

# STRIPED

A PUBLIC HEALTH  
INCUBATOR

Strategic Training Initiative for the Prevention of Eating Disorders

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## Five Years of Innovation: Progress and Promise 2009-2014

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June 6, 2014



# Executive Summary

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This *STRIPED Progress and Promise 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 and Co-director Dr. Kendrin Sonneville, during its first five years. Beginning in 2009 STRIPED has created an unparalleled public health training program bringing together researchers and students from across disciplines. In a short amount of time, STRIPED has:

- Trained **28 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.
- Presented over **40 academic seminars led by our trainees and guest lecturers and public events** to raise awareness and spark discussions within the academic and wider community on dangerous weight and shape control behaviors.

Through our many collaborative projects, such as one taking an occupational health approach to the fashion industry (with colleagues from Harvard Law School) and another developing the first economic analysis of eating disorders screening in public schools, STRIPED is generating the scientific evidence that is so crucial to inform new policies and programs that will ultimately help us recast how society addresses eating disorders and disordered weight and shape control behaviors.

Yet, there is much more to do. As STRIPED embarks on its next five years, we will further refine the foundational core training areas that have been developed thus far. Specifically the STRIPED team will work to expand three key areas that will have high impact in the field of eating disorder prevention:

- 1) Build capacity in the field of eating disorder prevention by recruiting postdoctoral researchers to expand the base of evidence and partner with Dr. Austin to mentor master's and doctoral degree students.
- 2) Grow the library of STRIPED teaching cases from 4 cases to 25 cases by 2019 and make the series widely available to educational institutions around the world. These cases are based on active-learning principles, proven to be the most effective methodology to enhance learning and equip student to apply new skills and knowledge in real-world settings.
- 3) Formalize advocacy and policy training practicum and research opportunities for students so they gain firsthand experience communicating with lawmakers and public officials and shaping public policy to advance eating disorders prevention.

# What Is STRIPED?

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STRIPED is a graduate-level training initiative based at the Harvard School of Public Health and Boston Children's Hospital. 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

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

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

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

## Training Strategy

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STRIPED is designed to be easily integrated into the existing training format at the Harvard School of Public Health and Boston Children's Hospital. The five training components of our initiative are: Research Projects, Practicum Fieldwork, Independent Study Course, Academic Seminars, and Case-Based Curriculum. 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 Dissertation/Postdoctoral 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 HSPH 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 and Dr. Kendrin Sonneville 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 School of Public Health and Boston Children’s Hospital in addition to film screenings and discussions for the wider community. Finally, our case-based curriculum engages students in real-world dilemmas, problem solving, and teamwork to tackle current, high-impact issues in eating disorders prevention.

## Faculty

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S. Bryn Austin, ScD  
Director, STRIPED

Associate Professor, Department of Social and Behavioral Sciences, Harvard School of Public Health (HSPH); Associate Professor in Pediatrics, Harvard Medical School (HMS); Director of Fellowship Research Training, Division of Adolescent and Young Adult Medicine, Boston Children’s Hospital (BCH)

Kendrin Sonneville, ScD, RD, LDN  
Co-Director, STRIPED

Director of Nutrition Training, Division of Adolescent and Young Adult Medicine, BCH;  
Instructor in Pediatrics, HMS

Marie McCormick, MD, ScD

Sumner and Esther Feldberg Professor of Maternal and Child Health, Department of Social and Behavioral Sciences, HSPH; 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

Jerel P. Calzo, PhD

Instructor in Pediatrics, HMS, Research Scientist in the Division of Adolescent and Young Adult Medicine, BCH

Christina A. Roberto, PhD

Robert Wood Johnson Foundation Health and Society Scholar, Assistant Professor of Social and Behavioral Sciences and Nutrition, HSPH

## Affiliated Faculty in Health Law

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Jennifer Pomeranz, JD, MPH

Assistant Professor, Center for Obesity Research and Education, Department of Public Health, College of Health Professionals and Social Work, Temple University

## Collaborating Mentors

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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

Mihail Samnaliev, PhD

Instructor in Pediatrics, Department of General Pediatrics, HMS and Health Economist, Clinical Research Center, BCH

Katherine Record, JD, MPH, MA

Senior Fellow, Harvard Law School, Center for Health Law and Policy Innovation and Visiting Lecturer, Tufts Experimental College

