

# STRIPED

A PUBLIC HEALTH  
INCUBATOR

Strategic Training Initiative for the Prevention of Eating Disorders

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## Innovative Ideas to Catalyze Change 2019-2020

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June 2020



# Executive Summary

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This STRIPED report outlines the pioneering work in eating disorder prevention accomplished by the Strategic Training Initiative for the Prevention of Eating Disorders: 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 **69 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. Training the next generation of health professional to harness the power of public health to prevent eating disorders and related problems with food, weight, and appearance is an integral piece of STRIPED's mission. Toward this end, STRIPED and the Eating Disorders Coalition (EDC), supported by the Office on Women's Health of the Department of Health and Human Services, produced and hosted a webinar and e-course titled "Screening, Symptom Recognition & Referral to Treatment for Eating Disorders in Pediatric Primary Care Settings" in 2018 attended by 232 primary care providers and other practitioners from across the country. With our collaborators at the National Center of Excellence for Eating Disorders (NCEED), we have been able to continue to make the training available to primary care provider across the country to receive continuing education credits. Since the training was first launched in 2018, 296 practitioners have received continuing education credits through our training.
- In collaboration with the Academy for Eating Disorders and Deloitte Access Economics, STRIPED led an initiative to carry out the **most comprehensive examination to date** of the social and economic burden of eating disorders in the United States. This research estimated the financial implications of eating disorders for the health system, families, and individuals and loss of life and wellbeing due to the devastating impact of eating disorders on physical and mental health.
- Raised awareness and sparked discussion at **118 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. This includes hosting STRIPED's first ever virtual showcase to bring together members of the STRIPED community to present and workshop projects and research. In addition,

**75 STRIPED scholars, collaborators, and supporters from around the world** joined us for the May 2020 Virtual STRIPED Showcase.

- Adopted new and more accessible methods of sharing information in order to reach a broader audience. This includes creating and disseminating, via multiple social media platforms, a triptych of short policy action videos on the dangers of diet pills and muscle-building supplements. The videos were designed to educate lawmakers and the community and to advance state-level legislation to ban the sale of these products to minors. These policy action videos successfully helped this bill move forward in the Massachusetts legislature.
- 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 images. STRIPED worked with lawmakers at the Massachusetts State House and testified in support of these bills. Collaborating with community partners and lawmakers, including actor and activist Jameela Jamil, we hosted two briefings and advocacy days at the Massachusetts Statehouse supporting these three bills. STRIPED also worked with lawmakers in New York, California, and Illinois to support bills to ban the sale of dangerous weight-loss and muscle-building supplements to minors.

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

1. Create and disseminate the STRIPED Playbook, a crucial resource to help public health professionals and community advocates effectively engage with lawmakers in their own communities. STRIPED is collaborating with three leading communication and public health advocacy organizations to comprehensively research, message frame, and craft an innovative playbook to advance eating disorders prevention policy by creating healthier environments for youth people.
2. Continue to expand the reach of our STRIPED teaching cases by creating and facilitating evidence and story-based, interactive e-module courses that can reach a wide range of professionals across the globe. We will continue to develop our STRIPED online course for public health professionals in India on colorism and body image. STRIPED is partnering with colleagues in India, United Kingdom, and the U.S. to create and test this 3-week online course. It is our hope that this e-course will help increase knowledge of and concern among public health professionals with colorism and skin-lightening product effects on health, body image and eating disorders, and well-being in Indian adolescents and young adults. Health professionals will gain tangible skills in media advocacy to change societal norms relevant to public health.

# What Is STRIPED?

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

## Mission

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Our mission is to train the next generation of health professionals to harness the power of public health to prevent eating disorders and related problems with food, weight, and appearance. We strive to create a society where girls, 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

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

disorders and dangerous weight and shape control behaviors and the methodological expertise needed to conduct rigorous scientific research. Trainees are linked with opportunities to take part in research projects, provided with funding so they can devote the time needed to carry out the projects, and mentored by experts in the field. In addition, trainees are able to apply for an annual 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

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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

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, Eating Disorder Program, Director, STEP Program; Physician, Division of Adolescent Medicine

# Staff

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Erin Gibson, MPH

STRIPED Program Manager

Julia Vitagliano, BA

STRIPED Program Coordinator

# Collaborating Mentors

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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

