation about eating disorders has begun but questions still remain on how to make Colburn University a healthy environment for its student-athletes. In this case, students learn how to use the social ecological model to identify factors at multiple levels that influence risk of eating disorders. This case was widely promoted by the National Collegiate Athletic Association (NCAA).

- **“Full of Surprises: Dietary Supplements and the Gym, or, a Tale of Corporate Social Responsibility”**

This case, which premiered in Fall 2015, takes place in the fictitious U.S. State of Columbia and features Callie Guertin, a primary care physician and frequent gym-goer who slowly realizes that her new gym, MuscleTone, sells weight loss supplements at the welcome desk. With guidance from a young activist, Stacie Lubin, Guertin uses coalition building skills to pressure the MuscleTone chain to change its practices. Principles of corporate social responsibility help MuscleTone realize that abandoning sales and advertising of supplements can produce a good result for everybody. Through this case, students learn how to use principles and strategies for motivating social responsibility to promote health and well-being in consumers.

STRIPED teaching cases are free and available to the public on the STRIPED website (<http://www.hsph.harvard.edu/striped/strategic-plan/case-based-curriculum/>). They are also available through the Harvard Chan School case library (<http://caseresources.hsph.harvard.edu/case-library>) and the Harvard Business School case library (<https://cb.hbsp.harvard.edu/cbmp/pages/content/cases>). These cases are designed to be used by educators seeking to introduce topics in eating disorders prevention and public health into their classrooms.

## Academic Seminars and Events

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### 2015-2016

Guest Lecturers: Erica Kenney, ScD and Katrina Schroeder, RD, LDN

Fighting Fat Stigma: What Public Health Can Do to Reduce Bias and Promote Health at Every Size

April 26, 2016

Guest Lecturer: Jerel Calzo, PhD  
The Mask You Live In: Is American Masculinity Harming Our Boys, Men, and Society?  
April 19, 2016

Guest Lecturers: Allegra Gordon, ScD, MPH, Erica Kenney, ScD, MPH, and Flora Or, MHS  
The Weight of Stigma: Implications of Fat Stigma for Public Health  
February 23, 2016

Guest Lecturers: S. Bryn Austin, ScD, and Rachel Rodgers, PhD  
Occupational Hazards of Fashion: Emerging Policy Solutions to Mitigate Coerced Starvation and Exploitation of Fashion Models  
February 8, 2016

Guest Lecturer: Jerel Calzo, PhD  
Muscles and Masculinity: What's the Connection?  
December 7, 2015

## 2014-2015

Guest Lecturer: Phillippa Diedrichs, PhD  
Large Scale Dissemination of Eating Disorders Prevention in the European Union  
April 22, 2015

Guest Lecturer: Allegra Gordon, ScD, MPH  
Gender Expression, Discrimination and Health Among U.S. Adolescents and Young Adults: Quantitative and Qualitative Approaches  
April 21, 2015

Guest Lecturer: Susan Greenhalgh, PhD  
Fat Talk Nation  
April 21, 2015

Guest Lecturer: Rachel Rodgers, PhD  
Decreasing Tanning Among Students: An Unexpected Minimal Intervention  
March 23, 2015

Guest Lecturer: Jean Kilbourne, EdD  
Falling in Love with Food: Advertising and Public Health  
March 3, 2015

Guest Lecturer: Erica Kenney, ScD and Morgan Redman, MS  
Are K-12 Schools Hurting Obese Students? A Qualitative Study of U.S. Classroom Teachers and Weight Bias  
February 4, 2015

Guest Lecturer: Kerstin Blomquist, PhD  
Evidence-based Policy Solutions to Prevent Eating Disorders: Should We Place Warning Labels on Fashion Advertisements?  
November 10, 2014

Guest Lecturer: Emily Kroshus, ScD  
Winning at What Cost? Concussions and Disordered Eating in Collegiate Sports  
October 17, 2014