## International Expert Advisory Panel

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Debra Franko, PhD  
Northeastern University, Boston  
Harris Center for Education and Advocacy in Eating Disorders, Massachusetts General  
Hospital, 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, MN

Susan Paxton, PhD  
La Trobe University, Melbourne, Australia

## Staff

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Grace Kennedy, BA

## Trainees

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### 2013-2014

Lakendra Barajas, 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, HSPH

Brigitte Granger, MS, Social and Behavioral Sciences, HSPH

Erica Kenney, ScD, MPH, Social and Behavioral Sciences, HSPH

Emily Kroshus, ScD, MPH, Social and Behavioral Sciences, HSPH

Eric Nazar, Harvard Graduate School of Education

Selena Hua Liu, Social and Behavioral Sciences, HSPH

Hyungi LeAnn Noh, MS, Social and Behavioral Sciences, HSPH

Morgan Redman, Social and Behavioral Sciences, HSPH

## 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, HSPH

Brigitte Granger, Social and Behavioral Sciences, HSPH

Allegra Gordon, MPH, Social and Behavioral Sciences, HSPH

Matías Irrarázaval, MD, MPH, Social and Behavioral Sciences, HSPH

Yushan Jiang, MS, Global Health and Population, HSPH

Yongjoo Kim, PhD, MPH, Social and Behavioral Sciences, HSPH

Emily Kroshus, MPH, Social and Behavioral Sciences, HSPH

Hyungi LeAnn Noh, Social and Behavioral Sciences, HSPH

## 2011-2012

Rob Buelow, MS, Society, Human Development and Health, HSPH

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, HSPH

Allegra Gordon, MPH, Society, Human Development and Health, HSPH

Leah Hawkins, MD, Society, Human Development and Health, HSPH; HMS

Emily Kroshus, MPH, Society, Human Development and Health, HSPH

Elisabeth Malin, MS, Health Policy and Management, HSPH

Boram Seo, MD, MPH, Society, Human Development and Health, HSPH

Monica Wang, ScD, MS, Society, Human Development and Health, HSPH

## 2010-2011

Maliha Ali, MD, MPH, Maternal and Child Health, HSPH

Rob Buelow, MS, Society, Human Development and Health, HSPH

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

Meagan Campol, MD, MPH, Maternal and Child Health, HSPH

Meredith Chace, MS, Health Policy and Management, HSPH

Bernice Garnett, ScD, MPH, Society, Human Development and Health, HSPH

Emily Kroshus, MPH, Society, Human Development and Health, HSPH

Jenna Kruger, MPH, Health Policy, Yale University

Lisa Taylor, JD, Harvard Law School

Monica Wang, ScD, MS, Society, Human Development and Health, HSPH

## 2009-2010

Bernice Garnett, ScD, MPH, Society, Human Development and Health, HSPH

Emily Kroshus, MPH, Society, Human Development and Health, HSPH

Monica Wang, ScD, MS, Society, Human Development and Health, HSPH

# Where Are They Now? Past Trainees

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

Jerel Calzo, PhD, is Instructor in Pediatrics at HMS and Research Scientist in the Division of Adolescent and Young Adult Medicine at BCH. Jerel joined the STRIPED faculty in 2012.

Meagan Campol, MD, MPH, is a second year resident at the New York University School of Medicine in the Department of Obstetrics and Gynecology.

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 first year resident in obstetrics and gynecology at Northwestern Memorial Hospital.

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

Yongjoo Kim, PhD, is a doctoral student at Harvard School of Public Health in the Department of Social and Behavioral Sciences.

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

Elisabeth Malin, MS, is in her first year of a two-year fellowship at Massachusetts General Hospital.

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

Lisa Taylor, JD, is working in Washington, DC, for Sidley Austin LLP, practicing healthcare law.



Monica Wang, ScD, MS is a research fellow in the Division of Preventive and Behavioral Medicine at the University of Massachusetts Medical School. Dr. Wang is also an adjunct instructor in the Department of Social and Behavioral Sciences at HSPH.

## Funding Sources

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STRIPED has been made possible by the generous support of the Ellen Feldberg Gordon Fund for Eating Disorders Research (2009-2011; 2011-2014).

