

STRIPED

A PUBLIC HEALTH
INCUBATOR

Strategic Training Initiative for the Prevention of Eating Disorders

Innovation for a Changing World 2022-2023

June 2023



Where the world comes for answers



HARVARD
T.H. CHAN
SCHOOL OF PUBLIC HEALTH

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: A Public Health Incubator (STRIPED), led by Director Dr. S. Bryn Austin. STRIPED has created an unparalleled public health training and research program that provides researchers and students the opportunity to collaborate across disciplines to innovate and advance eating disorders prevention in a changing world. We are thankful for the generosity of our supporters and the dedication of our collaborators and trainees over the past year.

Since our inception in 2009, STRIPED has:

- Trained **92 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.
- Raised awareness and sparked discussion at **142 academic seminars, conference presentations, and public events led by our trainees and guest lecturers at Harvard** within the academic and wider community on eating disorders and related problems with food, weight, and appearance. This includes being featured speakers at the Centers for Disease Control's webinar on how schools can create supportive learning environments that prevent weight stigma, body dissatisfaction, and eating disorders.
- Reaching hundreds of key stakeholders in leadership with the federal and state governments, national public health nonprofit organizations, and healthcare sectors, STRIPED leads an ongoing multi-pronged strategy to continue to amplify and translate the key findings of our 2020 economic report on the societal cost of eating disorders and our 2022 report on the societal costs of body dissatisfaction and appearance-based discrimination, which are the **most comprehensive examinations to date of the social and economic burden of eating disorders, body dissatisfaction, and appearance-based discrimination in the United States**. Our reports provide a critical new body of evidence on the devastating impacts on individuals, families, and society as a whole.

In a few highlights from the past year:

- We scaled up our STRIPED Youth Corps, a group of passionate high school students from near and far committed to preventing eating disorders and promoting body confidence through health provider education, policy change, and advocacy within the United States and globally. This year's STRIPED Youth Corps members have been deeply involved in policy translation efforts to ban the sale of over-the-counter diet pills and muscle-building supplements. As just a few examples, two members of the STRIPED Youth Corps were invited by the California Department of Public Health to provide

recommendations on the state's policy efforts to protect young people from these dangerous products. Also three members of the STRIPED Youth Corps did interviews for a *Men's Health* documentary about body image pressures for young men and the dangers of muscle-building supplements and will be featured in the film when it comes out this fall.

- Our brief online course “Colouring the Narrative” for public health professionals who work with youth in India to combat colorism and to promote positive body image in young people received multiple accolades, including a Finalist award from the UK-based Digital Education Awards and the top prize in the Technology Innovation Award category from the US-based Society for Public Health Education. Building from this successful e-course, we unveiled a new version tailored for the Malaysian context for educators and health professionals working with children and youth there.
- Collaborating with health economist colleagues at Brandeis University, we developed a novel conceptual framework to guide equity-focused economic evaluation of a ban on over-the-counter diet pill sales to children. This new initiative will help to illuminate the ban's value, both in terms of dollars and improving health equity. As most state lawmakers are keenly attuned to costs and potential savings of policy initiatives they are asked to consider, our innovative study will provide for policymakers rigorous data on the cost-effectiveness of this proposed ban on sales. At the recent 2023 International Conference on Eating Disorders, our project was honored among the Top 10 Research Posters for the year.
- Through our STRIPED Early Career Development Awards, we supported the innovative research of early career scholars Dr. Ariel Beccia and Kelsey Kinderknecht. Dr. Ariel Beccia's project investigates structural stigma and eating disorders in LGBTQ+ youth and examines the effects of discrimination and stress. Kelsey Kinderknecht's project uses qualitative methods to explore emotions, judgments, and internalized stigma related to feeding young children among parents and caregivers.