## 2013-2014

Guest Lecturer: Kendrin Sonneville, ScD, RD, LDN  
Adolescent Obesity and Disordered Eating: How to Talk About Weight  
Boston Children's Hospital Eating Disorder Case Conference  
May 27, 2014

Guest Lecturer: Emily Kroshus, MPH  
Dissertation Defense: Exploring the Influence of Within-Group Communication and Norms on the Health Behaviors of Collegiate Athletes  
April 1, 2014

Guest Lecturer: Christina Roberto, PhD, and Brigitte Granger  
Diet Industry Marketing Practices: The Problem's Scope & Solutions  
April 1, 2014

Guest Lecturer: Rachel Rodgers, PhD, Northeastern University, Boston, United States  
Unintentional Prevention in Eating Disorders: Potential Methodological and Practice Implications  
Public Health Nutrition Program's Brown Bag Series  
March 11, 2014

Guest Lecturer: Katherine Record, JD, MPH, MA  
Spring 2014: Skeletal Is Still the Proverbial Black  
Co-sponsored by STRIPED and Harvard Education and Research Center for Occupational Safety and Health.  
February 10, 2014

Guest Lecturer: Manuela Ferrari, PhD, University of Toronto, Toronto, Canada  
BODY Study Digital Vignettes for Eating Disorders Prevention  
December 6, 2013

Guest Lecturer: Phillippa Diedrichs, PhD, Centre for Appearance Research at the University of the West of England: Bristol, Bristol, England  
Policy Approaches to Improving Body Image and Preventing Eating Disorders: A Researcher's Perspective on Working With Government, Politicians and Policy Makers in the UK  
December 6, 2013

Guest Lecturer: Kendrin Sonneville, ScD, RD, LDN  
Eating Disorders: What, Why, and How Common?  
Principles of Nutrition  
December 3, 2013

Guest Lecturer: Phillippa Diedrichs, PhD, Centre for Appearance Research at the  
University of the West of England: Bristol, Bristol, England  
Body Politics: Translating Research Into Practice With Government, Politicians and  
Policy Makers in the UK to Improve Body Image and Prevent Eating Disorders  
December 3, 2013

Guest Lecturer: Dianne Neumark-Sztainer, PhD, MPH, RD, International Expert  
Advisory Panel member  
Family Meals: Key Findings From Project EAT and Future Directions  
Nutrition Seminar Series  
November 25, 2013

Guest Lecturer: Kendrin Sonneville, ScD, RD, LDN  
Adolescent Nutrition: Obesity, Eating Disorders, and Integrated Prevention  
Adolescent Health Course, Harvard Chan School  
November 25, 2013

Guest Lecturer: Bryn Austin, ScD  
Getting Eating Disorders Prevention on the Public Health Agenda: A Strategic Approach  
to Prevention Science, Pipelines, and Workforce Training  
School-Wide Hot Topics Seminar at Harvard Chan School  
July 23, 2013

## 2012-2013

Guest Lecturer: Bernice Garnett, ScD, MPH  
Dissertation Defense: The Intersections of Discrimination, Bullying, and Coping Among  
Ethnically Diverse Urban Youth: Highlighting Weight-Based Discrimination Through a  
Mixed-Methods Framework  
April 17, 2013

Guest Lecturer: Bryn Austin, ScD  
Getting Eating Disorders Prevention on the Public Health Agenda: A Strategic Approach  
to Prevention Science, Pipelines, and Workforce Training.  
Harvard Chan School Maternal and Child Health Seminar Series  
April 10, 2013

Film screening of documentary *Shredded*  
Co-sponsored by STRIPED and Harvard Chan School Women, Gender, and Health  
Concentration  
February 19, 2013

Film screening of documentary *Absolutely Safe*  
Co-sponsored by STRIPED and Harvard Chan School Women, Gender, and Health  
Concentration  
October 9, 2012

## 2011-2012

Guest Lecturer: Zali Yager, PhD, La Trobe University, Melbourne, Australia  
School-Based Prevention of Eating Disorders and Obesity: The Role of Physical  
Education Teachers  
Co-sponsored by STRIPED and Harvard Chan School Program in Public Health Nutrition  
May 1, 2012