Our work has also been supported by:

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 (2011)

Amy Spies (2012, 2013)

A Chance to Heal Fund Endowment (Established in 2014)

## STRIPED Dissertation and Postdoctoral Research Awards

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### 2013-2014

Erica Kenney: Measuring Weight-Based Discrimination in School Settings

Emily Kroshus: Group Processes for Risk and Prevention of Unhealthy Behaviors on College Sports Teams

### 2012-2013

Bernice Garnett: The Intersection Between Weight-Based Discrimination and Racial Discrimination: A Mixed-Methodology Study With Ethnically Diverse Youth

Emily Kroshus: Health and Performance Promotion as Eating Disorder Prevention? Understanding the Role of Healthy Athletic Behaviors as Protective for Disordered Eating on Female Collegiate Sports Teams

## 2011-2012

Bernice Garnett: The Intersection Between Weight-Based Discrimination and Racial Discrimination: A Mixed-Methodology Study With Ethnically Diverse Youth

Monica Wang: Risk and Protective Factors of Disordered Weight Control Behaviors Among Youth

# Research Opportunities for Trainees

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## 2013-2014

Trainee: Grant Barbosa

Topic: Legal Protection of Youth and Other Vulnerable Groups From Exploitation by the Dietary Supplements Industry

Faculty Mentor: Jennifer Pomeranz

Trainee: Kelly Bauer

Topic: Warning Labels on Fashion Magazine Images: Women's Eating Behavior and Body Dissatisfaction

Faculty Mentor: Christina Roberto

Trainees: Samantha Glover, Lakendra Barajas

Topic: Potential of Occupational Health and Safety Laws to Improve the Health of Fashion Models

Faculty Mentor: Katherine Record

Trainee: Brigitte Granger

Topic: Negative Effects of Weight-Loss Industry Marketing Practices

Faculty Mentor: Christina Roberto

Trainee: Eric Nazar

Topic: TRIAD Healthy Eating Toolkit for Coaches

Faculty Mentor: Jerel Calzo

Trainee: Hyungi LeAnn Noh

Topic: Economic Analysis of the Cost of Eating Disorders

Faculty Mentor: Mihail Samnaliev

## 2012-2013

Trainees: Allegra Gordon, Boram Seo

Topic: Body Image Community Indicators Mapping Project: A Pilot Study of Beauty Industry Spatial Distribution and Concentration

Faculty Mentors: Bryn Austin, Kendrin Sonneville

Trainee: Yushan Jiang, Hyungi LeAnn Noh

Topic: Economic Analysis of Potential Cost Savings of Eating Disorders Screening in High Schools

Faculty Mentors: Davene Wright, Kendrin Sonneville, Bryn Austin

Trainee: Brigitte Granger, Kelly Bauer

Topic: Negative Effects of Weight-Loss Industry Marketing Practices

Faculty Mentor: Christina Roberto

Trainee: Katherine Cohen Cooper

Topic: Legal Protection of Youth and Other Vulnerable Groups From Abuses and Exploitation by the Beauty Industry

Faculty Mentors: Jennifer Pomeranz

## 2011-2012

Trainees: Bernice Garnett, Rob Buelow

Topic: Fat Talk Free Week Pilot Evaluation: An Evaluation of a Social Marketing Campaign to Decrease Self-Disparaging Talk About Body and Weight

Faculty Mentors: Bryn Austin, Debra Franko

## 2010-2011

Trainees: Meredith Chace, Jenna Kruger, Lisa Taylor

Topic: Abuse of Over-the-Counter Products for Weight Control by Youth: A Pilot Study of Product Sales, Medical Claims, and Viable Legal Responses to Protect the Health of Young People

Faculty Mentors: Bryn Austin, Jess Haines, Jennifer Pomeranz

## 2009-2012

Trainee: Monica Wang

Topic: Healthy Choices: Behavioral, Familial, and Environmental Risk and Protective Factors for Disordered Weight Control Behaviors Among Youth

Faculty Mentor: Bryn Austin

## Research Presentations by Trainees

### 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 School of Public Health, 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 School of Public Health, Boston, MA

Topic: Utilizing Latent Class Analysis to Explore the Multi-Dimensionality of Discrimination Among Ethnically Diverse Youth: Highlighting the Intersection of Racial and Weight-Based Discrimination

