

STRIPED

A PUBLIC HEALTH
INCUBATOR

Strategic Training Initiative for the Prevention of Eating Disorders

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

Newsletter Fall 2014

From the Director



S. Bryn Austin, ScD

STRIPED is growing up fast. A healthy, vigorous 5-year-old, STRIPED spent the early years in a first-of-its-kind incubator, which provided us the space for imagination, growth, and creative synthesis. Our founding donor, Ellen Feldberg Gordon, created this incubator for STRIPED, offering us two things: Vital resources to kick start our efforts and her conviction that the field of public health needed to make a change -- a big change -- if it was going to have an impact on eating disorders. Together we envisioned STRIPED as a public health incubator.

But what exactly are we incubating? An incubator in the literal sense is a contained space providing ideal conditions for a newborn to grow and thrive. In other words, an incubator is a place for *people*. On the other hand, on our home page, we use *incubator* in the metaphorical sense, describing STRIPED as an initiative to cultivate novel insights and strategies for the prevention of eating disorders. A metaphorical incubator, then, is for *ideas*. I was quite sure five years ago that this type of incubator best described STRIPED.

But I got that wrong. When I look back at STRIPED's first five years, our success all comes down to our incubation of *people* -- not infants of course, but early career trainees and junior colleagues. *And* their ideas. How do we do both? That's easy: Relationships. Mentor-mentee relationships of course

and also those among collaborators and peers, whether trainees or faculty. Relationships that start from a place of intellectual respect and curiosity about the other's P.O.V., whether a so-called novice or expert, and maintained and deepened through genuine interest in the personal and professional motivations that drive each of us to apply our best thinking to preventing eating disorders. These are the ideal conditions for an incubator of both people and ideas.

STRIPED is looking ahead to the next five years from a good place. We are invigorated by renewed support from Ellen Feldberg Gordon paired with an ambitious matching campaign (back page) and also an unprecedented endowment from A Chance to Heal Fund. We have plans in the works for many exciting changes:

- New media teaching ventures that capitalize on advances in the digital world (pg. 2)
- Innovative pilot studies designed for high policy impact (pg. 2)
- Trail-blazing, trainee-initiated research (pg. 3) and much more

But one thing we don't plan to change is our model of incubation. That we know works.

With gratitude,

S. Bryn Austin, ScD

What Our Trainees Say About STRIPED



Samantha Glover, JD

“ STRIPED has given me a unique opportunity to apply my legal skills to a problem pervasive in our society. Through STRIPED I have explored

issues dealing with how the fashion industry contributes to eating disorders in models and what can be done to correct this issue—and as a result, perhaps change the face of beauty we see every day. ”



Brigitte Granger, MS

“ Being part of STRIPED was a wonderful and enriching experience. I had the chance to develop research skills as well as having many opportunities to learn

from STRIPED's network of professionals in the field. STRIPED is made up of passionate individuals who recognize the complexity of negative body image and disordered eating behavior and are paving the way for innovative public health solutions. ”



Visit us on
the web!

MOOCs, Moodle, Qstream... and STRIPED???

With four STRIPED teaching cases published and one more set to be out in a few months, STRIPED is forging next into the digital frontier to vastly extend our reach through new educational media platforms. All our teaching cases can be easily integrated into traditional classrooms. But more and more, training of health professionals is happening in nontraditional, virtual settings, through MOOCs (aka massive open online courses), online platforms such as Moodle and Qstream, webinars, open-source learning communities, and a variety of other venues. Traditional or nontraditional, STRIPED will be there. Working with experts from the Harvard Macy Institute and beyond, we are developing plans to re-engineer our teaching cases to take full advantage of the many new digital platforms as they emerge on the scene. In fact, we made our first foray in spring 2014, when STRIPED Collaborating Mentor Kendrin Sonnevile taught one of our new teaching cases via a global, online course (see sidebar). Of course we will continue to craft new teaching cases in our traditional classroom format, tackling topical issues in eating disorders prevention. But for all the diverse learning communities around the world that could benefit from what we have to offer, the new educational technologies will make our training program immensely more accessible, versatile, and ultimately impactful.