But as always, there is much more to do. As we prepare for the next academic year, the STRIPED team will be leading a range of new and continuing projects. Here is just a sampling:

- It has long been known that social media algorithms that drive extreme content, such as dangerous diets and pro-ana posts, to users are linked with worsening body image and eating disorder symptoms in young people. While the need for stronger regulation is clear, state lawmakers have had little support to come up with solutions that are both effective and legally viable. This is the need that STRIPED has stepped in to address, bringing together an interdisciplinary team of scientists and law scholars to generate policy solutions that are well-grounded in both the scientific evidence and legal precedent to ensure their lasting impact for the greater good. Over the past year, we carried out intensive fieldwork, finding that many policy solutions tried to date come up short—either they lack scientific evidence, are not legally viable, or do not proactively protect adolescent mental health. Our research has led us to one area of policy innovation that may hold the greatest

potential—algorithm risk auditing. We have just completed the first phase of our research, and a comprehensive report on our findings and recommendations will soon be published. Now our team of public health scientists, law scholars, and technology specialists are working on generating a roadmap, written especially for state lawmakers and community advocates, offering a step-by-step guide on how to construct evidence-based and legally viable legislation to require rigorous auditing of algorithms to ensure platforms are doing all they can to keep young people safe. For another of our social media projects, we recently secured a grant from the Network of the National Library of Medicine to conduct a health and social media literacy training course for youth using a train-the-trainer model to address the problem of widespread misinformation on social media promoting over-the-counter diet pills, weight loss supplements, and muscle-building supplements.

- We are continuing to lead a national advocacy effort to get the Centers for Disease Control and Prevention (CDC) to re-include assessment of disordered eating behaviors on the nation's most important survey of teen health, the Youth Risk Behavior Survey (YRBS). Over the past year, we have brought together state YRBS coordinators from across the country to join forces in the newly formed Eating Disorder Public Health Surveillance Working Group to urge the CDC to take action. Collaborating with the Academy of Eating Disorder's Epidemiology and Public Health Practice Special Interest Group, we had exciting wins in Arizona and Alaska this past year, with both states adding our recommended questions to their statewide surveys with high school students. Looking ahead to the coming year, we will be expanding the number of state YRBS coordinators in our working group to continue to build toward the critical mass needed to move the CDC to action. In a related success, we worked closely with the Office of Epidemiology and Research of the U.S. federal Maternal and Child Health Bureau to include questions on eating disorder symptoms in the National Survey of Child Health (NSCH). NSCH is one of the most important ongoing, nationally representative study of families, young children and teens from across the country, and we are excited to delve into the study findings. This breakthrough in data collection with NSCH will provide to the eating disorders research community unprecedented insights from families representative of the United States as a whole on their children's experiences with eating disorders symptoms.

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, 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, both in traditional classroom settings and with online learning communities, engages learners in real-world dilemmas, problem solving, and teamwork to tackle current, high-impact issues in eating disorders prevention.

STRIPED offers travel scholarships for trainees to attend the Eating Disorders Coalition Congressional Advocacy Day on Capitol Hill to give them first-hand experience in effective policy advocacy for public health. At these Advocacy Days, STRIPED is represented by a diverse group of passionate students, researchers, and clinicians who travel to meet with members of Congress and their staff to tell them in their own words about the devastating impact of eating disorders and the urgent need for prevention. Using policy translation strategies to put democracy into action, our team joins like-minded people from all walks of life and from all across the country to convey to our national leaders how urgent the problem of eating disorders is and how vast the suffering and inequities in access to care and evidence-based prevention.

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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, 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 Irrázaval, MD, Social and Behavioral Sciences, Harvard Chan School
Yushan Jiang, MS, Global Health and Population, Harvard Chan School
Yongjoo Kim, PhD, Social and Behavioral Sciences, Harvard Chan School
Emily Kroshus, MPH, Social and Behavioral Sciences, Harvard Chan School
Hyungi LeAnn Noh, Social and Behavioral Sciences, Harvard Chan School

2011-2012

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

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

2010-2011

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

2009-2010

Bernice Garnett, MPH, Society, Human Development and Health, Harvard Chan School
Emily Kroshus, MPH, Society, Human Development and Health, Harvard Chan School
Monica Wang, MS, Society, Human Development and Health, Harvard Chan School