Trainee: Emily Kroshus

Oral Presentation at the International Conference on Sport and Society, Cambridge, UK

Topic: Relation of Athletic Identity to Eating Disorder Risk: An Examination of Mediating Mechanisms

Trainee: Monica Wang

Presentation at the 2012 Society for Behavioral Medicine Annual Conference, New Orleans, LA

Topic: Family Physical Activity and Meal Practices Associated With Disordered Weight-Control Behaviors in a Multi-Ethnic Sample of Middle-School Youth

## 2010-2011

Trainee: Monica Wang

Presentation at the 2011 Society for Adolescent Health and Medicine Annual Conference, Seattle, WA

Topic: Dietary and Physical Activity Behaviors Related to Eating Disorder Symptoms Among Middle-School Youth

# Practicum Fieldwork

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## 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 Irrarrázaval

Development of Nationwide Eating Disorders Screening and Prevention Proposals for South Korean and Chilean Adolescents

Practicum Sponsor: STRIPED

## 2011-2012

Trainee: Boram Seo

Body Image Community Indicators Mapping Project

Practicum Sponsor: STRIPED

Trainee: Elisabeth Malin

Organizing a Legislative Briefing at the Massachusetts State House Focused on Improving Early Intervention and Prevention by Adding Eating Disorders to Required Health Screenings in Schools

Practicum Sponsors: National Eating Disorders Association, New York, NY, and the Office of Massachusetts State Representative Kay Khan, Newton, MA

Trainee: Leah Hawkins

Evaluation of Eating Disorders Secondary Prevention Program for High-Risk Women During Pregnancy

Practicum Sponsor: Multiservice Eating Disorders Association, Newton, MA

## 2010-2011

Trainees: Rob Buelow, Maliha Ali

Evaluation of Middle-School Program to Prevent Eating Disorders

Practicum Sponsor: Multiservice Eating Disorders Association, Newton, MA

# Independent Study Course

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## 2013-2014

Trainee: Selena Hua Liu

Topic: Development of Eating Disorders Identification and Referral Guidelines for Certified Personal Trainers

Faculty Mentors: Bryn Austin, Kendrin Sonneville

Trainee: Morgan Redman

Eating Disorder Prevention in Athletes: Development of a Team Environmental Assessment Tool for College Coaches

Faculty Mentors: Bryn Austin, Kendrin Sonneville

## 2012-2013

Trainee: Matías Irrarrázaval

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

Faculty Mentors: Bryn Austin, Kendrin Sonneville

## 2011-2012

Trainee: Boram Seo

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

Faculty Mentor: Bryn Austin

## 2010-2011

Trainee: Meagan Campol

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

Faculty Mentors: Bryn Austin, Kendrin Sonneville

Trainee: Rob Buelow

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

Faculty Mentors: Bryn Austin, Kendrin Sonneville

## 2009-2010

Trainee: Bernice Garnett

Topic: A Musically Based Eating Disorders Prevention Media Literacy Program

Faculty Mentors: Bryn Austin, Jess Haines

Trainee: Emily Kroshus

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

Faculty Mentors: Bryn Austin, Jess Haines

## Case-Based Curriculum

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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.

Our first teaching case – “*Who’s Calling Me Fat? Or, How Columbia Got Its Obesity Prevention Campaign Back on Track*” – 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 course 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.

Our second teaching case – “*Retweet Does Not Imply Endorsement’: The Logic of Cyberbullying in Schools*” – 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.

Our third teaching case – “*The Governor Is Very Interested’: Or, Cost-Effectiveness Analysis for School Health Screenings*” – introduces students to protagonist Nefertiti Nelson, director of the Office of Management and Budgets also 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. STRIPED Co-director Kendrin Sonneville 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.

Our fourth teaching case – *"Beauty and the Breast: Mobilizing Community Action to Take on the Beauty Industry"* – 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 and who is concerned about cosmetic surgery in her community, 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.

