

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 2016

From the Director



S. Bryn Austin, ScD

I'm often asked to explain STRIPED in just a few words. Here's what I usually say:

We are a training program for public health and adolescent health professionals. And we

are an incubator of both people – students, postdocs, and junior faculty – and ideas – especially those that crosscut disciplines and fields in dynamic ways to bring novel approaches to eating disorders prevention.

This is accurate, absolutely, but it doesn't quite do us justice. What would I say if I had time for more than the proverbial elevator speech?

- *We are deeply mission driven:* We strive to create a world where girls, boys, and — in an increasingly diverse society — young people of all genders can grow up at home in their own bodies.
- *We are doggedly strategic:* Our mission statement is first and foremost about making change. But creating a better world requires strategy, and lots of it. We've got that in spades.

In the sage words of leading public health law scholar Michelle Mello, "Many innovators...have promising ideas, but there need to be pathways along which these ideas can reach important opinion leaders... and move out across networks." STRIPED's policy translation program has great ex-

amples of exactly what Mello calls for. Here are just a few:

- Recognizing how vital economic evidence is for policymakers, we launched a comprehensive comparative cost-effectiveness study of innovative approaches to eating disorders prevention (p. 2).
- But knowing that just producing data is not enough, we are working together with policymakers and other gatekeepers to take on the fashion industry with its harmful standards of thinness and beauty (pp. 2 & 4) and the diet pill and weight-loss dietary supplements industries, which sell their too-often-dangerous products in every corner store (pp. 3-4).

Whether focused on city governments or multinational corporations, STRIPED's policy translation strategy takes promising ideas along crucial pathways to opinion leaders who hold the power to change the eating disorders risk landscape.

And with this, we have an explanation that does STRIPED justice.

With gratitude,

S. Bryn Austin, ScD

What Our Trainees Say About STRIPED



Marysa Sheren, MEd

“ STRIPED's digital learning project is inspiring because it harnesses emerging technology to make eating disorders prevention training available to a broader audience. Working with wonderful experts across different disciplines has motivated me to think critically and creatively about how to make a positive impact on prevention. ”



Cindy Hu, MS

“ STRIPED is a unique program in the way that it combines rigorous public health research training with hands-on policy impact. Lobbying on Capitol Hill with Dr. Austin reshaped how I view public health.

STRIPED's work on the comparative cost-effectiveness of eating disorders prevention strategies has the potential to improve the lives of countless individuals. I am very grateful for the opportunity to work with STRIPED as a trainee. ”

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Adding Up Potential Cost Savings of Eating Disorders Prevention



Davene Wright, PhD

Many know that eating disorders are associated with numerous physical health problems and have the highest mortality rate of any psychiatric illness. However, eating disorders are also



Nate Tefft, PhD

linked with extremely high economic costs, which can be a burden to both individuals and families. Because of these high costs, prevention and early identification are incredibly important to minimize burden for individuals with eating disorders and their families. With the support of the National Eating Disorders Association's Feeding Hope Fund, STRIPED Collaborating Mentors Davene Wright and Michael Long have teamed up with Nathan Tefft of Bates College and STRIPED Trainee Cindy Hu, doctoral student at the Harvard Chan School, to compare the cost-effectiveness of six unique strategies designed for eating disorders prevention and early detection. These strategies include a school-based healthy eating curriculum, school-based eating disorder screening, primary care-based eating disorder screening, and others. This groundbreaking study will allow STRIPED to compare reductions in harm and healthcare costs that could be achieved with each of these strategies focusing on prevention and early identification of eating disorders.



Michael Long, ScD, MPH

What's New for STRIPED Teaching Cases?

New STRIPED Case Bridges Community and Research

STRIPED is taking a look behind the scenes of the fashion industry with our eighth teaching case, *Patina of Glamour: Forging Alliances to Investigate the Underside of the Fashion Industry*, crafted by STRIPED case writer Eric Weinberger. With this case, students will dive into the world of the fictitious U.S. state of Columbia, where researchers and models

collaborate to evaluate the well-being of students



collaborate to evaluate a new law to protect health and well-being of fashion models. Students will get a

glimpse into a little-known side of the fashion industry and be introduced to the principles of community-based participatory research, or CBPR. CBPR is an approach to research that takes the study team far outside the ivory tower to partner with community groups as equals and emphasizes the unique strengths that all the research partners bring to the table. With this case, students will learn how communities can be an invaluable asset in eating disorders prevention and get a glimpse of how incredibly rewarding CBPR can be.

