

STRIPED

A PUBLIC HEALTH
INCUBATOR

Strategic Training Initiative for the Prevention of Eating Disorders

Innovative Ideas to Catalyze Change

2016-2017

May 2017

Executive Summary

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

- Trained **49 graduate and post-graduate students** through practicum experiences and rigorous scientific research. STRIPED trainees are *change agents* who are equipped to put eating disorder prevention on the larger public health agenda at the local and national level.
- Led the field of public health education by developing the **first case-based curriculum** that teaches students how to tackle current issues in the prevention of eating disorders through real-world problem solving and teamwork. In the past year, STRIPED has completed a new teaching case on protecting fashion models and consumers from pressures to be thin at all costs and is publishing another new teaching case on the global dangers of skin-lightening products and their association with body dissatisfaction.
- Raised awareness and sparked discussion at nearly **85 academic seminars, conference presentations, and public events led by our trainees and guest lecturers** within the academic and wider community on eating disorders and related problems with food, weight, and appearance.

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

1. Broaden the field of eating disorders prevention by deepening the base of evidence addressing individuals of all ages, genders, sizes, economic classes, races, and ethnicities.
2. Continue to translate our research findings to policy action through catalyzing work with community organizations, advocacy groups, and policymakers committed to advancing to eating disorders prevention among diverse populations.
3. Build the number of STRIPED teaching cases in our ever-growing library over the next several years and make the series widely available to educational institutions around the world through state-of-the-art e-learning technologies. Our cases are based on active-learning principles, proven to be the most effective methodology to enhance learning and equip trainees with new skills and knowledge to apply in real-world settings.

What Is STRIPED?

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

Mission

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

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

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

Training Strategy

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

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

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

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

STRIPED has offered travel scholarships for trainees to attend the Eating Disorders Coalition Congressional Advocacy Day on Capitol Hill for the last three academic years. 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 injustice in access to care and evidence-based prevention. In our first three years offering these travel scholarships, we are thrilled with the overwhelmingly positive response from STRIPED trainees, eager to get involved in policy advocacy on eating disorders.

Faculty

S. Bryn Austin, ScD

Director, STRIPED

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

Marie McCormick, MD, ScD

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

Jean Emans, MD

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

Holly C. Gooding, MD, MS

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

Affiliated Faculty in Health Law

Jennifer Pomeranz, JD, MPH

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

Collaborating Mentors

Jerel Calzo, PhD, MPH

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

Erica Kenney, ScD, MPH

Research Fellow, Department of Social and Behavioral Sciences, Harvard Chan School, Boston

Michael Long, ScD, MPH

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

Katherine Record, JD, MPH, MA

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

Rachel Rodgers, PhD

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

Mihail Samnaliev, PhD

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

Kendrin Sonnevile, ScD, RD, LDN

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

Davene Wright, PhD

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

International Expert Advisory Panel

Debra Franko, PhD

Northeastern University, Boston

Jess Haines, PhD, MHSc, RD

University of Guelph, Guelph, Canada

Dianne Neumark-Sztainer, PhD, MPH, RD

University of Minnesota School of Public Health, Minneapolis, Minnesota

Susan Paxton, PhD

La Trobe University, Melbourne, Australia

Staff

Kimberly Yu, BA

Trainees

2016-2017

Emilie Doan Van, BA, Social and Behavioral Sciences, Harvard Chan School

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

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

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

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

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

Longxiang Li, MS, Environmental Health, Harvard Chan School

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

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

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

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

2015-2016

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

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

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

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

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

Longxiang Li, MS, Environmental Health, Harvard Chan School

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

Ariane Moss, MS, Harvard Law School

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

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

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

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

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

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

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

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

2014-2015

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

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

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

Ryan Huerto, MEd, Social and Behavioral Sciences, Harvard Chan School

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

Emily Kroshus, ScD, MPH, Social and Behavioral Sciences, Harvard Chan School

Anvita Kulkarni, MS, Social and Behavioral Sciences, Harvard Chan School

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

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

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

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

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

2013-2014

Lakendra Barajas, JD, Harvard Law School

Grant Barbosa, JD, Harvard Law School

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

Samantha Glover, JD, Harvard Law School

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

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

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

Emily Kroshus, ScD, MPH, Social and Behavioral Sciences, Harvard Chan School
Eric Nazar, Harvard Graduate School of Education
Selena Hua Liu, Social and Behavioral Sciences, Harvard Chan School
Hyungi LeAnn Noh, MS, Social and Behavioral Sciences, Harvard Chan School
Morgan Redman, MS, Social and Behavioral Sciences, Harvard Chan School

2012-2013

Kelly Bauer, Concentration in Global Health and Health Policy, Harvard College
Katherine Cohen Cooper, JD, Harvard Law School
Bernice Garnett, ScD, MPH Social and Behavioral Sciences, Harvard Chan School
Brigitte Granger, Social and Behavioral Sciences, Harvard Chan School
Allegra Gordon, MPH, Social and Behavioral Sciences, Harvard Chan School
Matías Irrarrázaval, MD, MPH, Social and Behavioral Sciences, Harvard Chan School
Yushan Jiang, MS, Global Health and Population, Harvard Chan School
Yongjoo Kim, PhD, MPH, Social and Behavioral Sciences, Harvard Chan School
Emily Kroshus, MPH, Social and Behavioral Sciences, Harvard Chan School
Hyungi LeAnn Noh, Social and Behavioral Sciences, Harvard Chan School

2011-2012

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

2010-2011

Maliha Ali, MD, MPH, Maternal and Child Health, Harvard Chan School

Rob Buelow, MS, Society, Human Development and Health, Harvard Chan School

Jerel Calzo, PhD, Division of Adolescent and Young Adult Medicine, BCH

Meagan Campol, MD, MPH, Maternal and Child Health, Harvard Chan School

Meredith Chace, MS, Health Policy and Management, Harvard Chan School

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

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

Jenna Kruger, MPH, Health Policy, Yale University

Lisa Taylor, JD, Harvard Law School

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

2009-2010

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

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

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

Where Are They Now? Past Trainees

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

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

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

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

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

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

Leah Hawkins, MD, MPH, is a 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.

