

# *Trans*TiPED

Transdisciplinary Training Initiative in Prevention of Eating Disorders

A collaboration of Harvard School of Public Health and Children's Hospital Boston | Annual Report 2009–10



HARVARD SCHOOL  
OF PUBLIC HEALTH



Children's Hospital Boston

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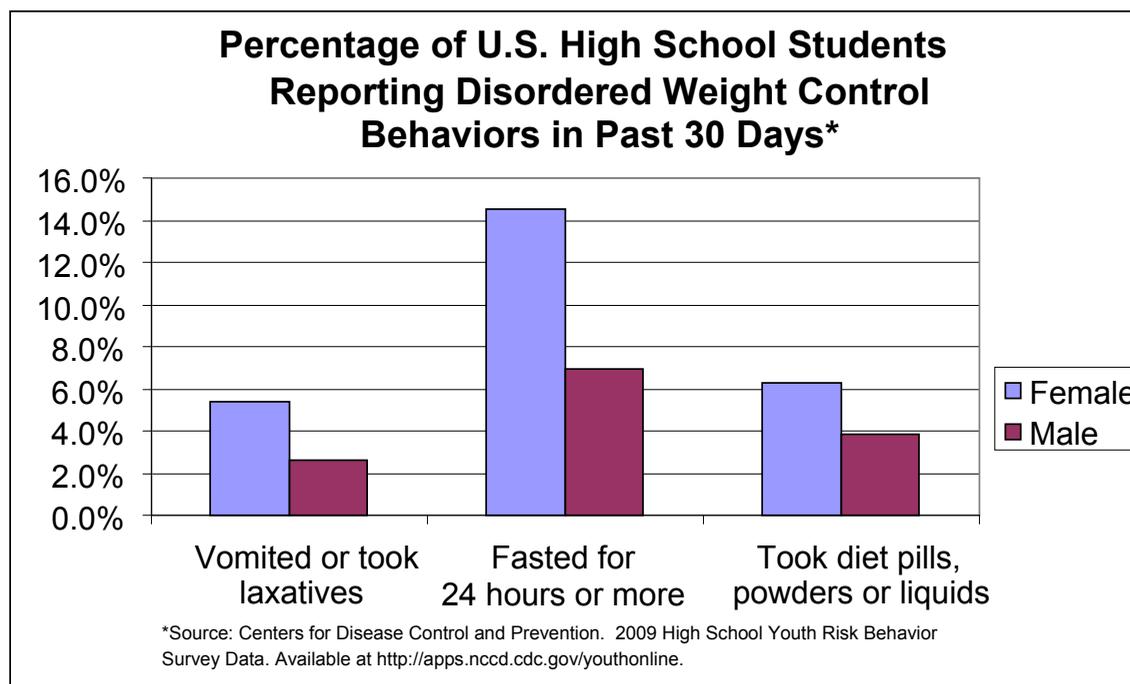
# I. INTRODUCTION

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Eating disorders and disordered weight control behaviors present a significant threat to the health of adolescents and adults. Contrary to popular belief, the problem is widespread and affects both males and females and all ethnic and income groups in both the developed and developing world. Eating disorders are a global problem.

Eating disorders have been linked to multiple serious health problems, including gastrointestinal and diabetic complications, liver dysfunction, cardiac arrhythmias, osteopenia, osteoporosis, and nutritional deficiencies.(1) They have also been linked with social and psychological problems such as substance use (2) and suicide and suicide attempts.(3) The lifetime prevalence of full-syndrome anorexia nervosa is estimated to be 0.9% in women and 0.3% in men, while rates for bulimia nervosa are 1.5% and 0.5% and for binge eating disorder 3.5% and 2.0%, respectively.(4)

Importantly, disordered weight control behaviors, including vomiting, abuse of laxatives and diet pills, and fasting are much more widespread than clinically diagnosed eating disorders and can also confer serious health risks. In the U.S., approximately 9% of adolescent girls report vomiting to control their weight in the past year and roughly half as many boys.(5) Put another way, these figures mean that almost two million adolescent girls and one million adolescent boys engage in vomiting for weight control each year in the United States.(6) Recent data from the federal Centers for Disease Control and Prevention's Youth Risk Behavioral Surveillance System survey, a nationally representative sample of U.S.