Allegra Gordon, ScD, MPH  
Assistant Professor, Department of Community Health Sciences, Boston University  
School of Public Health

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

Nicole E. Negowetti, JD, MA  
Lecturer and Clinical Instructor, Animal Law and Policy Clinic, Harvard Law School;  
Visiting Instructor, Friedman School of Nutrition Science and Policy, Tufts University

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 Sonneville, ScD, RD, LDN  
Assistant Professor, Nutritional Sciences, University of Michigan School of Public  
Health, Ann Arbor, Michigan

Alvin Tran, ScD, MPH  
Assistant Professor, Department of Health Administration and Policy, University of New  
Haven

Davene Wright, PhD  
Faculty, Department of Population Medicine, Harvard Pilgrim Health Care Institute,  
Harvard Medical School

# International Expert Advisory Panel

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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

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### 2019-2020

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

Karin Dunker, PhD  
Programa de Atenção aos Transtornos Alimentares (PROATA), Department of Psychiatry at the Federal University of São Paulo

Sarith Felber, LL.B, LL.M  
Formerly Legal Counsel, Israeli Ministry of Justice in public health products regulation

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

Laura Hart, PhD  
Senior Research Fellow, Melbourne School of Population and Global Health, The University of Melbourne, 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

Kuanysh A Yergaliyev, MD, MPH, DrPH  
Director, Suleyman Demirel University, Kazakhstan

## 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

# Teaching Case Team

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Ayesha McAdams-Mahmoud, ScD, MPH  
Project Manager

Eric Weinberger, BA  
Case Writer

Megan Johnston, EdM  
Instructional Designer, Bloom Learning Design

## Trainees

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### 2019-2020

Evelyn Atwater, BA, Harvard Law School

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

Ariel Beccia, MS, Population and Quantitative Health Sciences, University of  
Massachusetts Medical School

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

Stefani Karr, BA, Health Policy and Management, Harvard Chan School

Longxiang Li, MS, Environmental Health, Harvard Chan School

Todd Liou, BA, Health Policy and Management, Harvard Chan School

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

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

Kelsey Rose, MPH, Dietetic Intern, Simmons University

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

Tammy (Jiachen) Yan, BA, Prevention Science and Practice (Adolescent Counseling),  
Harvard Graduate School of Education

### 2018-2019

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

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

Stefani Karr, BA, 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 Institute, University of Washington  
Jordan Schultz, BA, 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, ScD, 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, MHS, 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, 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, BS, 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, BA, Social and Behavioral Sciences, Harvard Chan School  
Marysa Sheren, BA, 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, BA, Public Administration, Harvard Kennedy School, Founder of the Model Alliance

## 2014-2015

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

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

Allegra Gordon, MPH 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, BA Social and Behavioral Sciences, Harvard Chan School

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

Selena Hua Liu, MS, Social and Behavioral Sciences, Harvard Chan School

Kate Makaroff, Neurobiology and Global Health & Health Policy, Harvard College

Morgan Redman, BA, Social and Behavioral Sciences, Harvard Chan School

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

## 2013-2014

Lakendra Barajas, Harvard Law School

Grant Barbosa, Harvard Law School

Kelly Bauer, Concentration in Global Health and Health Policy, Harvard College

Samantha Glover, Harvard Law School

Allegra Gordon, MPH, Social and Behavioral Sciences, Harvard Chan School

Brigitte Granger, BA, Social and Behavioral Sciences, Harvard Chan School

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

Emily Kroshus, 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

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## 2012-2013

Kelly Bauer, Concentration in Global Health and Health Policy, Harvard College

Katherine Cohen Cooper, 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 Irrarrázaval, MD, Social and Behavioral Sciences, Harvard Chan School  
Yushan Jiang, MS, Global Health and Population, Harvard Chan School  
Yongjoo Kim, PhD, 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, BA, Society, Human Development and Health, Harvard Chan School  
Jerel Calzo, PhD, Division of Adolescent and Young Adult Medicine, BCH  
Katherine Cohen Cooper, Harvard Law School  
Bernice Garnett, 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, BA, Health Policy and Management, Harvard Chan School  
Boram Seo, MD, Society, Human Development and Health, Harvard Chan School  
Monica Wang, MS, Society, Human Development and Health, Harvard Chan School

## 2010-2011

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

## 2009-2010

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

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

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

# Where Are They Now? Past Trainees

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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 Assistant Professor at Boston University School of Public Health in the Department of Community Health Sciences and a collaborating mentor 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 Irrarrázaval, 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.