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

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

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

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

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

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

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

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

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

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

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

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

Funding Sources

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STRIPED is also grateful for the generous support of Jennifer Perini (2016-2017)

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

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

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

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

Amy Spies (2012-2015)

A Chance to Heal Fund Endowment (Established 2014)

Ivy Silver (2014)

Joanna Berwind Creamer (2014)

Susan Jackson Tressider (2014)

Barbara & David Goodman (2014)

Jennifer Miles (2014)

Harvard Chan School Curriculum Innovation Grant (2015)

National Eating Disorders Association (2015-2017)

Association of Teachers of Maternal and Child Health (2016)

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

Jean Marie Arduino (2017)

Johnson & Johnson (2017)

STRIPED Early Career Development Awards

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

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 Sonnevile

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 Sonnevile, 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

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

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

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

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.

- **“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.

With the support of the Harvard Initiative for Learning and Teaching and a Harvard Chan School Curriculum Innovation grant, STRIPED transformed this teaching case into the first of our e-learning modules. With this program, we aim to make all our cases easily accessible for students and educators around the globe through online educational platforms.

- **“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 is creating a second e-module with the support of the Harvard Initiative for Teaching and Learning and the Association of Teachers of Maternal and Child Health. These online educational e-modules will allow students and educators around the globe to easily access our teaching cases.

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://caseresources.hsph.harvard.edu/case-library>) and the Harvard Business School case library (<https://cb.hbsp.harvard.edu/cbmp/pages/content/cases>). These cases are designed to be used by educators seeking to introduce topics in eating disorders prevention and public health into their classrooms.

Academic Seminars and Events

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

Massachusetts H. 1195: Protecting Youth from the Dangers of Diet Pills and Muscle-Building Supplements

In an 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 Representative Kay Khan (D-Newton) to build upon our previous advocacy and legal research and file Massachusetts H. 1195 in January 2017. If passed, this bill would ban the sale of diet pills and muscle-building supplements to minors under the age of 18 years and would require retail outlets to keep these products behind the counter. This bill would help to keep these potentially dangerous diet pills and muscle-building supplements out of the hands of our youth. STRIPED also spearheaded the Out of Kids' Hands Campaign, a coordinated advocacy effort to support this legislation.

Massachusetts H. 952: An Act Making Discrimination on the Basis of Height and Weight Unlawful

Massachusetts H. 952 was filed by Massachusetts Representative Byron Rushing (D-MA-9th Suffolk) in January 2017. Unlike many other forms of discrimination, prejudices based on height and weight are two forms of discrimination that remain legal. This bill would add height and weight to the list of unlawful forms of discrimination and would provide a legal remedy to those who have experienced discrimination in employment, housing, and public accommodations based on their height or weight. STRIPED is working to develop a strategic lobbying effort in support of this legislation.

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

In our first academic-community-government partnership, STRIPED teamed up with community partners the Multi-Service Eating Disorders Association, National Eating Disorders Association, and Eating Disorders Coalition to work with Massachusetts Representative Kay Khan (D-Newton) to introduce a bill in 2015 in the state legislature to protect consumers from deceptive dietary supplements sold for weight loss and muscle building. Dubbed the Stop Feeding Kids Lies Campaign, STRIPED spearheaded a coordinated advocacy effort to support Massachusetts House Bill No. 3471, which was based on STRIPED legal research and designed to ban the sale of dietary supplements sold for weight loss and muscle building to minors under the age of 18 years. This legislation would also move these products behind the counter at pharmacies and other retail outlets, requiring consumers to request them directly from a manager, pharmacist, or other supervisory personnel as currently done with cigarettes and pseudoephedrine.

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

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

Advocacy Day Travel Scholarships

2016-2017

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

2015-2016

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

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

2014-2015

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

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

Publications

Research Articles

Austin SB, Yu K, Liu SH, Dong F, Tefft N. Household expenditures on dietary supplements sold for weight loss, muscle building, and sexual function: Disproportionate burden by gender and income. *Preventive Medicine Reports* 2017; Epub ahead of print.

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

Rodgers RF, Peterson KE, Hunt AT, Spadano-Gasbarro JL, Richmond TK, Greaney ML, Austin SB. Racial/ethnic and weight status disparities in dieting and disordered weight control behaviors among early adolescents. *Eating Behaviors* 2017; Epub ahead of print.

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

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

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

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

Rodgers RF, Watts AW, Austin SB, Haines J, Neumark-Sztainer D. Disordered eating in ethnic/racial minority adolescents with overweight. *International Journal of Eating Disorders* 2017; Epub ahead of print.

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

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

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

Calzo JP, Sonnevile KR, Scherer EA, Jackson B, Austin SB. Gender conformity and use of laxatives and muscle-building products in adolescents and young adults. *Pediatrics* 2016; Epub ahead of print.

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

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

Kenney EL, Redman M, Criss S, Sonnevile KR, Austin SB. Are K-12 school environments harming students with obesity? A qualitative study of classroom teachers. *Eating and Weight Disorders* 2016; 22(1): 141-152.

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

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

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

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

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