Film screening of documentary *Miss Representation*  
Co-sponsored by STRIPED and Harvard Chan School Women, Gender and Health  
Concentration  
April 5, 2012

Guest Lecturer: Kendrin Sonneville, ScD  
Eating Disorders and Obesity in Teens: The Role of Body Dissatisfaction  
Seminar Series: Harvard Chan School Nutrition Seminar  
March 26, 2012

Guest Lecturer: Monica Wang, ScD, MPH  
Dissertation Defense: Risk and Protective Factors of Disordered Weight Control  
Behaviors  
March 21, 2012

Guest Lecturer: Bryn Austin, ScD  
Why We Need Eating Disorders Screening in High Schools  
Legislative briefing at Massachusetts State House with Representative Kay Khan on  
Improving Early Intervention and Prevention by Adding Eating Disorders to Required  
Health Screenings in Schools.  
In partnership with the National Eating Disorders Association, New York, NY, and office  
of Massachusetts Representative Kay Khan, Newton, MA  
March 6, 2012

Guest Lecturer: Bryn Austin, ScD  
Getting Eating Disorders Prevention on the Public Health Agenda: A Strategic Approach  
to Prevention Science, Pipelines, and Workforce Training  
Seminar Series: Harvard Center for Population and Development Studies  
February 9, 2012

Film screening of documentary *Beauty Mark: Body Image & the Race for Perfection*  
Co-sponsored by STRIPED and Harvard Chan School Women, Gender and Health  
Concentration  
October 20, 2011

## 2010-2011

Film screening of documentary *DISFIGURED: A Movie About Women and Weight*  
Co-sponsored by STRIPED and Harvard Chan School Women, Gender and Health  
Concentration  
February 24, 2011

Film screening of documentary *America the Beautiful*  
Co-sponsored by STRIPED and Harvard Chan School Women, Gender and Health  
Concentration  
October 27, 2010

## 2009-2010

Guest Lecturer: Jess Haines, PhD, MHSc, RD, International Expert Advisory Panel member  
Prevention of Weight-Related Disorders in Youth  
Harvard Chan School Maternal and Child Health Seminar Series  
April 21, 2010

Guest Lecturer: Susan Paxton, PhD, International Expert Advisory Panel member  
Body Image and Disordered Eating: Risk Factor Based Prevention Interventions and  
Public Health Initiatives  
Co-sponsored by STRIPED and Harvard Chan School Women, Gender and Health  
Concentration  
April 5, 2010

Guest Lecturers: Bryn Austin, ScD, Kendrin Sonneville, ScD  
Reduction of Shape and Weight Concern in Young Adolescents: A 30-Month Controlled  
Evaluation of a Media Literacy Program  
Harvard Chan School Maternal and Child Health Journal Club  
March 31, 2010

Guest Lecturer: Bryn Austin, ScD  
What Will It Take to Bring Eating Disorders Prevention Into Focus as a Public Health  
Priority? Introducing a New Approach to Workforce Training  
BCH Eating Disorder Cases Seminar Series  
March 2, 2010

# Policy Translation

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## Massachusetts H. 3471: Protecting Youth From the Dangers of Dietary Supplements Sold for Weight Loss and Muscle Building

In our first academic-community partnership, STRIPED teamed up with community partners Multi-Service Eating Disorders Association, National Eating Disorders Association, and Eating Disorders Coalition to work with Massachusetts Representative

Kay Khan (D-Newton) to introduce a bill in 2015 in the state legislature to protect consumers from deceptive dietary supplements sold for weight loss and muscle building. Dubbing the initiative the Stop Feeding Kids Lies Campaign, STRIPED spearheaded a coordinated advocacy effort to support Massachusetts House Bill No. 3471, which is based on STRIPED legal research led by STRIPED Affiliated Faculty Jennifer Pomeranz and designed to ban the sale of dietary supplements sold for weight loss and muscle building to minors. This legislation would also move these products behind the counter at pharmacies and other retail outlets, requiring consumers to request them directly from a manager, pharmacist, or other supervisory personnel as currently done with cigarettes and pseudoephedrine.