Ayesha McAdams-Mahmoud, ScD, MPH, is a lead user researcher at Salesforce and is on the STRIPED Teaching Case team.

Supriya Misra, ScD, MA, is the Assistant Professor/Faculty Fellow at NYU School of Global Public Health in the Department of Social and Behavioral Sciences.

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.

Thamara Subramanian, MPH, is the Learning and Innovation Manager at The Winters Group.



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

Alvin Tran, ScD, MPH, is Assistant Professor at University of New Haven, Department of Health Administration and Policy and a collaborating mentor with STRIPED.

Amanda Waldron, MS, RDN, LDN, is a registered dietitian nutritionist at Harvard University Health Services.

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.

Breanne Wilhite, MPH, is a Doctoral student at The Gerald J. and Dorothy R. Friedman School of Nutrition Science and Policy at Tufts University.

Kuanysh Yergaliyev, MD, MPH, DrPH, is the Director of Suleyman Demirel University in Kazakhstan.

## Funding Sources

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

Denise and Daniel Hamburger (2019-2021)

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 Tiemeier, and Leadership Education in Adolescent Health Project T71-MC00009, PI Emans

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

## STRIPED Early Career Development Awards

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### 2019-2020

- Flora Or: Adverse Events Due to Dietary Supplements: Disparities in Severe Outcomes by Gender, Age, and Supplement Type

## 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

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## 2019-2020

Trainee: Kelsey Rose

Youth Impressions of “Influencer”- based Advertising for Weight Loss Supplements;  
ARFID Protocol Project

Faculty Mentor: Suman Ambwani; Tracy Richmond

Trainee: Ariel Beccia

Eating-related pathology at the intersection of sex/gender, sexual orientation, and  
weight status: Population patterns and social-structural determinants

Faculty Mentor: Bryn Austin

Trainee: Allison Baker

Mixed-Methods Analysis of Media Literacy and Body and Eating Concerns in LGBTQ+  
Young Adults (from the STRIPED-funded Being Ourselves, Living in Diverse Bodies  
(BOLD) Study)

Faculty Mentor: Allegra Gordon

Trainee: Gabe Murchison

Two manuscripts using data from the mixed methods Body Image, Sexual Health, and  
Relationships Project (B\*SHARP)

Faculty Mentor: Allegra Gordon

Trainee: Tricia Rodriguez

Applied Methods for Estimating Transition Probabilities from Electronic Health Record  
Data

Faculty Mentor: Davene Wright

Trainee: Kendall Sharp

Monitoring Peer-to-Peer, Social Media Communication by Military Personnel About  
Dietary Supplements Used for Weight Loss and Sports Performance: A Pilot Content  
Analysis of 11 Years of Posts on the Reddit Platform

Faculty Mentor: Bryn Austin

Trainee: Stefani Karr

REAL Certification Development Project

Faculty Mentor: Bryn Austin

Trainee: Evelyn Atwater  
Citizen Petition Requesting that FDA Determine that Weight-Loss Claims Made on Dietary Supplements Are Classified as Disease Claims  
Faculty Mentor: Bryn Austin

## 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

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## 2019-2020

Trainee: Tammy Yan

Oral presentation at STRIPED Virtual Showcase, May 2020

Topic: Student Bodies in China: Recommendations for Eating Disorder Prevention in Chinese Universities

Trainee: Todd Liou

Oral presentation at STRIPED Virtual Showcase, May 2020

Topic: Evaluation Plan for a Pilot Telemental Health Eating Disorders Treatment Program

Trainee: Kendall Sharp

Oral presentation at STRIPED Virtual Showcase, May 2020

Topic: Peer-to-Peer, Social Media Communication by Military Personnel About Weight Loss and Sports Performance Supplements: A Pilot Content Analysis

