

STRIPED

A PUBLIC HEALTH
INCUBATOR

Strategic Training Initiative for the Prevention of Eating Disorders

Creating Change at the Leading Edge of Innovation 2018-2019

June 2019



Executive Summary

This STRIPED report outlines the pioneering work in eating disorder prevention accomplished by the Strategic Training Initiative for the Prevention of Eating Disorders: A Public Health Incubator (STRIPED), led by Director Dr. S. Bryn Austin. STRIPED has created an unparalleled public health training and research program that provides researchers and students the opportunity to collaborate across disciplines to innovate at the leading edge of eating disorders prevention. Since our inception in 2009, STRIPED has:

- Trained **64 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 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 developed and facilitated a half-day workshop on case-method teaching to bring colleagues from across the Harvard community together to generate innovative course design ideas and establish a network of colleagues for further collaboration.
- Developed and hosted in the past year with the U.S. federal Office on Women's Health and Health Resources Services Administration, a nationally viewed webinar to train pediatric primary care providers from across the country in **early detection and referral for eating disorders**.
- Raised awareness and sparked discussion at nearly **110 academic seminars, conference presentations, and public events led by our trainees and guest lecturers at Harvard** within the academic and wider community on eating disorders and related problems with food, weight, and appearance. In the past year, STRIPED adopted new and more accessible methods of sharing information in order to reach a broader audience. This includes hosting a Facebook Live interview with actor and advocate Jameela Jamil and publishing op-eds and blog posts in mainstream media outlets, such as NBC Digital News and Psychology Today, to discuss topics related to current policy advocacy efforts to address the dangers of dietary supplements sold for weight loss and digitally altered advertisements.
- Supported three Massachusetts bills to prevent eating disorders in the Commonwealth and beyond. These bills are based on STRIPED research and are focused on harmful diet pills and muscle-building supplements, weight discrimination, and digitally manipulated advertising. STRIPED is working with senators and representatives at the Massachusetts State House and testified in support of these bills. STRIPED is also working with New York City Councilor

Mark Levine to support a bill to ban the sale of dangerous weight-loss products in the city.

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. Collaborate with Be Real Illinois and other partners in the state to develop a multisector strategic approach to develop healthier mental, social, and physical environments for youth. This initiative will engage businesses, Department of Education, Department of Public Health, elected officials, non-profit and advocacy groups, community organizations and the youth themselves in collaborative, systems-level initiatives to boost positive youth development. Specific projects may include empowering youth to engage in advocacy work for new legislative initiatives, partnering with the business community to promote more responsible advertising and consumer products sold to youth, and enacting steps to create body confident school environments.
2. Continue to translate our research findings into policy action in Massachusetts and beyond through catalyzing work with community organizations, advocacy groups, and policymakers committed to advancing eating disorders prevention among diverse populations. STRIPED will expand our coalition of collaborators and supporters to change laws surrounding the sale of diet pills and supplements, weight discrimination, and digitally manipulated advertisements in Massachusetts, bring our policy innovations to our collaborations with advocates in other states, and work with the federal Center for Disease Control and Prevention to improve national data collection on eating disorders.
3. Expand the reach of our STRIPED teaching cases over the next several years by continuing to create and facilitate evidence based, interactive e-module courses that can reach trainees and professionals across the globe. Toward this goal, we have just launched our newest e-course development project in partnership with colleagues in India to advance health provider training in addressing body image, self-esteem and colorism with adolescents and young adults.

What Is STRIPED?

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, 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

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, boys, and people of all genders 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

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 Early Career Development 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, both in traditional classroom settings and with online learning communities, engages learners in real-world dilemmas, problem solving, and teamwork to tackle current, high-impact issues in eating disorders prevention.

STRIPED offers travel scholarships for trainees to attend the Eating Disorders Coalition Congressional Advocacy Day on Capitol Hill to give them firsthand experience in effective policy advocacy for public health. At these Advocacy 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 inequities in access to care and evidence-based prevention

Faculty

S. Bryn Austin, ScD

Director, STRIPED

Professor in Social and Behavioral Sciences, Harvard Chan School; Professor in Pediatrics, Harvard Medical School (HMS); Director of Fellowship Research Training in the Division of Adolescent and Young Adult Medicine, BCH

Jean Emans, MD

Professor in Pediatrics, HMS; Immediate Past Chief in the 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

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

Allegra Gordon, ScD, MPH

Instructor in Pediatrics, HMS; Division of Adolescent and Young Adult Medicine, Boston Children's Hospital

Erica Kenney, ScD, MPH

Assistant Professor in Nutrition and in Social and Behavioral Sciences, Harvard Chan School

Tracy Richmond MD, MPH

Assistant Professor in Pediatrics, HMS; Director, STEP Program; Physician, Division of Adolescent Medicine

Collaborating Mentors

Jerel Calzo, PhD, MPH

Associate Professor, Division of Health Promotion and Behavioral Science, San Diego State University Graduate School of Public Health; Core Investigator, Institute for Behavioral and Community Health, San Diego, California

Michael Long, ScD, MPH

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

Jennifer Pomeranz, JD, MPH

Assistant Professor, Department of Public Health Policy and Management, College of
Global Public Health, New York University, New York City

Katherine Record, JD, MPH, MA

Executive Director, Lahey MassHealth Accountable Care Organization, Lahey Clinical
Performance Network

Rachel Rodgers, PhD

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

Mihail Samnaliev, PhD

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

Kendrin Sonnevile, ScD, RD, LDN

Assistant Professor, Nutritional Sciences, 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