## California A.B. 2539: Protecting the Health and Safety of Fashion Models

Through another academic-community-government partnership, STRIPED and community partners Model Alliance and National Eating Disorders Association worked with California Assemblymember Marc Levine to introduce what may be the first bill in the United States to directly address the problem of coerced starvation and eating disorders in the fashion industry. This bill, California AB 2539, introduced in 2016, was designed to ensure that all modeling agencies operate under the California Talent Agency Act, which would provide necessary worker health and safety protections for models. This bill also clarified that models are employees of the brands they represent, rather than independent contractors, ensuring that models would be granted worker health and safety protections that all employees have in California. CA AB 2539 was sparked by STRIPED legal research led by STRIPED Collaborating Mentor Katherine Record reported in the *American Journal of Public Health* article “‘Paris thin:’ A call to regulate life-threatening starvation of runway models in the U.S. fashion industry.”

# Lobby Day Travel Scholarships

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## 2015-2016

Trainees earning scholarships to attend the Eating Disorders Coalition Capitol Hill Lobby Day in fall semester: Katie Cueva, Mary Gorski, Jill Ann Goslinga, Katherine Howe, Cindy Hu, and Anvita Kulkarni

Trainees earning scholarships to attend the Eating Disorders Coalition Capitol Hill Lobby Day in spring semester: Alice Lowry and Kajal Mehta

## 2014-2015

Trainees earning scholarships to attend the Eating Disorders Coalition Capitol Hill Lobby Day in fall semester: Luke Allen, Nadia Craddock, Carly Guss, Jill Merrigan, Morgan Redman, Morgan Shields, Sonya Swanson, and Alvin Tran

Trainees earning scholarships to attend the Eating Disorders Coalition Capitol Hill Lobby Day in spring semester: Nadia Craddock, Katherine Heflin, Grace Kennedy, and Jill Merrigan



# Publications

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Austin SB, Yu K, Tran A, Mayer B. Research-to-policy translation for prevention of disordered weight and shape control behaviors: A case example targeting dietary supplements sold for weight loss and muscle building. *Eating Behaviors* 2016; Epub ahead of print.

This paper in *Eating Behaviors* describes the use of policy translation in the Stop Feeding Kids Lies campaign to ban supplements sold for weight loss and muscle building to minors. This project was led by an interdisciplinary team that included STRIPED trainee Alvin Tran.

Kenney EL, Redman M, Criss S, Sonnevile KR, Austin SB. Are K-12 school environments harming students with obesity? A qualitative study of classroom teachers. *Eating and Weight Disorders* 2016; Epub ahead of print.

This study in *Eating and Weight Disorders* was supported by a STRIPED Postdoctoral Research Award and led by postdoctoral fellow Erica Kenney, ScD, who mentored STRIPED trainee and master's student Morgan Redman.

Record KL, Austin SB. "Paris thin": A call to regulate life-threatening starvation of runway models in the U.S. fashion industry. *American Journal of Public Health* 2015; 106(2): 205-206.

This editorial is based on legal research led by STRIPED Collaborating Mentor in Health Law Katherine Record working with trainee Samantha Glover.

Puhl RM, Neumark-Sztainer D, Austin SB, Suh Y, Wakefield DB. Policy actions to address weight-based bullying and eating disorders in schools: Views of teachers and school administrators. *Journal of School Health* 2016; 88(7): 507-515.

Calzo JP, Masyn KE, Corliss HL, Scherer EA, Field AE, Austin SB. Patterns of body image concerns and disordered weight-and shape-related behaviors in heterosexual and sexual minority adolescent males. *Developmental Psychology* 2015; 51(9): 1216-1225.

Katz-Wise SL, Scherer EA, Calzo JP, Sarda V, Jackson B, Haines J, Austin SB. Sexual minority stressors, internalizing symptoms, and unhealthy eating behaviors in sexual minority youth. *Annals of Behavioral Medicine* 2015; 49(6): 839-852.