Trainee: Hannah Cory

Oral presentation at STRIPED Virtual Showcase, May 2020

Topic: Sociocultural Attitudes Toward Appearance and Disordered Eating Behaviors in the Study of Latinos Youth Cohort

Trainee: Kendall Sharp

Oral presentation at STRIPED Showcase, August 2019

Topic: Using Reddit to Assess Peer-to-Peer Communication on Dietary Supplements

Trainee: Ariel Beccia

Oral presentation at STRIPED Showcase, August 2019

Topic: Women's Experiences with Complementary and Alternative Medicine for Eating Disorders: Implications for Treatment and Prevention

Trainee: Stefani Karr

Oral presentation at STRIPED Showcase, August 2019

Topic: Responsibility and Ethics in Advertising Leadership (REAL) Certification Development Project

## 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 Tran

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

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## 2019-2020

Trainee: Todd Liou

Evaluation Plan for a Pilot Telemental Health Eating Disorders Treatment Program

Practicum Sponsor: Multi-service Eating Disorders Association, Newton, MA

## 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

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## 2019-2020

Trainee: Tammy Yan

Topic: Student Bodies in China: Recommendations for Eating Disorder Prevention in Chinese Universities

Faculty Mentor: Bryn Austin

## 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 Irarrázaval

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

Faculty Mentors: Bryn Austin, Kendrin Sonneville

## 2011-2012

Trainee: Boram Seo

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

Faculty Mentor: Bryn Austin

## 2010-2011

Trainee: Meagan Campol

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

Faculty Mentors: Bryn Austin, Kendrin Sonneville

Trainee: Rob Buelow

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

Faculty Mentors: Bryn Austin, Kendrin Sonneville

## 2009-2010

Trainee: Bernice Garnett

Topic: A Musically Based Eating Disorders Prevention Media Literacy Program

Faculty Mentors: Bryn Austin, Jess Haines

Trainee: Emily Kroshus

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

Faculty Mentors: Bryn Austin, Jess Haines

# Case-Based Curriculum

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## 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. This past year, STRIPED has partnered with colleagues in India, United Kingdom, and U.S. to create and test a 3-week online course on colorism and body image for adolescent health professionals in India. 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

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### 2019-2020

STRIPED Virtual Showcase  
Sponsored by STRIPED  
May 1, 2020

Guest Lecture: Josiemer Mattei and Hannah Cory  
The Weight of Stigma: Weight Talk, Social Perceptions and Disordered Eating in Adolescents  
Co-sponsored by STRIPED and Program in Public Health Nutrition  
December 11, 2019

Guest Lecture: Pieter Cohen  
Sports and Weight-loss Supplements: More than Mojo  
Co-sponsored by STRIPED and Program in Public Health Nutrition  
November 12, 2019



Guest Lecture: Karin Dunker  
Eating Disorders in Brazil: Highlights in Treatment and Prevention  
Sponsored by STRIPED  
October 22, 2019

STRIPED Showcase  
Sponsored by STRIPED  
August 21, 2019

Guest Lecture: Iyiola Solanke  
A Public Health Approach to Tackle Discrimination  
Sponsored by STRIPED  
August 9, 2019

## 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

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## Social and Economic Cost of Eating Disorders in the U.S. Report

In collaboration with the Academy for Eating Disorders and Deloitte Access  
Economics, STRIPED led an initiative to carry out the **most comprehensive  
examination to date** of the social and economic burden of eating disorders in the  
United States. In addition to estimating the direct cost of treatment for eating



disorders, the report documents a range of additional economic costs, including informal care giving, productivity, and broader costs to society and estimates substantial losses in wellbeing. We now have critical economic data to estimate the immense impact eating disorders have on the U.S. population and economy. We are excited to use this groundbreaking report to aid our present and future policy work. STRIPED is working side by side with our many community partners to bring these findings to key decision makers in government and healthcare. To help local advocates leverage our findings and motivate decision makers to take action in their own communities, we also created fact sheets with the key findings tailored for each state.

## 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. In May 2020, MA H.1942 was reported favorably out of committee to continue to move forward through the Massachusetts legislature. STRIPED continues to work with state lawmakers, 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. In March 2020, this bill was reported favorably out of committee and accompanied with a

new draft, **Senate Bill 2495**. 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, education, 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 demonstrate commitment not to alter models' appearance in terms of 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. We plan to continue our advocacy on this bill in the upcoming legislative session.