Youth Corps

2022-2023

Tasmia Afrin, 12th grade, Queens, New York, USA
Siya Angras, 12th grade, Piscataway, New Jersey, USA
Charlotte Chiang, 12th grade, Rancho Palos Verdes, California, USA
Saket Datla, 12th grade - Hyderabad, India
Jessie Dong, 12th grade, Nassau County, New York, USA
Caroline Hodi, 12th grade, Southborough, Massachusetts, USA
Chuying Huo, 12th grade, London, Ontario, Canada
Sabeen Khalid, 12th grade, Queens, NY, USA
Vamsi Krishna, 12th grade, Downingtown, Pennsylvania, USA
Diya Girish Kumar, 11th grade, Brookfield, Connecticut, USA
Megan Kwok, 11th grade, London, England
Najman Mahbouba, 11th grade, Los Gatos, California, USA
Juliet Bou Mansour, 12th grade, Somerset, New Jersey, USA
Jaanak Prashar, 11th grade, Katy, Texas, USA
Edward Thomas, 11th grade, Willowbrook, Illinois, USA
Kelsey Wu, 12th grade, Diamond Bar, California, USA
Madison Zeng, 12th grade, Queens, New York, USA

2021-2022

Tasmia Afrin, 11th grade, Queens, New York, USA
Ryan Ahmed, 12th grade, Kew Gardens, New York, USA
Joanne Chung, 12th grade, Bayside, New York, USA
Saket Dakla, 11th grade, Hyderabad, India
Tejas Devata, 12th grade, Dallas, Texas, USA
Stanley Huang, 12th grade, Brooklyn, New York, USA
Chuying Huo, 10th grade, London, Ontario, Canada

Diya Girish Kumar, 10th grade, Brookfield, Connecticut, USA

Sabeen Khalid, 11th grade, Queens, NY, USA

Megan Kwok, 10th grade, London, England

Jaanak Prashar, 10th grade, Katy, Texas, USA

Edward Thomas, 10th grade, Willowbrook, Illinois, USA

Kelsey Wu, 11th grade, Diamond Bar, California, USA

Alexandra Xu, 12th grade, Scotch Plains, New Jersey, USA

Madison Zeng, 11th grade, Queens, New York, USA

2020-2021

Tasmia Afrin, 10th grade, Queens, New York, USA

Anisa Bhandari, 12th grade, London, England

Stanley Huang, 11th grade, Brooklyn, New York, USA

Kelsey Wu, 10th grade, Diamond Bar, California, USA

Joanne Chung, 11th grade, Bayside, New York, USA

Funding Sources

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

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

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

STRIPED Early Career Development Awards

2022-2023

- Ariel Beccia: Structural Stigma and Eating Disorders in LGBTQ+ Youth Populations: Examining Early Life-Course and Intersectional Effects
- Kelsey Kinderknecht: Exploring feelings, emotions, judgements, and internalized stigma related to food behaviors among caregivers of young children

2021-2022

- Amanda Raffoul: Exploring Diet-Related Content and Product Advertising on TikTok: A Pilot Study

2020-2021

- Wanqing Xu & Andrea López-Cepero: Association Between Food Insecurity and Dysfunctional Eating Behaviors Among Puerto Rican Adults

2019-2020

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

2018-2019

- Josiemer Mattei & Hannah Cory: Sociocultural Weight Stigma and Disordered Eating Behaviors in Latinx Adolescents
- Kuanysh Yergaliyev: Policy Translation to Improve Regulation of Dietary Supplements for Weight Loss and Muscle Building Sold to Youth in Massachusetts Municipalities

2016-2017

- Allegra Gordon: The BOLD Study: Being Ourselves, Living in Diverse Bodies
- Yongjoo Kim: Identifying Sociocontextual Influences on Eating Disorders Risk Among Adolescents in South Korea

2015-2016

- Erica Kenney: Do Schools Unintentionally Promote Unhealthy Weight Control Behaviors With Their Health Promotion Programs?
- Flora Or: Adverse Events in the Past Decade: Are Dietary Supplements Truly Safe Until Proven Otherwise?

2014-2015

- Emily Kroshus: Primary and Secondary Prevention of Disordered Eating in Sports Settings: Understanding Determinants of Coach Behaviors and Developing Strategies for Change
- Allegra Gordon: Project Body Talk: Experiences of Weight and Shape Control Among Young Transgender Women

2013-2014

- Erica Kenney: Measuring Weight-Based Discrimination in School Settings
- Emily Kroshus: Group Processes for Risk and Prevention of Unhealthy Behaviors on College Sports Teams

2012-2013

- Bernice Garnett: The Intersection Between Weight-Based Discrimination and Racial Discrimination: A Mixed-Methodology Study With Ethnically Diverse Youth
- Emily Kroshus: Health and Performance Promotion as Eating Disorder Prevention? Understanding the Role of Healthy Athletic Behaviors as Protective for Disordered Eating on Female Collegiate Sports Teams