Debra Franko, PhD

Senior Vice Provost for Academic Affairs, Northeastern University, Boston

Jess Haines, PhD, MHSc, RD

Associate Professor, Department of Family Relations and Applied Nutrition, University
of Guelph, Guelph, Canada

Dianne Neumark-Sztainer, PhD, MPH, RD

Division Head in Division of Epidemiology and Community Health, University of
Minnesota School of Public Health, Minneapolis, Minnesota

Susan Paxton, PhD
Emeritus Professor in Psychology, La Trobe University, Melbourne, Australia

Fellows and Visiting Scholars

2018-2019

Suman Ambwani, PhD
Associate Professor of Psychology, Dickinson College, Carlisle, PA

Nadia Craddock, EdM
PhD Student, Faculty of Health and Applied Sciences, University of the West England,
Bristol, UK

Katelyn Ferreira, MPH
Research Program Manager, Icahn School of Medicine, Mount Sinai Hospital, New York

Laura Hart, PhD
Research Fellow, La Trobe University's School of Psychology and Public Health,
Melbourne, Australia

Rebecca Hutcheson, MSW
PhD Student, Department of Health Services, University of Washington, Seattle, WA

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

Iyiola Solanke, PhD
Professor, School of Law, University of Leeds, Leeds, UK

Shalini Wickramatilake-Templeman, MHS
Federal Affairs Manager, National Association of State Alcohol and Drug Abuse
Directors, Washington, DC

Zali Yager, PhD
Associate Professor in Health and Physical Education, Victoria University, Melbourne,
Australia

Staff

Erin Gibson, MPH
STRIPED Program Manager

Jordan Levinson, BA
STRIPED Program Coordinator

Trainees

2018-2019

Allison Baker, MPH, Social and Behavioral Sciences, Harvard Chan School

Hannah Cory, MPH, RD, Nutrition, Harvard Chan School

Stefani Karr, Health Policy and Management, Harvard Chan School

Longxiang Li, MS, Environmental Health, Harvard Chan School

Supriya Misra, MA, Social and Behavioral Sciences, Harvard Chan School

Gabe Murchison, MPH, Social and Behavioral Sciences, Harvard Chan School

Tricia Rodriguez, MPH, Comparative Health Outcomes, Policy, and Economics (CHOICE) Institute, University of Washington

Jordan Schultz, MPH, Epidemiology and Biostatistics, Boston University School of Public Health

Kendall Sharp, BA, Social and Behavioral Sciences, Harvard Chan School

Thamara Subramanian, BS, Social and Behavioral Sciences, Harvard Chan School

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

Amanda Waldron, RD, Division of Adolescent Medicine, Boston Children's Hospital

Breanne Wilhite, BA, Social and Behavioral Sciences, Harvard Chan School

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

2017-2018

Katelyn Ferreira, BA, Social and Behavioral Sciences, Harvard Chan School

Monica Kriete, BA, social and Behavioral Sciences, Harvard Chan School

Longxiang Li, MS, Environmental Health, Harvard Chan School

Supriya Misra, MA, Social and Behavioral Sciences, Harvard Chan School

Flora Or, ScD, Social and Behavioral Sciences, Harvard Chan School
Thamara Subramanian, BS, Social and Behavioral Sciences, Harvard Chan School
Alvin Tran, MPH, Nutrition and Social and Behavioral Sciences, Harvard Chan School
Breanne Wilhite, BA, Social and Behavioral Sciences, Harvard Chan School
Kuanysh Yergaliyev, MD, MPH, Public Health Leadership, Harvard Chan School

2016-2017

Emilie Doan Van, BA, Social and Behavioral Sciences, Harvard Chan School
Katelyn Ferreira, BA, Social and Behavioral Sciences, Harvard Chan School
Allegra Gordon, ScD, MPH, Division of Adolescent and Young Adult Medicine, BCH
Xindi (Cindy) Hu, MS, Environmental Health, Harvard Chan School
Yongjoo Kim, ScD, PhD, MPH, Social and Behavioral Sciences, Harvard Chan School
Monica Kriete, BA, Social and Behavioral Sciences, Harvard Chan School
Longxiang Li, MS, Environmental Health, Harvard Chan School
Ayesha McAdams-Mahmoud, MPH, Social and Behavioral Sciences, Harvard Chan School
Flora Or, MHS, Social and Behavioral Sciences, Harvard Chan School
Alvin Tran, MPH, Nutrition and Social and Behavioral Sciences, Harvard Chan School
Kuanysh Yergaliyev, MD, MPH, Public Health Leadership, Harvard Chan School

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

Grant Barbosa, JD, is the Director of Government Affairs and Policy at Emergent BioSolutions.

Rob Buelow, MS, is the Vice President at EverFi, an education technology company focused on health issues in Boston.

Amy Brunner, MEd, is a Project Manager at Warner Bros. Digital Labs.

Jerel Calzo, PhD, MPH, is Associate Professor at San Diego State University Graduate School of Public Health in the Division of Health Promotion and Behavioral Science and a collaborating mentor with STRIPED.

Meagan Campol Haynes, MD, MPH, is a physician in obstetrics and gynecology at Yale New Haven Health.

Katelyn Ferreira, MPH, is a Research Program Manager in the Icahn School of Medicine at Mount Sinai Hospital.