STRIPED Goes Global



Kendrin Sonnevile, ScD,
RD, LDN

STRIPED Collaborating Mentor Kendrin Sonnevile and consulting expert Michael Long taught STRIPED's teaching case "The Governor Is Very Interested": Or, Cost-

Effectiveness Analysis for School Health Screenings" to students enrolled in Harvard Medical School's Global Clinical Scholars Research Training Program in May 2014. The students hail from 22 nations and are clinical researchers in their respective countries. Our teaching case combines learning objectives on eating disorders prevention with an introduction to cost-effectiveness analysis. It is one of four published so far by the STRIPED team. Check out all our cases at <http://www.hsph.harvard.edu/striped/teaching-cases/>

STRIPED's Policy Research Targeted for High Impact

As a public health incubator, STRIPED has joined forces across a variety of disciplines to generate novel approaches to eating disorder prevention. From public health to economics to law, STRIPED trainees and faculty are collaborating on an exciting array of cross-cutting projects.

Screening in Schools Can Save Money and Lives



Davene Wright, PhD

Eating disorders are costly, emotionally and financially, and many times are not diagnosed until they are severe, increasing the chances of medical complications and lowering the chances of

full recovery. In a recent project, STRIPED Collaborating Mentor Davene Wright and STRIPED trainees Yushan Jiang and Hyungi LeAnn Noh compared the cost of administering a brief five-question survey to screen for eating disorders in schools versus no screening (which is the current state of affairs in U.S. schools). In the first economic

study of the benefits of eating disorders screening in schools, the team found hard evidence that this quick screening, which would cost only \$0.35 per student, would lessen the financial and health costs of eating disorders through early detection.

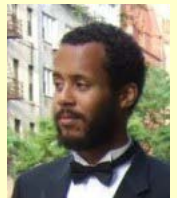
High Cost of Eating Disorders

STRIPED Collaborating Mentor Mihail Samnaliev and STRIPED trainee Hyungi LeAnn Noh carried out what may be the first U.S.-based study of the economic burden of eating disorders that takes into account not just healthcare costs but also lost earnings and underemployment due to both the eating disorder itself and other mental health problems that can go along with an eating disorder. Having a clear picture of the true cost of eating disorders will be crucial for us to know the true potential savings of prevention.

Harmful Supplements

Building off our previous legal research on diet pills and laxatives,

STRIPED Affiliated Faculty in Health Law Jennifer Pomeranz and Harvard Law student Grant Barbosa explored the



Grant Barbosa, JD

widespread problem of dietary supplements marketed for muscle building and weight loss and mapped out a plan for ways state governments can better protect consumers, especially youth, from these dangerous products. This work is particularly timely, as the U.S. Senate recently started hearings to expose the many hidden risks of these supplements.

Fashion Industry

Led by STRIPED Collaborating Mentor Katherine Record and Harvard Law student Samantha Glover, our latest legal project investigates ways to bring occupational safety laws to bear on the fashion industry. Our goal with this project is not only to protect the health of professional models but also to use legal leverage to target the epicenter of our society's perilous standards of extreme thinness.

STRIPED Postdoctoral and Dissertation Research Award Winners

Emily Kroshus, ScD



Emily Kroshus, ScD

During my time as a doctoral student at HSPH, I used the support of STRIPED's mentoring and Dissertation Research Award to study how communication within the sport environment between teammates and between coaches and athletes can be im-

portant for primary and secondary prevention of disordered eating. Now as

a postdoctoral fellow, I want to continue this work with a goal of moving from describing how things should be improved to actually developing and evaluating theory-driven solutions. Winning the STRIPED Postdoctoral Research Award is allowing

*Prevention of Disordered Eating in Sports:
Understanding Coach Behaviors and
Developing Strategies for Change*

me to do just that. Through this award I will be able to refine and evaluate an eating-disorders environmental assessment tool for sports settings that may be useful for coaches. I also will expand my work on weight bias in sports and how that may affect coaches' efforts to prevent extreme weight control behaviors in their

athletes. I hope to use these insights about and tools for coaches to develop and evaluate theory-driven programming for coaches on disordered eating. More broadly, one of my goals is to help make STRIPED a leading voice for evidence-based prevention of disordered eating in sports contexts.