*"Who's Calling Me Fat? Or, How Columbia Got Its Obesity Prevention Campaign Back on Track"* premiered in Spring 2013, *"Retweet Does Not Imply Endorsement': The Logic of Cyberbullying in Schools"* in Fall 2013, and *"The Governor Is Very Interested': Or, Cost-Effectiveness Analysis for School Health Screenings"* in Spring 2014. *"Beauty and the Breast: Mobilizing Community Action to Take on the Beauty Industry"* is due to premiere in May 2014. STRIPED teaching cases are free and available to the public on the STRIPED website (<http://www.hsph.harvard.edu/striped/striped-teaching-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

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### 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  
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 HSPH  
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.  
HSPH Maternal and Child Health Seminar Series  
April 10, 2013

Film screening of documentary *Shredded*  
Co-sponsored by STRIPED and HSPH Women, Gender, and Health Concentration  
February 19, 2013

Film screening of documentary *Absolutely Safe*  
Co-sponsored by STRIPED and HSPH 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 HSPH Program in Public Health Nutrition  
May 1, 2012

Film screening of documentary *Miss Representation*  
Co-sponsored by STRIPED and HSPH 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: HSPH 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 HSPH 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 HSPH Women, Gender and Health Concentration  
February 24, 2011

Film screening of documentary *America the Beautiful*  
Co-sponsored by STRIPED and HSPH 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  
HSPH 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 HSPH 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

HSPH 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

## Publications

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Puhl R, Neumark-Sztainer D, Austin SB, Luedicke J, King KM. Setting policy priorities to address eating disorders and weight stigma: Views from the field of eating disorders and the U.S. general public. *BMC Public Health* 2014; 14(1): 524.

Wright DR, Austin SB, Noh HL, Jiang Y, Sonneville KR. The cost-effectiveness of school-based eating disorders screening. *American Journal of Public Health* (In press).

This paper in the *American Journal of Public Health* reports the results of a study led by STRIPED Collaborating Mentor Davene Wright working with trainees LeAnn Noh and Yushan Jiang.

Cooper, KC. Can I see some ID? Banning access to cosmetic breast implant surgery for minors under eighteen. *Journal of Law and Health* (In press).

Katherine Cohen Cooper, JD, was our second STRIPED trainee from Harvard Law School, and this new paper in *Journal of Law and Health* is based on her work supported by STRIPED.

Garnett BR, Masyn KE, Austin SB, Miller M, Williams DR, Viswanath K. The intersectionality of discrimination attributes and bullying among youth: An applied latent class analysis. *Journal of Youth and Adolescence* 2013 (Epub ahead of print).

Bernice Garnett, ScD, was our second doctoral graduate from STRIPED. This new paper in the *Journal of Youth and Adolescence* is based on her dissertation research supported by the STRIPED Dissertation/Postdoctoral Award in Eating Disorders Prevention Research.

Austin SB, Gordon AR, Kennedy GA, Sonnevile KR, Blossom J, Blood EA. Spatial distribution of cosmetic-procedure businesses in two U.S. cities: A pilot mapping and validation study. *International Journal of Environmental Research and Public Health* 2013; 10(12):6832-6862.

Kroshus E, Sherman RE, Thompson RA, Sossin K, Austin SB. Gender differences in high school coaches' knowledge, attitudes, and communication about the Female Athlete Triad. *Eating Disorders: The Journal of Treatment & Prevention* 2014 (Epub ahead of print).

Emily Kroshus, MPH, is a doctoral trainee with STRIPED, and this new paper in *Eating Disorders: The Journal of Treatment & Prevention* is based on her dissertation research supported by the STRIPED Dissertation/Postdoctoral Award in Eating Disorders Prevention Research.

Cooper, KC. Injecting caution: A need for enhanced state-level enforcement tactics targeting the cosmetic use of liquid silicone products. *Journal of Contemporary Health Law and Policy* (In press).

Katherine Cohen Cooper, JD, was our second STRIPED trainee from Harvard Law School, and this new paper in *Journal of Contemporary Health Law and Policy* is based on her work supported by STRIPED.

Kroshus E, Goldman RE, Kubzansky LD, Austin SB. Team-level approaches to addressing disordered eating: A qualitative study of two female collegiate cross country running teams. *Eating Disorders: The Journal of Treatment & Prevention* 2014;22(2):136-51.

Emily Kroshus, MPH, is a doctoral trainee with STRIPED, and this new paper in *Eating Disorders: The Journal of Treatment & Prevention* is based on her dissertation research supported by the STRIPED Dissertation/Postdoctoral Award in Eating Disorders Prevention Research.