## Advocacy Day Travel Scholarships

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### 2019-2020

Trainees earning scholarships in spring 2020 to attend the Eating Disorders Capitol Hill Advocacy Day: Haidee Cano, Kripa Jalan, Niyaz Mohammadzadeh Honarvar, Claire Roux, Haitham Shoman, Mai-Han Trinh, and Bree Wilhite Conway

Trainees earning scholarships in spring 2020 to attend the virtual International Conference on Eating Disorders: Tammy Yan, Todd Liou, Haidee Cano, Kendall Sharp, Kelsey Rose, Mai-Han Trinh, Claire Roux, Kripa Jalan, Niyaz Mohammadzadeh Honarvar, Haitham Shoman, and Bree Wilhite Conway

### 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

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## Research Articles

Yergaliyev KA, Aveling EL, Lee RM, Austin SB. Lessons for local policy initiatives to address dietary supplement use among adolescents: A qualitative study of stakeholders' perceptions. *J Adolesc Health* 2020; S1054-139X(20)30141-5 (Epub ahead of print).

This study was led by past STRIPED trainee Kuanysh Yergaliyev, now Research Fellow, and based on his doctoral research.

Solazzo AL, Geller AC, Hay JL, Ziyadeh NJ, Charlton BM, Frazier AL, Austin SB. Indoor ultraviolet tanning among U.S. adolescents and young adults: Results from a prospective study of early onset and persistence. *J Adolesc Health* 2020; S1054-139X(20)30142-7 (Epub ahead of print).

Hart LM, Gordon AR, Sarda V, Calzo JP, Sonnevile KR, Samnaliev M, Austin SB. The association of disordered eating with health-related quality of life in U.S. young adults and effect modification by gender. *Qual Life Res* 2020; 29(5):1203-1215.

This project was led by STRIPED Research Fellow Laura Hart.

Tran A, Kaplan JA, Austin SB, Davison K, Lopez G, Agénor M. “It’s all outward appearance-based attractions”: A qualitative study of body image among a sample of young gay and bisexual men. *J Gay Lesbian Mental Health* 2020; 24:3, 281-307.

This study was led by past STRIPED trainee Alvin Tran, now STRIPED Collaborating Mentor, and based on his doctoral research.

Bray Gibson E, Johnston M, Gooding H, Dede C, Phelps-Coco A, Lin K, Levinson JA, Austin SB. Delivering case method teaching through online platforms: Adapting active learning techniques and maximizing learner engagement. *Educational Designer* 2020; 3(12): 1-24.

Ambwani S, Shippe M, Gao Z, Austin SB. Is #cleaneating a healthy or harmful dietary strategy? Perceptions of clean eating and associations with disordered eating among young adults. *J Eat Disord* 2019; 7(1): 17.

This project was led by STRIPED Research Fellow Suman Ambwani.

Beccia A, Baek J, Jesdale W, Curtin C, Forrester S, Austin SB, Lapane K. Risk of disordered eating at the intersection of gender and Hispanic/Latino in US high school students. *Eat Behav* 2019; 34: 101299.

This project was led by STRIPED trainee Ariel Beccia.

Tran A, Suharlim C, Mattie H, Davison K, Agénor M, Austin SB. Dating app use and its association with unhealthy weight control behaviors among a sample of U.S. adults. *J Eat Disord* 2019;7: 16.

This study was led by past STRIPED trainee Alvin Tran, now STRIPED Collaborating Mentor, and based on his doctoral research.

Ward ZJ, Rodriguez P, Wright DR, Austin SB, Long MW. Estimation of eating disorders prevalence by age and associations with mortality in a simulated nationally representative US cohort. *JAMA Netw Open*. 2019; 2(10):e1912925.

Levinson, JA, Sarda V, Sonnevile K, Calzo JP, Ambwani S, Austin SB. Diet Pill and Laxative Use for Weight Control and Subsequent Incident Eating Disorder in US Young Women: 2001-2016. *Am J Public Health*. 2019; e1-e3.

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;65(4):455-461.

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

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### Blog Posts and Commentaries

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## Policy Briefs

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