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

Allegra Gordon, ScD, MPH, is an Instructor in the Division of Adolescent/Young Adult Medicine at Boston Children's Hospital and the Department of Pediatrics at Harvard Medical School and faculty with STRIPED.

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

Ryan Huerto, MD, MEd, is a resident in family medicine at the University of California, San Francisco.

Xindi (Cindy) Hu, ScD, is a post-doctoral fellow at the Harvard John A. Paulson School of Engineering and Applied Sciences.

Matías Irrázaval, MD, MPH, is a Specialist in Evidence and Research in the Department of Mental Health and Substance Use at the World Health Organization (PAHO/WHO) in Washington DC.

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

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

Yongjoo Kim, ScD, PhD, MPH, postdoctoral research fellow, Social and Behavioral Sciences, Harvard Chan School

Monica Kriete, MPH, is a weight stigma educator.

Emily Kroshus, ScD, MPH, is an Assistant Professor at University of Washington in the Department of Pediatrics and Seattle Children's Research Institute's Center for Child Health, Behavior and Development.

Jenna Kruger, MPH, is a Quality Manager at Lucile Packard Children's Hospital Stanford.

Selena Hua Liu, MPH, is a project manager at the Chronic Disease Research Center of the Chinese Center for Disease Control, Beijing, China.

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

Elisabeth Malin, MS, is a senior consultant for Financial Analytics and Business Planning at Brigham and Women's Hospital.

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

Morgan Redman, MS, is a program manager at Scholar Athletes.

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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U.S. Department of Defense (2019-2022)

Denise and Daniel Hamburger (2019-2020)

Manley Family Foundation (2019-2023)

Willamette Nutrition Source, LLC (2018)

Boston Children's Hospital Translational Research Program (2018)

Office on Women's Health, U.S. Department of Health and Human Services (2018)

National Adolescent and Young Adult Health Research Network (AYAH-RN) (2017-2018)

Janssen Research and Development, Johnson & Johnson (2017-2018)

Jean Marie Arduino (2017)

Harvard Catalyst (2017-2018)

Harvard Initiative for Learning and Teaching (2016-2017; 2017-2018)

Association of Teachers of Maternal and Child Health (2016)

National Eating Disorders Association (2015-2017)

Harvard Chan School Curriculum Innovation Grant (2015)

Jennifer Miles (2014)

Barbara & David Goodman (2014)

Susan Jackson Tressider (2014)

Joanna Berwind Creamer (2014)

Ivy Silver (2014)

A Chance to Heal Fund Endowment (Established 2014)

Amy Spies (2012-2015)

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

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

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 (2009-2019)

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

STRIPED Early Career Development Awards

2018-2019

Josiemer Mattei & Hannah Cory: Sociocultural Weight Stigma and Disordered Eating Behaviors in Latinx Adolescents

Kuanysh Yergaliyev: Policy Translation to Improve Regulation of Dietary Supplements for Weight Loss and Muscle Building Sold to Youth in Massachusetts Municipalities

2016-2017

Allegra Gordon: The BOLD Study: Being Ourselves, Living in Diverse Bodies

Yongjoo Kim: Identifying Sociocontextual Influences on Eating Disorders Risk Among Adolescents in South Korea

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

2018-2019

Trainee: Allison Baker

Body Image and Social Media Literacy in LGBTQ+ Young Adults: A Mixed Methods Analysis

Faculty Mentor: Allegra Gordon

Trainee: Stefani Karr

REAL Certification Development Project

Faculty Mentor: Bryn Austin

Trainees: Flora Or and Yongjoo Kim

Are Dietary Supplements Truly Safe Until Proven Otherwise?

Faculty Mentor: Bryn Austin

Trainee: Tricia Rodriguez

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: Kendall Sharp

Eating Disorders Prevention for Transgender Young Adults: An Intervention Mapping Approach

Faculty Mentor: Allegra Gordon

Trainee: Kendall Sharp

Social Media Mapping of Consumers' Informal Communications about Weight-Loss Supplements

Faculty Mentor: Bryn Austin

Trainee: Amanda Waldron

A content Analysis of "Clean Eating" Websites and Their Health Claims

Faculty Mentors: Suman Ambwani and Bryn Austin

Trainee: Breanne Wilhite and Caitlin McBride

Legal Avenues to Address the Harmful Effects of Photoshopping in the Media

Faculty Mentor: Bryn Austin

Trainee: Kuanysh Yergaliyev

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

Faculty Mentor: Bryn Austin

2017-2018

Trainee: Breanne Wilhite and Caitlin McBride

Legal Avenues to Address the Harmful Effects of Photoshopping in the Media

Faculty Mentor: Bryn Austin

Trainee: Xindi (Cindy) Hu

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

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: Kuanysh Yergaliyev

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

Faculty Mentor: Bryn Austin

Trainees: Flora Or and Yongjoo Kim

Are Dietary Supplements Truly Safe Until Proven Otherwise?

Faculty Mentor: Bryn Austin

2016-2017

Trainee: Xindi (Cindy) Hu

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

Trainees: Flora Or and Yongjoo Kim

Are Dietary Supplements Truly Safe Until Proven Otherwise?