high school students in grades 9-12, indicate that many youth also engage in other deleterious methods of weight control: 10.6% of youth report fasting for 24 or more hours and 5.0% report taking diet pills, powders, or liquids without a doctor's supervision in the past month to lose weight or keep from gaining weight.(7)

Eating disordered behaviors and symptoms are an international problem, having been documented in both developed and developing nations around the world(8) and classified as a priority issue by the 52-nation European contingent of the World Health Organization.(9) Eating disorders affect all socioeconomic (10, 11) and ethnic groups and both males and females. In the United States, among girls, risk in ethnic minority groups is at least on par with that of white girls; among boys, the risk in ethnic minority groups now outstrips that of white peers.(5, 12-14) A gender disparity persists in which more females than males are affected. However, the differences are not as pronounced as many believe, and there is new evidence that rates of disordered weight control behaviors have increased in males over the past decade.(13, 15)

The well-documented health risks of eating disorders and the high numbers of youth engaging in dangerous behaviors in attempts to control their weight underscores the critical need for prevention. But current prevention efforts are not adequate. Prevention programs 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 control behaviors that can eventually lead to an eating disorder.

The need for prevention is compelling and urgent and yet the health professional workforce is not equipped to meet this need. Effective intervention on the scale needed will require a workforce of public health and preventive medicine professionals with expertise in eating disorder prevention, yet no public health graduate schools and no adolescent medicine training programs in the United States offer formal training programs in eating disorders prevention. Academic training of public health practitioners and adolescent health providers in the United States rarely if ever addresses eating disorders prevention, leaving the field inadequately developed. Public health workforce trainees routinely receive comprehensive training in a number of other important health issues, such as substance use prevention and nutritional health promotion, but eating disorders prevention training lags far behind.

**ALMOST TWO  
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UNITED STATES. (6)**

## **i. MISSION AND RATIONALE**

Substantial advances in our capacity for eating disorders prevention 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. Improving workforce training will be key to solving the problem. To address this critical need, faculty based at the Harvard School of Public Health (HSPH) and Children's Hospital Boston (CHB) established in June 2009 the Transdisciplinary Training Initiative in Prevention of Eating Disorders (*TransTiPED*), the first training initiative of its kind in the nation. Our commitment to transdisciplinary training grew out of the recognition that eating disorders and the more widespread problem of disordered weight control behaviors are due to an interplay of factors on multiple levels, including psychological and physiological processes and vulnerabilities, family, school, and peer networks and norms, influences from the media, economic, law and policy sectors, and more. No discipline-specific training or approach alone will be sufficient to generate effective and far-reaching eating disorders prevention strategies in the face of this complexity. Our mission is to bring eating disorders prevention from the margins into the mainstream of our nation's public health priorities. To achieve this goal, we are building a transdisciplinary training initiative that introduces trainees to a rich array of disciplinary perspectives, methodologies, and theories, provides them with opportunities to join crosscutting collaborative teams, and cultivates the creation of novel insights and strategies for prevention. Disciplinary perspectives will include behavioral sciences, program planning and evaluation, public health nutrition, life-course epidemiology, adolescent and preventive medicine, community and developmental psychology, child rights and global health, health economics, health law, and more.

## **ii. ACADEMIC HOME**

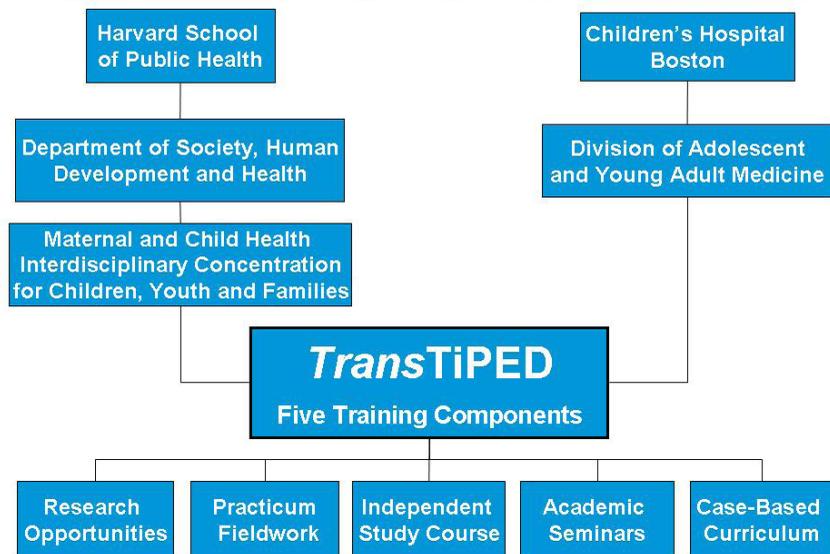
*TransTiPED* is based within two well-established training programs at HSPH and CHB with a long history of collaboration. The first academic home for our initiative is the Maternal and Child Health (MCH) Interdisciplinary Concentration for Children, Youth and Families, directed by Dr. Marie McCormick, Sumner and Esther Feldberg Professor of Maternal and Child Health, and based within the Department of Society, Human Development and Health at HSPH. The MCH concentration coordinates graduate-level activities designed to enhance the education of public health students in the health issues affecting vulnerable populations of children and their families and to equip the workforce of public health practitioners