Transforming STRIPED Cases for Online Learning Communities

STRIPED has crafted a library of teaching cases to engage students in high-impact, public health approaches to eating disorders prevention and screening. Now, with the support of a Spark Grant from the Harvard Initiative for Learning and Teaching, STRIPED Faculty Holly Gooding and Director Bryn Austin are collaborating with Professor Chris Dede from the Harvard Graduate School of Education and professional instructional designer

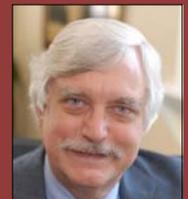


Holly Gooding, MD, MS



Megan Kipp, EdM

Megan Kipp to transform our teaching cases into e-learning modules. Once formatted for the digital setting, students and educators anywhere in the world will be able to learn from all STRIPED has to offer via our innovative curriculum. Starting with our case on solving the problem of weight-based cyberbullying, "Retweet Does Not Imply Endorsement": The Logic of Cyberbullying in Schools," we are creating a prototypal e-learning module that captures the spirit of the active classroom approach we use with all our cases. Once the prototype is done, our whole case library will be next in line.



Chris Dede, EdD

Digging Into the Dangers of Diet Pills and Dietary Supplements

Flora Or, MHS



Flora Or, MHS

The STRIPED dissertation award provided me the opportunity to uncover the effects of harmful supplements marketed for weight loss and muscle building.

Under the mentorship of

Dr. Austin, I was able to obtain data from the FDA on over 40,000 adverse events

caused by dietary supplement use in the past decade. Many of these cases would have been preventable if clinical trials were required to regulate dietary supplements before their launch into the market. Currently, dietary supplements are considered unsafe only after

they have caused harm, resulting in thousands of emergency room visits each year. In collaboration with Yongjoo Kim, a fellow doctoral candidate in the Department of Social and Behavioral Sciences at the Harvard Chan School, I aim to quantify the damage done by harmful products prior to their removal

from the market and to better understand how under-regulated dietary

Are Dietary Supplements Truly Safe Until Proven Otherwise?

supplements differentially impact various socioeconomic groups. While achieving parity in regulation for drugs and dietary supplements may be an uphill battle, we hope that our study will provide insight in strengthening regulatory control of these products.

Kuanysh Yergaliyev, MD, MPH



Kuanysh Yergaliyev, MD, MPH

As a doctoral student in the Public Health Leadership concentration at the Harvard Chan School with experience working as head of the

healthcare management division in the Ministry of Health of the Republic of Ka-

zakhstan, I knew that I wanted to use my summer field immersion placement as an opportunity to explore community health issues in the U.S. Under the mentorship of Dr. Austin and with the support of the A Chance to Heal Endowment Fund, I aim to create a stakeholder analysis to determine and evalu-

ate the feasibility of various policy initiatives in the greater Boston area to protect young people from diet pills and dietary supplements sold for weight loss and muscle building. These products are easily accessible in groceries, pharmacies, health food stores, gyms,

and other retail establishments and are associated with dangerous health

Protecting Youth From Diet Pills and Dietary Supplements for Weight Loss and Muscle Building

outcomes. This project with STRIPED has allowed me to explore my interest in public health policy and experience the power of policy translation firsthand. I hope my work will inform future policy to better regulate the sale of these dangerous products and protect the health and safety of all communities.

Thank you, Funders!

Ellen Feldberg Gordon Fund for Eating Disorders Research

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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/MyI7WI> or contact David Kelley, Director of Development, Harvard Chan School, at 617-432-8435.

The Power of Philanthropy to Support Student Training



Yongjoo Kim, PhD, MPH

Yongjoo Kim joined the STRIPED team in his first year as a student at the Harvard Chan School. Working with Dr. Austin and fellow doctoral student Flora Or, Yongjoo is assessing the impact of dietary supplement use for weight loss and muscle building on health outcomes in the United States.

“This project has given me the invaluable opportunity to learn how many products, like dietary supplements sold for weight loss and muscle building, can encourage individuals to attempt to conform to unattainable cultural beauty ideals, often without knowing their health risks. My work as a STRIPED trainee has enabled me to expand my perspectives on how the choices we make are influenced by societal ideals.”

Thanks to the support of the EFG Challenge Fund, Yongjoo is able to pursue his interest in the effects of stigmatizing beauty ideals and help to build an effective public health response.



Sara Ziff, MPP

Sara Ziff, master's student in Public Administration at the Harvard Kennedy School, and Aryn Phillips, master's student in Social and Behavioral Sciences at the Harvard Chan School, worked with STRIPED in support of California Assembly Bill

2539, legislation introduced by California Assemblymember Marc Levine (D-Marin County) with the help of community partners National Eating Disorders Association and Model Alliance, a labor group Ziff founded prior to her time at Harvard. CA AB 2539 aimed to protect fashion model health and safety and prevent the unhealthy business practices in the industry that foster eating disorders.



Aryn Phillips, MPH

Thanks to the support of the EFG Challenge Fund, Sara and Aryn were able to burnish their skills in policy translation to address eating disorder prevention in the fashion industry.

Check out our website at www.hsph.harvard.edu/striped



Newsletter by: S. Bryn Austin and Kimberly Yu