2011-2012

- Bernice Garnett: The Intersection Between Weight-Based Discrimination and Racial Discrimination: A Mixed-Methodology Study With Ethnically Diverse Youth
- Monica Wang: Risk and Protective Factors of Disordered Weight Control Behaviors among Youth

Research Opportunities for Trainees

2022-2023

Trainee: Ryan Ahmed
Policy Translation for Out of Kids' Hands Campaign
Faculty Mentors: Bryn Austin and Amanda Raffoul

Trainee: Mackenzie Almassian
Social Media Legal Research Study
Faculty Mentors: Nancy Costello and Bryn Austin

Trainee: Upanita Barman
Economic Costs of the Bill to Ban the Sale of Diet Pills and Muscle-Building Supplements
Faculty Mentor: Bryn Austin

Trainee: Valeria Duran
TikTok Marketing of Dietary Supplements
Faculty Mentor: Amanda Raffoul

Trainee: Nat Egan
Radcliffe Seminar: Re-envisioning the Future of BMI Surveillance
Faculty Mentor: Bryn Austin

Trainee: Meghan Harshaw
Commercial Determinants of Health
Faculty Mentor: Bryn Austin

Trainee: Destiny Jackson
Dietary Supplement Use in the COVID-19 Pandemic
Faculty Mentors: Bryn Austin and Amanda Raffoul

Trainee: Madeline Jones
Social Media Legal Research Study
Faculty Mentors: Nancy Costello and Bryn Austin

Trainee: Anderson (Junjie) Lu
TikTok Marketing of Dietary Supplements
Faculty Mentors: Amanda Raffoul

Trainee: Egbe Ndip-Agbor
CROWN Act Study
Faculty Mentors: Bryn Austin and Amanda Raffoul

Trainee: Oluwadunni Ojumu
Social Media Legal Research Study
Faculty Mentor: Bryn Austin

Trainee: Pari Patel
Policy Translation for Out of Kids' Hands Campaign
Faculty Mentor: Bryn Austin

Trainee: Meg Salvia
Social Media Legal Research Study
Faculty Mentor: Bryn Austin

Trainee: Ye Shen
Microsimulation Study
Faculty Mentor: Amanda Raffoul

Trainee: Rebecca Sutton
Social Media Legal Research Study
Faculty Mentors: Nancy Costello and Bryn Austin

Trainee: Samantha Turner
Dietary Supplement Use in the COVID-19 Pandemic in Nurses
Faculty Mentors: Bryn Austin and Amanda Raffoul

Trainee: Arshia Verma
Policy Translation for Out of Kids' Hands Campaign
Faculty Mentor: Bryn Austin

Trainee: Julia Vitagliano
Dietary Supplements Label Database
Faculty Mentor: Bryn Austin

2021-2022

Trainee: Ariel Beccia
Dietary Supplement Use in the COVID-19 Pandemic
Faculty Mentor: Bryn Austin

Trainee: Valeria Duran
TikTok Marketing of Dietary Supplements
Faculty Mentor: Amanda Raffoul

Trainee: Destiny Jackson
Dietary Supplement Use in the COVID-19 Pandemic
Faculty Mentor: Bryn Austin

Trainee: Madeline Jones
Social Media Legal Research Study
Faculty Mentors: Nancy Costello and Bryn Austin

Trainee: Rakesh Kathiresan
Use of Protein Powders and Muscle-Building Supplements by Young Men in their Drive
for Muscularity
Faculty Mentors: Amanda Raffoul and Bryn Austin

Trainee: Mary Lee
Risky Dietary Supplement Use in the US Air Force
Faculty Mentor: Bryn Austin

Trainee: Junjie (Anderson) Lu
TikTok Marketing of Dietary Supplements
Faculty Mentor: Amanda Raffoul

Trainee: Miriam Nelson
Policy Translation for Out of Kids' Hands Campaign
Faculty Mentor: Bryn Austin

Trainee: Oluwadunni Ojumu
Social Media Legal Research Study
Faculty Mentors: Nancy Costello and Bryn Austin

Trainee: Even Paglisotti
Research-to-Policy Translation Project
Faculty Mentor: Bryn Austin