Faculty Mentor: Bryn Austin

2015-2016

Trainee: Xindi (Cindy) Hu

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

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

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

2018-2019

Trainee: Alvin Tran

Invited address at National Eating Disorders Association Boston Walk, Boston, MA

Topic: Clearing up the misconceptions around eating disorders

Trainee: Alvin Tran

Oral presentation at International Association of Eating Disorders Professionals Symposium, Palm Springs, CA
Topic: The interplay of sex, substances, and eating disorders in sexual minority men

Trainee: Alvin Tran
Oral presentation at International Conference on Eating Disorders, New York, NY
Topic: Association between dating app use and unhealthy weight control behaviors

Trainee: Alvin Train
Poster presentation at International Conference on Eating Disorders, New York, NY
Topic: A qualitative study of body image among a diverse sample of young gay and bisexual men

Trainee: Alvin Tran
Oral presentation at Multi-Service Eating Disorders Association Annual Conference, Newton, MA
Topic: The interplay of sex, substances, and eating disorders in sexual minority men

Trainee: Kuanysh Yergaliyev
Poster presentation at Public Health Law Conference, Phoenix, AZ.
Topic: Local advocacy to protect youth from dangerous dietary supplements sold for weight loss and muscle building in Massachusetts municipalities

Trainee: Kuanysh Yergaliyev
Poster presentation at Society for Adolescent Health and Medicine, Washington, DC.
Topic: Community stakeholders' perception and attitudes about dietary supplements use among adolescents

Trainee: Kuanysh Yergaliyev
Oral presentation at International Conference on Eating Disorders, New York, NY.
Topic: Lessons for policy initiatives to prevent disordered weight control behaviors

2017-2018

Trainee: Alvin Tran
Poster presentation at Appearance Matters conference, Bath, England.
Topic: Dating app use and its association with unhealthy weight control behaviors

Trainee: Alvin Tran
Oral Presentation at Dying to Be Beautiful? Body Image, Eating Behaviors and Health in the Caribbean conference, Kingston, Jamaica
Topic: Body image in Gay and Biosexual Men: A Qualitative Study

Trainee: Alvin Tran
Oral presentation at Kaohsiung Medical University (KMU) as an invited guest

Topic: Body Image Ideals Among Young Gay and Bisexual Men: Results from the Men's Body Project

Trainee: Xindi (Cindy) Yu

Oral presentation at the Society for Benefit-Cost Analysis Annual Conference

Topic: Advanced Data Integration for Epidemiological Modeling in Benefit-Cost Analysis: Addressing the Challenge to Evaluate Preventive Interventions for Emerging Diseases

Trainee: Ayesha McAdams-Mahmoud, Courtney Brown, Kimberly Yu

Workshop at Dying to Be Beautiful? Body Image, Eating Behaviors and Health in the Caribbean conference, Kingston, Jamaica

Topic: How Communities Can Address Media Portrayals of Colorism Through the Lens of Global Public Health

Trainee: Ayesha McAdams-Mahmoud

Workshop at Dying to Be Beautiful? Body Image, Eating Behaviors and Health in the Caribbean conference, Kingston, Jamaica

Topic: Coloring the Narrative: The Use of Storytelling to Change Skin Tone Ideals

2016-2017

Trainee: Allegra Gordon

Oral Presentation at Appearance Matters Conference, London, UK

Topic: "I Know All Women Go Through This, But as a Trans Woman It's a Separate Level": Stigma, Discrimination, and Body Image Among young Adult Transgender Women

Trainee: Yongjoo Kim

Poster Presentation at 2016 Eating Disorders Research Society Annual Meeting, New York, NY

Topic: Risk and Protective Factors for Disordered Weight Control Behaviors at Individual, Family, and School Levels Among Korean Adolescents Aged 12-18 Years from a Nationwide Online Survey

Trainee: Yongjoo Kim

Poster Presentation at 2016 Eating Disorders Research Society Annual Meeting, New York, NY

Topic: Sex of Sexual Partners and Disordered Weight Control Behaviors in a Nationally Representative Sample of Korean Adolescents

Trainee: Ayesha McAdams-Mahmoud, MPH

Oral Presentation at Harvard Chan School

Topic: Dark Girls: Colorism in a Global Context

Trainee: Ayesha McAdams-Mahmoud, MPH, with guest lecturers Courtney Brown, BA, and Kimberly Yu, BA

Workshop at Harvard Chan School
Colorism: Addressing This Public Health Issue in a Global Context

Trainee: Suzanne Wintner, MPH, with Collaborating Mentor Erica Kenney, ScD
Oral Presentation at Harvard Chan School
Topic: Evidence-Based Nutrition and Wellness Programs for Schools: How Widely Are They Implemented? Do Schools Use Weight Stigmatizing Programs Instead?

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

2017-2018

Trainee: Thamara Subramanian
Policy Advocacy to Support Ban on Weight Discrimination in Massachusetts
Practicum Sponsor: STRIPED

Trainees: Katelyn Ferreira and Monica Kriete
Strategic Planning to Protect Youth from Diet Pills and Muscle-Building Supplements
Practicum Sponsor: STRIPED

Trainee: Supriya Misra
Center for Disease Control (CDC) Eating Disorders Health Monitoring Project
Practicum Sponsor: STRIPED

2016-2017

Trainees: Katelyn Ferreira and Monica Kriete
Strategic Planning to Protect Youth from Diet Pills and Muscle-Building Supplements
Practicum Sponsor: STRIPED

Trainee: Kuanysh Yergaliyev
Protecting Youth from Diet Pills and Dietary Supplements for Weight Loss and Muscle Building
Practicum Sponsor: STRIPED

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
Practicum Sponsor: STRIPED

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

2017-2018

Trainee: Breanne Wilhite and Thamara Subramanian
Topic: The Role of Social Media in Eating Disorders Symptoms and Body Acceptance
Faculty Mentor: Bryn Austin, David Bickham

2016-2017

Trainee: Emilie Doan Van
Topic: Cosmetic Labiaplasty and Body Image in Young Women
Faculty Mentor: Bryn Austin

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

Teaching Cases for Traditional Classroom Settings

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. With this program, we aim to make all our cases easily accessible for students and educators around the globe, making them available for download from the STRIPED website and the online case libraries of the Harvard Chan School and Harvard Business School.