with the training they will need to address complex forces adversely affecting the health of children domestically and globally. The concentration allows students to specialize in one of four broad health domains: nutrition; child rights and global health; society, human development and health (with special focus on social disparities, planning and evaluation, and developmental/life-course approaches to public health); and epidemiology.

The second academic home for our initiative is the Leadership Education in Adolescent Health (LEAH) training program funded by the Maternal and Child Health Bureau/Resources and Services Administration (6T71-MC00009) in the Division of Adolescent and Young Adult Medicine at CHB. Division Chief Dr. S. Jean Emans directs the LEAH training program at CHB, and Dr. S. Bryn Austin directs the Fellowship Research Training component. This program, one of seven federally funded LEAH centers across the nation, is a multidisciplinary program established to train adolescent health specialists in medicine, psychology, nutrition, social work, and nursing. The program’s training approach combines classroom and clinical education with public health practice and technical assistance to community and state agencies to build trainees’ competency in translating knowledge into practice and advocacy to improve adolescent health.

These existing training programs at HSPH and CHB attract top-caliber trainees from across the nation and the world and produce many professionals who go on to become national and international leaders in public health and child health. *TransTIPED* builds on the strength of these two programs to bring together experts in eating disorders, public health, and adolescent preventive medicine to create a transdisciplinary collaboration with the goal of catalyzing crosscutting, innovative approaches to eating disorders prevention.

### Organizational Chart of the *TransTIPED* Training Initiative



### iii. *TransTiPED* YEAR 1 TEAM

#### FACULTY

**S. Bryn Austin, ScD**

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## II. STRATEGIC PLAN FOR INTEGRATED TRAINING



## II. STRATEGIC PLAN FOR INTEGRATED TRAINING

We have just completed the first year of the planned two-year pilot phase of our training initiative. During the first year, we developed and honed our strategic plan for integrated training in eating disorders prevention and laid the foundation for our training model.

The training initiative encompasses five components: research opportunities, practicum fieldwork, independent study course, academic seminars, and case-based curriculum. The components are designed to be easily integrated within the existing training activities offered at HSPH and CHB. Our five-component strategy for training will provide trainees with the combination of knowledge, skills, and real-world experience they will need as public health and preventive medicine professionals to develop and carry out innovative and effective eating disorders prevention.

### i. RESEARCH OPPORTUNITIES

The first component, research opportunities, allows trainees to develop both content expertise in eating disorders prevention and the methodological expertise needed to conduct rigorous scientific research. Trainees will be 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. A priority of this component is to involve trainees in research projects that integrate perspectives, methodology, and theory across disciplines.

### ii. PRACTICUM FIELDWORK

For the second component of the initiative, we will link trainees with practicum opportunities and provide support for them to carry out fieldwork focused on eating disorders prevention. Many HSPH students must fulfill a structured practicum in which they work in the field with a community-based nonprofit organization or public agency. Field practicums are designed to enable trainees to learn how to work in the public sector and community health settings with a sponsoring organization. Building on the HSPH practicum requirement, *TransTIPED* will connect trainees with sponsoring organizations where they will develop leadership skills necessary for the implementation of programs and activities related to eating disorders prevention in public health and preventive medicine settings.