Trainee: Meg Salvia
Social Media Legal Research Study
Faculty Mentors: Nancy Costello and Bryn Austin

Trainee: Rebecca Sutton
Social Media Legal Research Study
Faculty Mentors: Nancy Costello and Bryn Austin

Trainee: Marlena Skrabak
STRIPED Advocacy Playbook
Faculty Mentor: Bryn Austin

Trainee: Samantha Turner
Dietary Supplement Use in the COVID-19 Pandemic in Nurses
Faculty Mentors: Bryn Austin and Amanda Raffoul

2020-2021

Trainee: Ariel Beccia
Changes in Dietary Supplement Use During the COVID-19 Pandemic
Faculty Mentor: Bryn Austin

Trainee: Tricia Rodriguez
Applied Methods for Estimating Transition Probabilities from Electronic Health Record Data
Faculty Mentor: Davene Wright

Trainee: Marlena Skrabak
STRIPED Advocacy Playbook
Faculty Mentor: Bryn Austin

2019-2020

Trainee: Kelsey Rose
Youth Impressions of “Influencer”- based Advertising for Weight Loss Supplements; ARFID Protocol Project
Faculty Mentors: Suman Ambwani and Tracy Richmond

Trainee: Ariel Beccia
Eating-related pathology at the intersection of sex/gender, sexual orientation, and weight status: Population patterns and social-structural determinants
Faculty Mentor: Bryn Austin

Trainee: Allison Baker
Mixed-Methods Analysis of Media Literacy and Body and Eating Concerns in LGBTQ+ Young Adults (from the STRIPED-funded Being Ourselves, Living in Diverse Bodies (BOLD) Study)
Faculty Mentor: Allegra Gordon

Trainee: Gabe Murchison

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

Faculty Mentor: Allegra Gordon

Trainee: Tricia Rodriguez

Applied Methods for Estimating Transition Probabilities from Electronic Health Record Data

Faculty Mentor: Davene Wright

Trainee: Kendall Sharp

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

Faculty Mentor: Bryn Austin

Trainee: Stefani Karr

REAL Certification Development Project

Faculty Mentor: Bryn Austin

Trainee: Evelyn Atwater

Citizen Petition Requesting that FDA Determine that Weight-Loss Claims Made on Dietary Supplements Are Classified as Disease Claims

Faculty Mentor: Bryn Austin

2018-2019

Trainee: Allison Baker

Body Image and Social Media Literacy in LGBTQ+ Young Adults: A Mixed Methods Analysis

Faculty Mentor: Allegra Gordon

Trainee: Stefani Karr

REAL Certification Development Project

Faculty Mentor: Bryn Austin

Trainees: Flora Or and Yongjoo Kim

Are Dietary Supplements Truly Safe Until Proven Otherwise?

Faculty Mentor: Bryn Austin

Trainee: Tricia Rodriguez

The Economic Case for Eating Disorders Prevention and Early Detection: A Comparative Cost-Effectiveness Analysis of Six Intervention Strategies

Faculty Mentors: Bryn Austin, Michael Long, and Davene Wright

Trainee: Kendall Sharp
Eating Disorders Prevention for Transgender Young Adults: An Intervention Mapping Approach
Faculty Mentor: Allegra Gordon

Trainee: Kendall Sharp
Social Media Mapping of Consumers' Informal Communications about Weight-Loss Supplements
Faculty Mentor: Bryn Austin

Trainee: Amanda Waldron
A content Analysis of "Clean Eating" Websites and Their Health Claims
Faculty Mentors: Suman Ambwani and Bryn Austin

Trainee: Breanne Wilhite and Caitlin McBride
Legal Avenues to Address the Harmful Effects of Photoshopping in the Media
Faculty Mentor: Bryn Austin

Trainee: Kuanysh Yergaliyev
Protecting Youth from Diet Pills and Dietary Supplements for Weight Loss and Muscle Building
Faculty Mentor: Bryn Austin

2017-2018

Trainee: Breanne Wilhite and Caitlin McBride
Legal Avenues to Address the Harmful Effects of Photoshopping in the Media
Faculty Mentor: Bryn Austin

Trainee: Xindi (Cindy) Hu
The Economic Case for Eating Disorders Prevention and Early Detection: A Comparative Cost-Effectiveness Analysis of Six Intervention Strategies
Faculty Mentors: Bryn Austin, Michael Long, and Davene Wright