- **“Coloring the Narrative: How to Use Storytelling to Create Social Change in Skin Tone Ideals”**

This case, which premiered in Spring 2017, incorporates the story of two immigrants from different countries who arrive in the fictitious U.S. state of Columbia. These characters, like millions of others in their home countries of Nigeria and Thailand, have similar concerns about their skin tone and color. This case addresses the global beauty industry and the phenomenon of “colorism” as well as their association with the use of dangerous skin lightening products and body dissatisfaction. Readers will see how storytelling methods can be used in service of larger public health strategies to make a difference in the lives of people from diverse communities.

- **“Patina of Glamour: Forging Alliances to Investigate the Underside of the Fashion Industry”**

This case, which premiered in Fall 2016, addresses the less glamorous aspects of the fashion industry, which include abusive working conditions, sexual harassment, and eating disorders. Legislators in the fictitious U.S. state of Columbia are the latest to join in the global movement to rectify some of the most egregious wrongs done to models in the fashion industry. In this case, students learn how community-based participatory research can be used to develop community partnerships to solve difficult occupational health and labor rights problems like those faced by professional models.

- **“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.

- **“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).

- **“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.

- **“‘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. Former 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.

- **“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.

- **“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.

STRIPED teaching cases are free and available to the public on the STRIPED website (<https://www.hsph.harvard.edu/striped/teaching-cases/>). They are also available through the Harvard Chan School case library (<http://casesources.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.

Teaching Cases for Online Learning

With the support of the Harvard Initiative for Learning and Teaching and a Harvard Chan School Curriculum Innovation grant, STRIPED transformed the teaching case “Retweet Does Not Imply Endorsement” into the first of our e-learning modules. Our second e-module with the case “Who’s Calling Me Fat?” was supported by the Harvard Initiative for Teaching and Learning, the Association of Teachers of Maternal and Child Health, and the National Adolescent and Young Adults Health Network. To develop our e-modules, we work closely with instructional designer Megan Kipp of Bloom Learning Design to ensure they incorporate state-of-the-art evidence-based teaching strategies from the fast-growing fields of online education. As we continue to develop our curriculum of online courses, our goal is to make them available to public health professionals around the globe to greatly enhance the capacity for eating disorders prevention in the field.

Academic Seminars and Events

2018-2019

Guest Lecture: Zali Yager

Body Image in Children and Adolescents: Current Evidence and New Possibilities

Co-sponsored by STRIPED and the Center for Excellence in Maternal and Child Health

April 5, 2019

Guest Lecturer: Zali Yager

Innovations in Improving Body Confidence and Mental Health in Mothers

Sponsored by STRIPED

April 2, 2019

STRIPED Showcase

Sponsored by STRIPED

March 20, 2019

Guest Lecturer: Suman Ambwani

When Pseudoscience Becomes Trendy: An Exploration of Clean Eating, False Health Claims, and Eating Disorder Risk

Sponsored by STRIPED and Program in Public Health Nutrition

December 7, 2018

Screening, Symptom Recognition & Referral to Treatment for Eating Disorders in Pediatric Primary Care Settings

National webinar sponsored by STRIPED and the Office on Women's Health of the Department of Health and Human Services
November 6, 2018

Guest Lecturer: Nadia Craddock
The Pressure to Be Fair: An Overlooked Adolescent Health Concern
Sponsored by STRIPED
November 2, 2018

Challenges and Opportunities for Designing and Implementing Case-based Learning in the Online Space
Half-day Workshop sponsored by STRIPED and the Harvard Initiative for Learning and Teaching
November 1, 2018

Guest Lecturer: Nadia Craddock
Colorism and Skin Lightening: An Overlooked Global Health Concern
Co-sponsored by STRIPED, Office of Diversity and Inclusion, Black Student Health Organization, and Women of Color Collective of Students
October 24, 2018

STRIPED Showcase
Sponsored by STRIPED
August 23 & 24, 2018

2017-2018

Reimagining the Frontier of Public Health Approaches to Eating Disorders Prevention: Transdisciplinary, Translational, Transformative
One-day symposium co-sponsored by STRIPED and Harvard Catalyst
April 30, 2018

Guest panel speakers: Lindsey Averill, Viridiana, Monica Kriete
Fattitude documentary screening
Co-sponsored by STRIPED, Harvard Chan School Women, Gender and Health Concentration, and Harvard Chan School Office of Diversity and Inclusion
February 13, 2018

Guest Lecturer: Laura Hart
Body Image in Early Childhood: Helping Preschoolers Develop Body Confidence as a Public Health Intervention
Co-sponsored by STRIPED, Harvard Chan School Program in Public Health Nutrition, and Maternal and Child Health/Children, Youth and Families Center for Excellence
November 8, 2017

Straight/Curve: Redefining Body Image documentary screening
November 6, 2017

Guest Lecturer: Monica Kriete
Weight Bias: A Public Health Problem
Co-sponsored with the Harvard School of Public Health Office of Diversity and Inclusion
October 25, 2017