Austin SB. With transgender health inequities so large and the need so great, the burden is on all of us to find solutions (editorial). *Journal of Adolescent Health* 2015; 57(2): 133-134.

Austin SB. Accelerating progress in eating disorders prevention: A call for policy translation research and training. *Eating Disorders: The Journal of Treatment and Prevention* 2015; 16: 1-14.

Samnaliev M, Noh HL, Sonnevile KR, Austin SB. The economic burden of eating disorders and related mental health comorbidities: An exploratory analysis using the U.S. Medical Expenditures Panel Survey. *Preventive Medicine Reports* 2015; 2: 32-34.

This paper in *Preventive Medicine Reports* describes the results of a pilot study led by STRIPED Collaborating Mentor Mihail Samnaliev working with trainee LeAnn Noh and STRIPED faculty Kendrin Sonnevile and Bryn Austin to begin to uncover the many hidden costs of eating disorders for individuals, families, and society.

Pomeranz JL, Barbosa G, Killian C, Austin SB. The dangerous mix of adolescents and dietary supplements for weight loss and muscle building: Legal strategies for state action. *Journal of Public Health Management & Practice* 2015; 21(5): 496-503.

This paper reports the results of a study led by STRIPED Affiliated Faculty in Health Law Jennifer Pomeranz working with trainees Grant Barbosa and Caroline Killian.

Cooper, KC. Can I see some ID? Banning access to cosmetic breast implant surgery for minors under eighteen. *Journal of Law and Health* 2014; 27 (2):186-214.

Katherine Cohen Cooper, JD, was our second STRIPED trainee from Harvard Law School, and this paper in *Journal of Law and Health* is based on her work supported by STRIPED.

Cooper, KC. Injecting caution: A need for enhanced state-level enforcement tactics targeting the cosmetic use of liquid silicone products. *Journal of Contemporary Health Law and Policy* 2014; 30(2): 249-278.

Katherine Cohen Cooper, JD, was our second STRIPED trainee from Harvard Law School, and this paper in *Journal of Contemporary Health Law and Policy* is based on her work supported by STRIPED.

Wright DR, Austin SB, Noh HL, Jiang Y, Sonnevile KR. The cost-effectiveness of school-based eating disorders screening. *American Journal of Public Health* 2014; 104(9): 1774-82.

This paper in the *American Journal of Public Health* reports the results of a study led by STRIPED Collaborating Mentor Davene Wright working with trainees LeAnn Noh and Yushan Jiang.

Puhl R, Neumark-Sztainer D, Austin SB, Luedicke J, King KM. Setting policy priorities to address eating disorders and weight stigma: Views from the field of eating disorders and the U.S. general public. *BMC Public Health* 2014; 14(1): 524.

Garnett BR, Masyn KE, Austin SB, Miller M, Williams DR, Viswanath K. The intersectionality of discrimination attributes and bullying among youth: An applied latent class analysis. *Journal of Youth and Adolescence* 2014; 43(8): 1225-1239.

Bernice Garnett, ScD, was our second doctoral graduate from STRIPED. This paper in the *Journal of Youth and Adolescence* is based on her dissertation research supported by the STRIPED Dissertation/Postdoctoral Award in Eating Disorders Prevention Research.

Austin SB, Gordon AR, Kennedy GA, Sonnevile KR, Blossom J, Blood EA. Spatial distribution of cosmetic-procedure businesses in two U.S. cities: A pilot mapping and validation study. *International Journal of Environmental Research and Public Health* 2013; 10(12): 6832-6862.

Kroshus E, Sherman RE, Thompson RA, Sossin K, Austin SB. Gender differences in high school coaches' knowledge, attitudes, and communication about the Female Athlete Triad. *Eating Disorders: The Journal of Treatment & Prevention* 2014; 22(3): 192-208.

Emily Kroshus, MPH, was a doctoral trainee with STRIPED, and this paper in *Eating Disorders: The Journal of Treatment & Prevention* is based on her dissertation research supported by the STRIPED Dissertation/Postdoctoral Award in Eating Disorders Prevention Research.