Trainee: Longxiang Li
Study of Predictors of Spatial Location Patterns and Density of Businesses Offering Cosmetic Surgery and Cosmetic Procedures with Negative Health Effects in Seven Major Metropolitan Areas of the United States
Faculty Mentor: Bryn Austin

Trainee: Kuanysh Yergaliyev
Protecting Youth from Diet Pills and Dietary Supplements for Weight Loss and Muscle Building
Faculty Mentor: Bryn Austin

Trainees: Flora Or and Yongjoo Kim
Are Dietary Supplements Truly Safe Until Proven Otherwise?
Faculty Mentor: Bryn Austin

2016-2017

Trainee: Xindi (Cindy) Hu
The Economic Case for Eating Disorders Prevention and Early Detection: A
Comparative Cost-Effectiveness Analysis of Six Intervention Strategies
Faculty Mentors: Bryn Austin, Michael Long, and Davene Wright

Trainee: Longxiang Li
Topic: Study of Predictors of Spatial Location Patterns and Density of Businesses
Offering Cosmetic Surgery and Cosmetic Procedures with Negative Health Effects in
Seven Major Metropolitan Areas of the United States
Faculty Mentor: Bryn Austin

Trainees: Flora Or and Yongjoo Kim
Are Dietary Supplements Truly Safe Until Proven Otherwise?
Faculty Mentor: Bryn Austin

2015-2016

Trainee: Xindi (Cindy) Hu
The Economic Case for Eating Disorders Prevention and Early Detection: A
Comparative Cost-Effectiveness Analysis of Six Intervention Strategies
Faculty Mentors: Bryn Austin, Michael Long, and Davene Wright

Trainee: Longxiang Li
Topic: Study of Predictors of Spatial Location Patterns and Density of Businesses
Offering Cosmetic Surgery and Cosmetic Procedures with Negative Health Effects in
Seven Major Metropolitan Areas of the United States
Faculty Mentor: Bryn Austin

Trainee: Selena Liu
Tracking the Sale of Dietary Supplements Marketed for Weight Loss or Muscle Building:
An Exploration of the Socioeconomic Patterns of Use
Faculty Mentor: Bryn Austin

Trainee: Ariane Moss
Topic: An Investigation of Viable Legal Strategies to Protect Consumers from Unhealthy
Body Ideals Promoted Through Deceptive Photoshopping
Faculty Mentors: Jennifer Pomeranz and Bryn Austin

Trainee: Aryn Phillips
Topic: California AB 2539: Protecting Fashion Model Health and Well-being

Faculty Mentor: Bryn Austin

Trainee: Marysa Sheren

Transforming Team-Learning Teaching Cases in Public Health for Online Platforms: An e-Learning Module Development Project

Faculty Mentors: Holly Gooding and Bryn Austin

Trainee: Sara Ziff

Topic: Protecting Fashion Model Health and Well-being

Faculty Mentors: Bryn Austin and Rachel Rodgers

2014-2015

Trainee: Amy Brunner

Topic: Translating Case-Based Learning Into E-learning Modules

Faculty Mentor: Bryn Austin

Trainee: Elizabeth Cheever

Implementing and Evaluating the Academy for Eating Disorders (AED) Medical Guide within a Pediatric Learning Community

Faculty Mentor: Holly Gooding

Trainee: Alvin Tran

Protecting Minors from Dietary Supplements Marketed for Weight Loss or Muscle Building through Legislative Action

Faculty Mentors: Bryn Austin and Christina Roberto

Trainee: Selena Lui

Tracking the Sale of Dietary Supplements Marketed for Weight Loss or Muscle Building: An Exploration of the Socioeconomic Patterns of Use

Faculty Mentor: Bryn Austin

Trainee: Esther Li

Examining the Cost-Effectiveness of Clinic-Based Eating Disorders Screenings in Primary Care

Mentors: Bryn Austin and Davene Wright

2013-2014

Trainee: Grant Barbosa

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

Faculty Mentor: Jennifer Pomeranz

Trainee: Kelly Bauer

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

Trainees: Samantha Glover, Lakendra Barajas
Topic: Potential of Occupational Health and Safety Laws to Improve the Health of Fashion Models
Faculty Mentor: Katherine Record