2016-2017

Guest Lecturer: Sandra Aamodt, PhD
Why Diets Make Us Fat: The Unintended Consequences of Our Obsession With Weight Loss
October 3, 2016

Guest Lecturers: Elena Rossini, MA, Moya Bailey, PhD, Susan Linn, EdD, and Rachel Rodgers, PhD
The Illusionists: A Film About the Globalization of Beauty
October 24, 2016

Guest Lecturers: Rep. Joseph Kennedy III, Ann Becker, MD, Sara Forman, MD, Matt Selig, Esq., and Stacey Sacks
Capitol Hill Chaos: The Future of Eating Disorders, Treatment Access and Mental Health Parity
February 23, 2017

Guest Lecturers: Courtney Brown, BA, and Kimberly Yu, BA
Colorism: How Can We Address this Clinical and Public Health Issue in a Global Context?
April 19, 2017

Guest Lecturers: Courtney Brown, BA, and Kimberly Yu, BA
Colorism: How Can We Address this Clinical and Public Health Issue in a Global Context?
May 15, 2017

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

Center for Disease Control and Prevention (CDC) Eating Disorders Health Monitoring Project

The 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. They call this “health surveillance.” When questions are not asked about a particular health issue, like eating disorders, we really don’t know what’s happening and we might not even know a problem exists. Simply put, if you’re not counted, you don’t count. When STRIPED discovered that the CDC abruptly stopped its data collection of eating disorders in youth (and the agency collects almost no data on eating disorders in adults), we kicked into action to lead a coalition of national organizations, including the

Academy for Eating Disorders, Eating Disorders Coalition, and the National Eating Disorders Association, to urge the CDC to include survey questions to track eating disorders across the country and to spot the early signs and symptoms. In response to our advocacy effort, both the U.S. Senate and House of Representatives have released letters to the CDC director urging the agency to begin discussions on the role the agency could play in launching national surveillance of eating disorders. We are continuing to work with the CDC to offer technical expertise as the agency works to remedy this dangerous lack of health surveillance.

Diet Pills and Muscle-Building Supplements

In a long-standing academic-community-government partnership, STRIPED teamed up with community partners the Multi-Service Eating Disorders Association, National Eating Disorders Association, and Eating Disorders Coalition and Massachusetts Rep. Kay Khan to protect consumers from deceptive dietary supplements sold for weight loss and muscle building. The first campaign on this issue, the 2015 Stop Feeding Kids Lies Campaign, was a coordinated advocacy effort to support **Massachusetts House Bill No. 3471, An Act protecting youth from the dangers of dietary supplements sold for weight loss and muscle building**, which was based on STRIPED legal research. In January of 2017 the second campaign, Out of Kids' Hands, was launched to support **Massachusetts House Bill No. 1195, An Act protecting youth from dangerous diet pills and muscle-building supplements**, a new iteration of the previous, similar bill. In January of 2019, STRIPED launched the campaign to support **H.1942, An Act protecting children from harmful diet pills and muscle-building supplements**, the third iteration of the bill. This bill is designed to ban the sale of dietary supplements sold for weight loss and muscle building to minors under the age of 18 years. If eventually passed into law, this legislation would also move these products behind the counter or into locked cases 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. STRIPED continues to work with local legislators, community organizations, business owners, and other experts to expand these legislative efforts to keep these potentially dangerous diet pills and muscle-building supplements out of the hands of our youth.

Health in the Fashion Industry

Through another academic-community-government partnership, STRIPED and community partners Model Alliance and National Eating Disorders Association worked with California Assemblymember Marc Levine to protect the safety, health, and wellbeing of models, and change the messages girls and young women receive about what our society values. In 2016, Assemblymember Marc Levin introduced **California A.B. 2539: An Act protecting the health and safety of fashion models**, the first bill in the United States to directly address the problem of coerced starvation and eating disorders in the fashion industry to protect the health and well-being of professional models. 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," this

bill 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 are granted worker health and safety protections that all employees have in California. In the subsequent legislative session, January 2018, our same team of experts and advocates supported Assemblymember Levine in filing **California AB 2338 to protect the health of professional fashion models working in California**. The bill, which builds on CA AB 2539 from the previous legislative session, addresses the problem of eating disorders and sexual harassment in the fashion industry by requiring talent agencies to provide sexual harassment prevention and health standards training programs to employees, actors, models, and other entertainers. The bill was signed into law as the Talent Protections Act in September 2018.

Height and Weight Discrimination

STRIPED worked to develop a strategic lobbying effort in support of **Massachusetts House Bill 952, An Act making discrimination on the basis of height and weight unlawful**, which was filed by Massachusetts Rep. Byron Rushing in January 2017. In early 2019, STRIPED launched another campaign to support the new iteration of the bill, **House Bill 3413 and Senate Bill 1012, An Act making discrimination on the basis of height and weight unlawful**. This new version of the bill was introduced by Rep. Tram Nguyen and Sen. Rebecca Rausch, respectively. Unlike many other forms of discrimination, discrimination based on height and weight remain legal in all states except Michigan. If eventually passed, this bill would add height and weight to the list of unlawful forms of discrimination in Massachusetts and would provide a legal remedy to those who have experienced discrimination in employment, housing, and public accommodations based on their height or weight.