### iii. INDEPENDENT STUDY COURSE

The third component of the training initiative is the independent study course at HSPH (SHH 300) “Independent Study in Eating Disorders Prevention: A Strategy Incubator,” designed to provide students with mentorship from *TransTIPED* faculty to guide them in developing novel strategies for eating disorders prevention. Based on the concept of the business

incubator, where entrepreneurs and inventors are supported and mentored to develop innovative ideas to take to market, we have adapted the concept to apply to the public health setting. In keeping with the basic principle of the entrepreneurial incubator, trainees will be encouraged to take intellectual risks in developing innovative strategies that expand beyond the bounds of current thinking in the field while at the same time applying sound scientific theory and methods. The product of this independent study will be a written report describing a scientific proposal for an innovative transdisciplinary eating disorders prevention-related study. Faculty mentors will continue to work with trainees producing the most promising proposals to help them refine their project proposal, secure necessary funding and research approvals, and carry out their studies.

#### **iv. ACADEMIC SEMINARS**

The fourth component of the new training initiative is designed to incorporate sessions dedicated to topics related to eating disorders prevention into a range of long-standing academic seminars offered at HSPH and CHB. Important seminar series we plan to collaborate with at HSPH include: 1) Maternal and Child Health, 2) Nutrition, 3) Women, Gender and Health, 4) Society, Human Development and Health, and others. At CHB, we will incorporate sessions on eating disorders prevention within the existing Adolescent and Young Adult Medicine monthly seminar series. By doing so, we aim to expose trainees who may not have otherwise sought out lectures on the topic with opportunities to learn about and interact with researchers, public health practitioners, and other trainees involved in activities related to eating disorders prevention in order to spark new interest among trainees.

#### **v. CASE-BASED CURRICULUM**

The fifth component will be developed under the leadership of *TransTiPED* faculty Drs. Bryn Austin and Kendrin Sonnevile as well as a professional case writer to bring a dynamic state-of-the-art approach to classroom teaching of eating disorders prevention at HSPH and CHB. This component will integrate new content into existing courses and engage students in real-world dilemmas, problem solving, and teamwork. The Harvard Business School C. Roland Christiansen Center for Teaching and Learning describes the method as “a form of instructor-guided, discussion-based learning...that not only...raises the likelihood of greater retention...also allows for learning that goes beyond the transfer of knowledge to include the development of analytical, decision-making, and communication skills, and the cultivation of self-awareness, judgment, and the capacity to lead.” (<http://www.hbs.edu/teachingandlearningtogether>) This powerful teaching method is currently being phased into courses offered at HSPH and CHB, creating an opportunity to provide instructors with cases focused on eating disorders prevention. Cases will be tailored to objectives of existing courses (such as courses in health care policy, community-based nutrition, obesity prevention, gender and public health, adolescent health research methods, etc.), allowing them to be easily incorporated into lesson plans.

# III. ACHIEVEMENTS AND NEXT STEPS

## III. ACHIEVEMENTS AND NEXT STEPS

In the first year of *TransTIPED*, we made progress in all five components of the training initiative, drawing in new trainees, faculty, and community collaborators, advancing student-led research, and garnering pilot funding support.

### i. YEAR 1 PROGRESS AND PLANS FOR YEAR 2

#### a) Research Opportunities

##### **Ellen Feldberg Gordon Fund for Eating Disorders Research**

The research training component of *TransTIPED* was launched in the beginning of Year 1 through generous support from the Ellen Feldberg Gordon Fund for Eating Disorders Research. A two-year gift from the Gordon Fund for the project “Prevention and Training through the Healthy Choices Study” is making it possible for HSPH doctoral student Monica Wang to devote critical time to carrying out her eating disorders prevention research project. The gift also supports mentorship for Ms. Wang by Dr. Austin and a statistician. Ms. Wang is working with data from the Healthy Choices Study, a school-based nutrition and physical activity intervention program that was carried out in nearly 50 middle schools in Massachusetts in a partnership with Massachusetts Department of Public Health, Blue Cross Blue Shield of Massachusetts, Harvard School of Public Health, and Children’s Hospital Boston. In the first year of the training initiative, Ms. Wang successfully carried out analyses to identify factors that may protect youth against disordered weight control behaviors. She has already submitted a research abstract based on her work for presentation at a scientific conference and will soon submit a manuscript reporting her findings to a peer-reviewed, scientific journal for publication. Because of her positive training experience so far on the project, Ms. Wang has decided to focus her doctoral dissertation on eating disorders prevention and is developing plans for a second analysis project with Healthy Choices on the topic.