Trainee: Brigitte Granger
Topic: Negative Effects of Weight-Loss Industry Marketing Practices
Faculty Mentor: Christina Roberto

Trainee: Eric Nazar
Topic: TRIAD Healthy Eating Toolkit for Coaches
Faculty Mentor: Jerel Calzo

Trainee: Hyungi LeAnn Noh
Topic: Economic Analysis of the Cost of Eating Disorders
Faculty Mentor: Mihail Samnaliev

2012-2013

Trainees: Allegra Gordon, Boram Seo
Topic: Body Image Community Indicators Mapping Project: A Pilot Study of Beauty Industry Spatial Distribution and Concentration
Faculty Mentors: Bryn Austin, Kendrin Sonneville

Trainee: Yushan Jiang, Hyungi LeAnn Noh
Topic: Economic Analysis of Potential Cost Savings of Eating Disorders Screening in High Schools
Faculty Mentors: Davene Wright, Kendrin Sonneville, Bryn Austin

Trainee: Brigitte Granger, Kelly Bauer
Topic: Negative Effects of Weight-Loss Industry Marketing Practices
Faculty Mentor: Christina Roberto

Trainee: Katherine Cohen Cooper
Topic: Legal Protection of Youth and Other Vulnerable Groups From Abuses and Exploitation by the Beauty Industry
Faculty Mentors: Jennifer Pomeranz

2011-2012

Trainees: Bernice Garnett, Rob Buelow

Topic: Fat Talk Free Week Pilot Evaluation: An Evaluation of a Social Marketing Campaign to Decrease Self-Disparaging Talk About Body and Weight
Faculty Mentors: Bryn Austin, Debra Franko

2010-2011

Trainees: Meredith Chace, Jenna Kruger, Lisa Taylor
Topic: Abuse of Over-the-Counter Products for Weight Control by Youth: A Pilot Study of Product Sales, Medical Claims, and Viable Legal Responses to Protect the Health of Young People
Faculty Mentors: Bryn Austin, Jess Haines, Jennifer Pomeranz

2009-2012

Trainee: Monica Wang
Topic: Healthy Choices: Behavioral, Familial, and Environmental Risk and Protective Factors for Disordered Weight Control Behaviors Among Youth
Faculty Mentor: Bryn Austin

Research Presentations by Trainees

2022-2023

Trainee: Ariel Beccia
Poster presentation at the Society for Epidemiologic Research Annual Meeting 2023
Topic: State-level structural sexism and eating disorder risk: An intersectional life-course analysis of the Growing Up Today Study

Trainee: Ariel Beccia
Poster presentation at the Eating Disorders Research Society Annual Meeting 2022
Topic: Examining Diversity Climate as a Campus-Level Moderator of Intersectional Eating Disorder Inequities Among U.S. College Students: Results from the 2020/21 Healthy Minds Study

Trainee: Ariel Beccia
Poster presentation at the Eating Disorders Research Society Annual Meeting 2022
Topic: Longitudinal impacts of the COVID-19 pandemic on eating disorder risk among diverse sexual minority populations: Results from a prospective cohort study of U.S. adults

Trainee: Ariel Beccia
Paper presentation at the Society for Adolescent Health and Medicine 2023
Topic: Cumulative exposure to state-level structural sexism and gendered inequities in depression among US youth: A life-course analysis of the Growing Up Today Study

Trainee: Ariel Beccia
Oral presentation at the International Conference on Eating Disorders 2023
Topic: Beyond the RCT: Best practices for working with observational data in eating disorders research

Trainee: Ariel Beccia
Oral presentation at the International Conference on Eating Disorders 2023
Topic: Epidemiology & Public Health Practice SIG Panel: Under-represented populations in eating disorder research: Exploring barriers and solutions

Trainee: Samantha Turner
Poster presentation at the American Public Health Association 2022
Topic: Nurses' use of harmful "wellness" supplements during the COVID-19 pandemic
*Best Poster Award from the APHA Nursing Special Interest Group

Trainee: Destiny Jackson
Paper presentation at the American Public Health Association 2022
Topic: Discrimination and County-Level COVID-19 Mortality Partially Explain Racial/Ethnic Inequities in Use of Harmful "Wellness" Dietary Supplements