Digitally Manipulated Advertisements

STRIPED is supporting a new bill introduced in early 2019 by Massachusetts Rep. Kay Khan to address the widespread issue of digitally manipulated images in advertisements. If passed, Massachusetts H.3892, An Act relative to mental health promotion through realistic advertising images, would create a new tax credit for companies that pledge not to alter models' age, skin tone, and body size and shape in advertisements for apparel, cosmetics, and personal care products. This bill is based on STRIPED legal research and is the first of its kind in the world.

Advocacy Day Travel Scholarships

2018-2019

Trainees earning scholarships to attend the Eating Disorders Capitol Hill Advocacy Day in spring 2019 semester: Elizabeth Byrnes, Estivaliz Castro, Phoebe Garcia, Ryan Golt, Amanda Graff, Isabel Janmey, Claire Lamneck, Jordan Levinson, Molly Rafferty, Jane Rho, Kendall Sharp, Lily Shay, Thamara Subramanian, Frances Tao, and Bree Wilhite

2017-2018

Trainees earning scholarships to attend the Eating Disorder Coalition Capitol Hill Advocacy Day in fall semester: Avanti Adhia, Katelyn Ferreira, Ali Greatsinger, Laura Hart, Jessica Huang, Tariana V. Little, Blair Robinson, and Breanne Wilhite

Trainees earning scholarships to attend the Eating Disorders Capitol Hill Advocacy Day in spring semester: Rohit Abraham, (Borna) Nazmim Bhuiya, Payal Desai, Ijeoma Ezeofor, Begum Kalyoncu, Anqa Khan, Leena Kulkarni, Jessica Oh, Nicolle Potvin, and Alvin Tran

2016-2017

Trainees earning scholarships to attend the Eating Disorders Coalition Capitol Hill Advocacy Day in spring semester: Monica Kriete, Supriya Misra, Kuanysh Yergaliyev, and Kimberly Yu

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, Xindy (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

Research Articles

Or F, Kim Y, Simms J, Austin SB. Taking stock of dietary supplements' harmful effects on children, adolescents, and young adults. *J Adolesc Health* 2019 (Epub ahead of print).

This study was led by STRIPED Research Fellow Flora Or. Also on the team was STRIPED trainee and graduate Yongjoo Kim.

Austin SB, Hutcheson R, Wickramatilake-Templeman S, Velasquez K. The second wave of public policy advocacy for eating disorders: Charting the course to maximize population impact. *Psychiatr Clin N Am* 2019; 42: 319-336.

McBride C, Costello N, Ambwani S, Wilhite B, Austin S. Digital manipulation of images of models' appearance in mass media: Strategies for action through law and corporate social responsibility incentives to protect public health. *Am J Law Med*. 2019;45(1):7-31.

This article on legal strategies and corporate social responsibility includes important contributions from STRIPED trainees Caitlin McBride and Bree Wilhite.

Austin SB, Liu SH, Tefft N. Could a tax on unhealthy products sold for weight loss reduce consumer use? A novel estimation of potential taxation effects. *Prev Med* 2018;114:39-46.

STRIPED trainee Selena Hua Liu was an integral part of this study team. This article was supported by a Feeding Hope Fund grant from the National Eating Disorders Association.

Kim Y, Austin SB, Subramanian SV, Thomas JJ, Eddy KT, Franko DL, Rodgers RF, Kawachi I. Risk factors for disordered weight control behaviors among Korean adolescents: Multilevel analysis of the Korea Youth Risk Behavior Survey. *I J Eat Disorders* 2018; 51: 124-138.

Yongjoo Kim, a STRIPED trainee and recipient of the STRIPED Early Career Development Award, led the statistical analysis of this complex and groundbreaking database on the health of South Korean youth.

Calzo JP, Austin SB, Micali N. Sexual orientation disparities in eating disorder symptoms among adolescent boys and girls in the UK. *Eur Child Adolesc Psychiatry*. March 2018:1-8.

This article outlining associations between sexual orientation and eating disorders symptoms for adolescents in the UK was led by STRIPED Collaborating Mentor Jerel Calzo.

Eik-Nes TT, Austin SB, ScD, Blashill AJ, Murray SB, Calzo JP. Prospective health associations of drive for muscularity in young adult males. *I J Eat Dis* (In press).

This article was led by STRIPED and SOGIE trainee Trine Tetlie Eik-Nes under the mentorship of STRIPED Collaborating Mentor Jerel Calzo.

Yu KY, Kim Y, Calzo JP, Levinson JA, Austin SB. Sex of sexual partners and disordered weight control behaviors in a nationally representative sample of South Korean adolescents. *Psychiatry Res*. 2018;262:1-5.

Austin SB, Yu K, Liu SH, Dong F, Tefft N. Household expenditures on dietary supplements sold for weight loss, muscle building, and sexual function: Disproportionate burden by gender and income. *Prev Med Reports*. 2017;6:236-241.

This article published in *Preventive Medicine Reports* was based on research by STRIPED trainee Selena Liu in collaboration with Bates College student Fan Dong under the mentorship of Nate Tefft and S. Bryn Austin.

Rodgers RF, Peterson KE, Hunt AT, Spadano-Gasbarro JL, Richmond TK, Greaney ML, Austin SB. Racial/ethnic and weight status disparities in dieting and disordered weight control behaviors among early adolescents. *Eat Behav*. 2017;26:104-107.

Rodgers RF, Ziff S, Lowy AS, Yu K, Austin SB. Results of a strategic science study to inform policies targeting extreme thinness standards in the fashion industry. *I J Eat Dis* 2017; 50(3): 284-292.