The Ellen Feldberg Gordon Fund for Eating Disorders Research also provides support for Dr. Austin to carry out additional analyses with Healthy Choices examining risk and protective factors for disordered weight control behaviors. Her first paper, “Disordered Weight Control Behaviors in Early Adolescent Boys and Girls of Color: An Under-Recognized Factor in the Epidemic of Childhood Overweight,” is forthcoming with the peer-reviewed *Journal of Adolescent Health*. In the coming year, Dr. Austin will continue to work with Healthy Choices to explore school- and neighborhood-level factors that may affect risk for disordered weight control behaviors among middle school girls and boys.

##### **Robert Wood Johnson Foundation Seed Grant**

In May of 2010, we were awarded a one-year seed grant from the Robert Wood Johnson Foundation that will provide funding for three graduate students to work as research assistants on a new eating disorders prevention-related study. *TransTIPED* faculty Drs. Austin and Jess Haines teamed up with health policy expert Dr. Robert Penfold, PhD, of Harvard Pilgrim Health Care/Harvard Medical School, and health law expert Jennifer Pomeranz, JD, MPH, of the Yale University Rudd Center for Obesity and Food Policy, to craft the pilot study “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.” Starting in September 2010, the seed grant will support two graduate students in health policy and one in health law to join the research team in investigating the sale of over-the-counter products abused for weight control in the United States, the health consequences of the widespread sale and abuse of these products, and the viable legal responses available to government to address this critical public health issue. Designed to gather the crucial pilot data needed to forge a new line of inquiry into the diet-products industry, the study will meld a range of disciplinary perspectives and methodologies, including social and behavioral epidemiology, time series and temporal clustering analyses of medical claims data, and health law.

#### **b) Practicum Fieldwork**

In Year 1, we established a partnership with the Multiservice Eating Disorders Association (MEDA, <http://www.medainc.org/>), Massachusetts’ premier community-based nonprofit organization dedicated to eating disorders advocacy, prevention, and treatment, to provide students with a variety of field practicum opportunities to prepare them for professional work in public health practice. MEDA practicum opportunities include program design and evaluation, social marketing and health communications, school and community-based screening initiatives, and other projects. Students will work under the supervision of MEDA public health practicum field preceptor Kristin Tyman, MPH, and Dr. Austin. HSPH students taking part in the practicum will be required to complete a final product based on their fieldwork, which may take the form of a summative report or academic paper, conference presentation, or educational or media materials. At the end of Year 1, we secured funding to support a student stipend for the MEDA practicum from the federal Office for Women’s Health, U.S. Maternal and Child Health Bureau/Health Resources and Services Administration, through Dr. McCormick’s HSPH-based Maternal and Child Health Bureau training grant (MC00001). This stipend in Year 2 will support an HSPH student to take part in the MEDA practicum, providing her/him the opportunity to develop skills and experience in public health practice in the context of eating disorders prevention.

#### **c) Independent Study Course**

In our first year offering the HSPH course “Independent Study in Eating Disorders Prevention: A Strategy Incubator,” Drs. Austin and Haines served as faculty mentors for two HSPH students enrolled in the course. Doctoral students Bernice Raveche and Emily Kroshus, both in the Department of Society, Human Development and Health, worked closely with faculty to develop novel, crosscutting approaches to eating disorders prevention research. Ms. Raveche’s study proposal, “A Musically Based Eating Disorders Prevention Media Literacy Program,” explored an understudied connection between the effect of music and music television on the body image of youths and the potential to harness the social salience and power of music for fostering social connection among teens to promote positive body image.

Ms. Kroshus' proposal, "An Investigation of Team-Level Variation in Disordered Eating," aims to investigate how social forces operating within competitive cross-country running teams, including social cohesion, collective efficacy, and peer norms, affect disordered eating and weight control behaviors among college women. Kroshus hypothesized that some teams may create a positive environment for young women, while other teams collectively create negative environments that may foster disordered eating and poor body image. Identifying factors that distinguish teams with healthful vs. unhealthful environments will help guide college health professionals in efforts to leverage strengths of collegiate women's athletic teams to promote health-enhancing social norms and prevent disordered eating. Since completing her innovative study proposal in May 2010, Kroshus has already received human subjects research approval from the HSPH institutional review board and is preparing to take her study into the field in the fall of 2010.