Allegra Gordon, MPH



Allegra Gordon, MPH

As a first-time STRIPED Dissertation Research Award Winner, I am excited to combine my passion for eating disorder prevention with my work on transgender health. Through this award from STRIPED, I will be interviewing 20 transgendered women (that is, people who were assigned a male sex at birth but now identify as women) to learn more about high-risk weight and shape control practices in this

Project Body Talk: High-Risk Weight and Shape Control Among Young Transgender Women

community. Similar to nontransgender women, young transgender women may be affected by gendered beauty ideals promulgated in popular media and public discourse. At the same time, transgender women may also be facing gender-related social stressors above and beyond those faced by nontransgender women, including

pervasive discrimination in employment, housing, and other settings and sexual objectification via media representations of transgender women. Taken together, these factors suggest that there may be multiple, interacting pathways leading to risky weight and shape control practices among young transgender women. However, studies focused on the perspectives of transgender individuals themselves have been scant in public health

research. My study will be one of the first to examine in-depth transgender

women's experiences with weight control practices and eating disorders risk, with an eye towards the roles of transphobia, sexism, and racism in driving their risk. Continuing attention to transgender and gender nonconforming communities will be an important part of future eating disorders prevention efforts.

Thank You to Our Funders!

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Barbara & David Goodman

Jennifer Miles

A Chance to Heal Fund

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Jennifer Pomeranz, JD, MPH

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Mihail Samnaliev, PhD

Kendrin Sonnevile, ScD, RD, LDN

Davene Wright, PhD

International Expert Advisory Panel

Debra Franko, PhD

Jess Haines, PhD, RD

Dianne Neumark-Sztainer, PhD

Susan Paxton, PhD

The 2014-2015 Ellen Feldberg Gordon STRIPED Challenge Announced!

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

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



Ellen Feldberg Gordon

STRIPED is deeply grateful to Ellen for this wonderful opportunity and asks the STRIPED community to help us reach our **\$100,000 goal**. To make a gift, visit <http://bit.ly/STRIPEDGift> or contact Jenn Musso, Associate Director of Individual Giving, at 617-432-8076.

The Power of Philanthropy to Support Student Training



Selena Hua Liu

When personal trainer and nutrition consultant Selena Liu, MS '15, left China to study Social and Behavioral Sciences at HSPH, she knew she wanted to make an impact on eating disorders prevention but had no idea where to start. Shortly after her first semester, Selena joined STRIPED as

a trainee and now, with the support of STRIPED mentors, focuses her research on the culture of fitness centers and gyms. Selena's long-term goal is to ensure that these community resources are not part of the deadly problem of eating disorders, but rather part of the solution.

“Without STRIPED, I wouldn't have found the career path I'm passionate for and the right direction to work. I wouldn't have been able to take the first step towards my goal of fighting against eating disorders, and I wouldn't have met the most important mentors in my career, like Dr. Bryn Austin and Dr. Kendrin Sonneville.”

Private funding in support of STRIPED directly supports individuals like Selena as they pursue evidenced-based research on the most effective ways to prevent eating disorders.



Morgan Redman

When Morgan Redman, MS '15, first arrived in the HSPH Department of Social and Behavioral Sciences, she was unsure how she could continue her studies of adolescent anorexia nervosa within the public health context. Her uncertainty quickly disappeared after she was introduced to STRIPED. Today, Morgan works closely with the Multi-Service Eating Disorder Association (MEDA) and provides recommendations for programs that can make the most impact, but are also feasible for dissemination on a wider scale within New England communities.

“The stipend I received through STRIPED for my practicum work was really critical as MEDA is a non-profit that typically offers unpaid internship opportunities, as is the case with many non-profits. Without the stipend, I likely would have pursued a different opportunity simply for financial reasons. I am so thankful that STRIPED was able to provide me with this opportunity.”

Thanks to the support of HSPH donors, Morgan is able to pursue her passion for eating disorders prevention.

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

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