Gooding HC, Cheever E, Forman SF, Hatoun J, Jooma F, Touloumtzis C, Vernaccio L. Implementation and evaluation of two educational strategies to improve screening for eating disorders in pediatric primary care. *J Adolesc Health* 2017; 60(5): 606-611.

This article on educational interventions to increase screening for eating disorders in primary care was based on research led by STRIPED Collaborating Mentor Holly Gooding working with STRIPED trainee Elizabeth Cheever.

Guss CE, Williams DN, Reisner SL, Austin SB, Katz-Wise SL. Disordered weight management behaviors, nonprescription steroid use, and weight perception in transgender youth. *J Adolesc Health* 2017; 60(1): 17-22.

Rodgers RF, Watts AW, Austin SB, Haines J, Neumark-Sztainer D. Disordered eating in ethnic minority adolescents with overweight. *Int J Eat Disord*. 2017;50(6):665-671.

Gordon AR, Austin SB, Krieger N, White Hughto JM, Reisner SL. "I have to constantly prove to myself, to people, that I fit the bill": Perspectives on weight and shape control behaviors among low-income, ethnically diverse young transgender women. *Soc Sci Med* 2016; 165: 141-149.

Kulkarni A & Huerto R (joint first authors), Roberto CA, Austin SB. Leveraging corporate social responsibility to improve consumer safety of dietary supplements sold for weight loss and muscle building. *Transl Behav Med* 2016; 7(1): 92-97.

This study in *Translational Behavioral Medicine* was led by STRIPED trainees Anvita Kulkarni and Ryan Huerto for a STRIPED practicum on corporate social responsibility. Anvita and Ryan were mentored by Christina Roberto and STRIPED director S. Bryn Austin.

Calzo JP, Sonnevile KR, Scherer EA, Jackson B, Austin SB. Gender Conformity and Use of Laxatives and Muscle-Building Products in Adolescents and Young Adults. *Pediatrics*. 2016;138(2):e20154073.

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. *Eat Behav.* 2017;25:9-14.

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. *Eat Weight Disord* 2016; 22(1): 141-152.

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. *Am J 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. *J Sch 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. *Dev Psychol* 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. *Ann Behav Med* 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). *J Adolesc Health* 2015; 57(2): 133-134.

Austin SB. Accelerating progress in eating disorders prevention: A call for policy translation research and training. *Eat Disord* 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. *Prev Med Rep* 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. *J Public Health Manag Pract* 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. *JL & 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. *J Contemp Health Law 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. *Am J 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. *J Youth Adolesc* 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. In *J Environ Res 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. *Eat Disord* 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. *Eat Disord* 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. *J Eat Disord* 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 Comm* 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. *Eat Weight Disord* 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 Educ J* 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. *J Eat Dis* 2013; 46(5): 533-537.

Wang ML, Peterson KE, Richmond TK, Spadano-Gasbarro J, Greaney ML, Mezgebu S, McCormick M, Austin SB. Family physical activity and meal practices associated with

disordered weight control behaviors in a multi-ethnic sample of middle-school youth. *Aca Pediatr* 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 Nutr* 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. *Eat Disord* 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). *J Womens 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.

Calzo JP, Corliss HL, Blood EA, Field AE, Austin SB. Development of muscularity and weight concerns in heterosexual and sexual minority males. *Health Psychol* 2013; 32(1): 42-51.

Pomeranz JL, Taylor L, Austin SB. Over-the-counter and out-of-control: Legal strategies to protect youth from abusing products for weight control. *Am J Public Health* 2013; 103(2): 220-225.

Lisa Taylor, JD, was our first STRIPED trainee from the Harvard Law School, and this paper in *American Journal of Public Health* is based on her work with the STRIPED research team.

Calzo JP, Sonnevile KR, Haines J, Blood EA, Field AE & Austin SB (joint senior authors). The development of associations among BMI, body dissatisfaction, and weight and shape concern in adolescent boys and girls. *J Adolesc Health* 2012; 51(5): 517-523.

Austin SB, Spadano-Gasbarro JL, Greaney ML, Blood EA, Hunt AT, Richmond TK, Wang ML, Mezgebu S, Osganian SK, Peterson KE. Effect of the Planet Health intervention on eating disorder symptoms in a large-scale dissemination to Massachusetts middle schools. *Prev Chronic Dis* 2012; 9: E171.

Austin SB, Nelson LA, Birkett MA, Calzo JP, Everett B. Eating disorder symptoms and obesity at the intersections of gender, ethnicity and sexual orientation identity in U.S. high school students. *Am J Public Health* 2013; 103(2): e16-22.

Austin SB. A public health approach to eating disorders prevention: It's time for public health professionals to take a seat at the table. *BMC Public Health* 2012; 12(1): 854.

Sonneville KR, Calzo JP, Horton NJ, Haines J, Austin SB, Field AE. Body satisfaction, weight gain, and binge eating among overweight adolescent girls. *Int J Obes* 2012; 36(7): 944-949.

Wang ML, Walls CE, Peterson KE, Richmond TK, Spadano-Gasbarro J, Greaney ML, Blood E, Mezgebu S, McCormick MC, Subramanian SV, Austin SB. Dietary and physical activity factors related to eating disorder symptoms among middle-school youth. *J Sch Health* 2013; 83(1):14-20.

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

Campol M. Engaging healthcare providers to help mothers with eating disorders create healthy eating environments for their children. *Einstein Q J Biol Med* 2011; 27(2): 19-25.

This article was written by Meagan Campol, MD, MPH, as a trainee in the STRIPED independent study course.

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