**d) Academic Seminars**

Within the first year, we introduced talks on eating disorders prevention into a range of long-standing regular academic seminars offered at HSPH and CHB. Through these invited presentations, we provided trainees who were largely unfamiliar with eating disorders prevention with opportunities to learn about and interact with researchers, public health practitioners, and other trainees working in the field. At HSPH, presentations were incorporated into seminar series for Maternal and Child Health and Women, Gender and Health. At CHB, we incorporated a presentation into the Eating Disorders Cases seminar series in the Division of Adolescent and Young Adult Medicine.

## TransTiPED ACADEMIC SEMINARS YEAR 1

Seminar Series	Title of Talk	Guest Lecturer	Date
CHB Eating Disorder Cases Seminar	"What Will It Take to Bring Eating Disorders Prevention Into Focus as a Public Health Priority? Introducing a New Approach to Workforce Training"	Dr. Austin, <i>TransTiPED</i> Director	March 2, 2010
HSPH MCH Journal Club	"Reduction of Shape and Weight Concern in Young Adolescents: A 30-Month Controlled Evaluation of a Media Literacy Program" (Wilsch SM, Wade TD; <i>Am Acad Child Adolesc Psychiatry</i> 2009;48(6):652-61)	Dr. Sonnevile, <i>TransTiPED</i> Faculty, and Dr. Austin	March 31, 2010
HSPH Women, Gender and Health Seminar	"Body Image and Disordered Eating: Risk Factor Based Prevention Interventions and Public Health Initiatives"	Susan Paxton, <i>TransTiPED</i> Expert Advisory Panel Member	April 5, 2010
HSPH MCH Seminar	"Prevention of Weight-Related Disorders in Youth"	Dr. Haines, <i>TransTiPED</i> Co-Director	April 21, 2010

### e) Case-Based Curriculum

*TransTiPED* faculty Drs. Austin and Sonnevile are developing plans to create dynamic, real-world cases to integrate eating disorders prevention into classroom teaching at HSPH and the CHB Adolescent Medicine training program. Within the first year, we submitted two grant applications seeking funding to support a professional case writer, but unfortunately neither was funded. In Year 2, we will continue to develop this component by identifying realistic and sufficiently complex scenarios and dilemmas in eating disorders prevention that can serve as a compelling basis for cases, drafting prototypes for these cases, and seeking funds to support staff time to see case prototypes through to completion.

## ii. EXPERT ADVISORY PANEL

As we begin the second year of *TransTiPED*, we have convened an international advisory panel of leading scholars in the field of eating disorders prevention. Advisory panel members will serve as valuable resources for trainees by offering insights on opportunities to get involved in research, field experiences, and advocacy both nationally and internationally. In addition, the advisory panel will serve as a valuable resource for *TransTiPED* director Dr. Austin and faculty regarding strategic planning and networking with other academic centers with an interest in building capacity for eating disorders prevention.

The expert advisory panel of international scholars will include:

- **JESS HAINES, PHD, MHSC, RD:** Dr. Haines has been co-director of *TransTiPED* in the first year of the initiative, serving a vital role in planning the development of the initiative, presenting a seminar at HSPH in the spring of 2010, co-mentoring the independent study course at HSPH, and crafting the successful Robert Wood Johnson seed grant, which will help support an exciting new research opportunity for students in the second year of the program. In August 2010, Dr. Haines began a new faculty position at University of Guelph in Guelph, Canada, outside of Toronto. With her move to Canada, Dr. Haines will shift roles from co-director of *TransTiPED* to become a member of the Expert Advisory Panel. Dr. Haines is a behavioral scientist and epidemiologist with substantial experience in observational research as well as in designing, implementing, and evaluating interventions focused on eating disorders and obesity prevention. She was the principal investigator on a school-based intervention designed to prevent weight-related disorders, including weight-based teasing, eating disorder symptoms, and obesity, in children. Working with Dr. Dianne Neumark-Sztainer, another *TransTiPED* Expert Advisory Panel member, Dr. Haines was co-investigator on Ready. Set. ACTION!, an NIH-funded school-based nutrition and physical activity promotion program that used theater to reach out to children and their families. Currently, Dr. Haines is the principal investigator of a family-based intervention to promote healthy eating and activity behaviors among children. She currently serves on the editorial board of *Eating Disorders: The Journal of Treatment and Prevention*.
- **DEBRA FRANKO, PHD:** Dr. Franko is a professor in the Department of Counseling and Applied Educational Psychology at Northeastern University in Boston, MA. She is also the Associate Director at the Harris Center for Education and Advocacy in Eating Disorders at Massachusetts General Hospital. Dr. Franko's interests are in the general area of women's health, specifically in eating disorders. Dr. Franko's work in the prevention of eating disorders includes both theoretical and practical approaches to prevention. Most recently she has begun using multimedia technology in programs directed toward college women and adolescents to improve nutrition and physical activity