Austin SB, Penfold RB, Johnson RL, Haines J, Forman S. Clinician identification of youth abusing over-the-counter products for weight control in a large U.S. integrated health system. *Journal of Eating Disorders* 2013; 1: 40.

Garnett BR, Buelow R, Franko DL, Becker C, Rogers RF, Austin SB. The importance of campaign saliency as a predictor of attitude and behavior change: A pilot evaluation of social marketing campaign Fat Talk Free Week®. *Health Communication* 2013 (Epub ahead of print).

Bernice Garnett, ScD, was our second doctoral graduate from STRIPED. While a doctoral student with STRIPED, Bernice led our evaluation of the social marketing campaign Fat Talk Free Week® carried out on college campuses. This new paper in *Health Communication* reports the results of our evaluation.

Roberto CA, Haynos AF, Schwartz BS, Brownell KD, White MA. Calorie estimation accuracy and menu labeling perceptions among individuals with and without binge eating and/or purging disorders. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity* 2013; 18(3):255-261.

Martinez OD, Roberto CA, Kim JH, Schwartz MB, Brownell KD. A survey of undergraduate student perceptions and use of nutrition information labels in a university dining hall. *Health Education Journal* 2013; 72: 319-325.

Roberto CA, Sysko R, Bush J, Pearl R, Puhl RM, Schvey NA, Dovidio JF. Clinical correlates of the weight bias internalization scale in a sample of obese adolescents seeking bariatric surgery. *Obesity* 2012; 20(3):533-539.

Austin SB, Sonnevile KR. Closing the “know-do” gap: Training public health professionals in eating disorders prevention via case-method teaching. *International Journal of Eating Disorders* 2013; 46(5): 533-537.

Wang ML, Peterson KE, Richmond TK, Spadano-Gasbarro J, Greaney ML, Mezgebu S, McCormick M, Austin SB. Family practices associated with disordered weight control behaviors in a multi-ethnic sample of middle-school youth. *Academic Pediatrics* 2013;13(4):379-385.

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

Wang ML, Peterson KE, McCormick MC, Austin SB. Environmental factors associated with disordered weight control behaviors among youth: A systematic review. *Public Health Nutrition* 2013; 19:1-14.

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

Austin SB, Richmond TK, Spadano-Gasbarro J, Greaney ML, Blood EA, Walls C, Wang ML, Mezgebu S, Osganian SK, Peterson KE. The contribution of school environmental factors to individual and school variation in disordered weight control behaviors in a statewide sample of middle schools. *Eating Disorders: The Journal of Treatment and Prevention* 2013; 21(2): 91-108.

Hawkins LK, Gottlieb BR. Screening for eating disorders in pregnancy: How uniform screening during a high-risk period could combat underrecognition (Letter to the editor). *Journal of Women’s Health* 2013; 22 (4): 390-392.

Leah Hawkins (MD/MPH student, class of 2013) wrote this piece for the journal based on her practicum experience as a trainee with STRIPED.

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

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

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

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

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

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

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

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

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

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



Campol M. Engaging healthcare providers to help mothers with eating disorders create healthy eating environments for their children. *Einstein Journal of Biology and Medicine* 2011; 27(2): 19-25.

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

Austin SB. The blind spot in the drive for childhood obesity prevention: Bringing eating disorders prevention into focus as a public health priority. *American Journal of Public Health* 2011; 101(6):e1-4.

Wang LY, Nichols LP, Austin SB. The economic effect of Planet Health on preventing bulimia nervosa. *Archives of Pediatrics and Adolescent Medicine* 2011; 165(8): 756-762.

Austin SB, Kim J, Wiecha J, Troped PJ, Feldman HA, Peterson KE. School-based overweight preventive intervention lowers incidence of disordered weight control behaviors in early adolescent girls. *Archives of Pediatrics and Adolescent Medicine* 2007; 161(9): 865-869.

Austin SB, Field AE, Wiecha J, Peterson KE, Gortmaker SL. The impact of a school-based obesity prevention trial on disordered weight control behaviors in early adolescent girls. *Archives of Pediatrics and Adolescent Medicine* 2005; 159: 225-230.