Kroshus E, Goldman RE, Kubzansky LD, Austin SB. Team-level approaches to addressing disordered eating: A qualitative study of two female collegiate cross country running teams. *Eating Disorders: The Journal of Treatment & Prevention* 2014; 22(2): 136-51.

Emily Kroshus, MPH, was a doctoral trainee with STRIPED, and this paper in *Eating Disorders: The Journal of Treatment & Prevention* is based on her dissertation research supported by the STRIPED Dissertation/Postdoctoral Award in Eating Disorders Prevention Research.

Austin SB, Penfold RB, Johnson RL, Haines J, Forman S. Clinician identification of youth abusing over-the-counter products for weight control in a large U.S. integrated health system. *Journal of Eating Disorders* 2013; 1: 40.

Garnett BR, Buelow R, Franko DL, Becker C, Rogers RF, Austin SB. The importance of campaign saliency as a predictor of attitude and behavior change: A pilot evaluation of social marketing campaign Fat Talk Free Week®. *Health Communication* 2014; 29(10): 984-995.

Bernice Garnett, ScD, was our second doctoral graduate from STRIPED. Bernice led our evaluation of the social marketing campaign Fat Talk Free Week® carried out on college campuses. This paper in *Health Communication* reports the results of our evaluation.

Roberto CA, Haynos AF, Schwartz BS, Brownell KD, White MA. Calorie estimation accuracy and menu labeling perceptions among individuals with and without binge eating and/or purging disorders. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity* 2013; 18(3): 255-261.

Martinez OD, Roberto CA, Kim JH, Schwartz MB, Brownell KD. A survey of undergraduate student perceptions and use of nutrition information labels in a university dining hall. *Health Education Journal* 2013; 72: 319-325.

Roberto CA, Sysko R, Bush J, Pearl R, Puhl RM, Schvey NA, Dovidio JF. Clinical correlates of the weight bias internalization scale in a sample of obese adolescents seeking bariatric surgery. *Obesity* 2012; 20(3): 533-539.

Austin SB, Sonnevile KR. Closing the “know-do” gap: Training public health professionals in eating disorders prevention via case-method teaching. *International Journal of Eating Disorders* 2013; 46(5): 533-537.

Wang ML, Peterson KE, Richmond TK, Spadano-Gasbarro J, Greaney ML, Mezgebu S, McCormick M, Austin SB. Family practices associated with disordered weight control behaviors in a multi-ethnic sample of middle-school youth. *Academic Pediatrics* 2013; 13(4): 379-385.

Monica Wang, ScD, was our first trainee with STRIPED, and this paper in *Academic Pediatrics* is based on her dissertation research supported by the STRIPED Dissertation/Postdoctoral Award in Eating Disorders Prevention Research.

Wang ML, Peterson KE, McCormick MC, Austin SB. Environmental factors associated with disordered weight control behaviors among youth: A systematic review. *Public Health Nutrition* 2013; 19:1-14.

Monica Wang, ScD, was our first trainee with STRIPED, and this paper in *Public Health Nutrition* is based on her dissertation research supported by the STRIPED Dissertation/Postdoctoral Award in Eating Disorders Prevention Research.

Austin SB, Richmond TK, Spadano-Gasbarro J, Greaney ML, Blood EA, Walls C, Wang ML, Mezgebu S, Osganian SK, Peterson KE. The contribution of school environmental factors to individual and school variation in disordered weight control behaviors in a statewide sample of middle schools. *Eating Disorders: The Journal of Treatment and Prevention* 2013; 21(2): 91-108.

Hawkins LK, Gottlieb BR. Screening for eating disorders in pregnancy: How uniform screening during a high-risk period could combat underrecognition (Letter to the editor). *Journal of Women’s Health* 2013; 22 (4): 390-392.

Leah Hawkins (MD/MPH student, class of 2013) wrote this piece for the journal based on her practicum experience as a trainee with STRIPED.

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