and reduce problems with body image. Her clinical interests in eating disorders span depression, suicide, and substance abuse, and she has particular expertise in issues related to pregnancy and eating disorders. She has been the principal investigator or co-investigator for eight NIH grants. She teaches a variety of clinical courses at the doctoral level and has published numerous journal articles and book chapters on eating disorders, body image, and obesity. Dr. Franko currently serves on the board of directors of the Academy for Eating Disorders and on the editorial boards of the *International Journal of Eating Disorders* and *Body Image*.

- **DIANNE NEUMARK-SZTAINER, PHD, MPH, RD:** Dr. Neumark-Sztainer is a professor at the University of Minnesota School of Public Health within the Division of Epidemiology & Community Health in Minneapolis, MN. She is the principal investigator on numerous research studies focused on nutrition, physical activity, and the prevention of weight-related problems including eating disorders, unhealthy weight control behaviors, body dissatisfaction, and obesity among adolescents. She is principal investigator of Project EAT, a landmark epidemiologic study of nutrition, physical activity, eating disorders, and obesity in adolescents, contributing some of the most important advances of the past decade in our understanding of risk and protective factors affecting weight-related behaviors in youth. She has published over 250 articles in peer-reviewed scientific journals and authored a book for parents of adolescents titled “‘I’m, like, SO fat!’ Helping Your Teen Make Healthy Choices About Eating and Exercise in a Weight-Obsessed World.”
- **SUSAN PAXTON, PHD:** Dr. Paxton is professor in the School of Psychological Science and Director of Postgraduate Programs at La Trobe University in Melbourne, Australia. She has been a leading researcher in the field of eating disorders prevention for nearly two decades, contributing to our understanding of body image and eating disorders in a range of populations including children, adolescents, young adults, pregnant and post-partum women, women in midlife and older men and women. Of particular relevance, her research has contributed to the development of effective prevention and early intervention programs for body image and eating problems. She has authored numerous articles in peer-reviewed scientific journals in the body image and eating disorder field. Dr. Paxton has been president of both the Australian and New Zealand Academy for Eating Disorders and the Academy for Eating Disorders, the leading eating disorders professional organization in the world. In addition, Dr. Paxton has served on government advisory bodies including the Victorian Government Community Advisory Committee on Body Image, the Victorian Government Ministerial Advisory Committee on Mental Health - Eating Disorder Subcommittee and the Australian National Body Image Advisory Group.

### iii. SUMMARY

Eating disorders and disordered weight control behaviors present a significant threat to the health of adolescents and adults, yet they remain largely overlooked by public health and preventive medicine professionals. The need for prevention is compelling and urgent, but advancing the field will require substantial improvements in workforce training. To address this critical need, we launched *TransTiPED* in June 2009, based at the Harvard School of Public Health and Children's Hospital Boston, with the goal of building a transdisciplinary training initiative that will generate professionals with the depth and range of expertise and skills needed to take on the challenge of eating disorders prevention. Our initiative is designed to introduce trainees to a rich array of disciplinary perspectives, methodologies, and theories, provide them with opportunities to join crosscutting collaborative teams, and cultivate the creation of novel insights and strategies for prevention. With the help of many dedicated people, we have made important inroads in our first year in developing and refining the *TransTiPED* training components, drawing in faculty and trainees, and garnering seed grant funding to support continued growth in the coming year. With a successful year behind us, we are ever more committed to our mission to bring eating disorders prevention from the margins into the mainstream of our nation's public health priorities.

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