Trainees: Ryan Ahmed and Joanne Chung
Poster Presentation at the Society for Public Health Education Advocacy Summit 2022
Topic: Fighting Back Against a Predatory Industry: Over-the-Counter Diet Pills

Trainee: Nat Egan
Paper presentation at the International Public Policy Association 2023
Topic: Perceptions among obesity experts of the role that food, weight loss and pharmaceutical industries play in the 'obesity epidemic'

Trainee: Upanita Barman
Poster presentation at the International Conference on Eating Disorders 2023
Topic: Equity-focused Economic Evaluation of a Policy Banning the Sale of Diet Pills to Minors: A Conceptual Framework
*Best Poster Award from the Academy of Eating Disorders

Trainee: Monique Santoso
Paper presentation at the International Conference on Eating Disorders 2023
Topic: Tackling Colourism in India through an Online Course for Public Health Professionals
*Best Student Abstract Award from the Academy of Eating Disorders Body Image and Prevention Special Interest Group

Trainee: Monique Santoso

Paper presentation at the International Conference on Eating Disorders 2023
Topic: The Impact of Discrimination and Stigma on Asian-American Eating Disorder Behavior from 2016-2021: A Healthy Minds Network Study

Trainee: Monique Santoso

Paper presentation at the International Conference on Eating Disorders 2023
Topic: COVID-19 Related Immediate Familial Disruptions and Eating Disorder Patients' Mental Health Concerns and Motivation to Recover

Trainee: Monique Santoso

Poster presentation at the Society for Public Health Education Conference 2023
Topic: Tackling Colourism in India through an Online Course for Public Health Professionals

*Winner of the Society for Public Health Education (SOPHE) Health Education Technology Innovation Award

Trainee: Monique Santoso

Poster Presentation at the SOPHE Advocacy Summit 2022
Topic: Coloring the Narrative: The Use of Storytelling to Change Skin Shade Ideals in India

2021 - 2022

Trainee: Ariel Beccia

Paper Presentation at the International Conference on Eating Disorders 2021
Topic: Cumulative Exposure to State-Level Structural Sexism and Risk of Eating Disorders

*Best Abstract Award from the Academy of Eating Disorders

Trainee: Funmbi Okoya

Paper Presentation at the International Conference on Eating Disorders 2021
Topic: Nations Worldwide Allow Companies to Sell Harmful Weight-Loss Supplements to Children: Preliminary Findings from the Weight-Loss Supplements Global Policy Scan

Trainee: Destiny Jackson

Paper Presentation at the International Conference on Eating Disorders 2021
Topic: Discrimination and County-Level COVID-19 Mortality Rate Partially Explain Racial/Ethnic Inequities in Use of Harmful "Wellness" Supplements in the US

Trainee: Amanda Raffoul

Paper Presentation at the International Conference on Eating Disorders 2021

Topic: Increases in disordered eating during the COVID-19 pandemic period: An investigation of weight-related behavior between 2018 and 2020 across five countries from a repeated cross-sectional study

*Best Paper Award from the Academy of Eating Disorders

Trainee: Ariel Beccia

Oral Presentation at the Eating Disorders Research Society 2021

Topic: Intersecting Gender Identity & Racial/Ethnic Disparities in Eating Disorder Symptoms Among College Students: A Multilevel Analysis

Trainee: Ryan Ahmed

Poster Presentation at the Society for Public Health Education Advocacy Summit 2021

Topic: Fighting Back Against a Predatory Industry: Over-the-Counter Diet Pills

2020-2021

Trainee: Alice Lowy

Oral presentation at the International Conference on Eating Disorders 2021

Topic: Associations among Internalization of Cultural Beauty Ideals, Body Dissatisfaction, Drive for Muscularity, and Dietary Restraint in Racially/Ethnically Diverse Women

Trainee: Alice Lowy

Oral presentation at the International Conference on Eating Disorders 2021

Topic: Internalization of Cultural Beauty Ideals: New Directions in Risk Factor Assessments in Racially/Ethnically Diverse Women

Trainee: Ariel Beccia

Oral presentation at the International Conference on Eating Disorders 2021

Topic: Who Have We Missed? Conventional Versus Quantitative Intersectionality Methods for Epidemiologic Research on Eating Disorders

Trainee: Rachel Plummer

Oral presentation at the International Conference on Eating Disorders 2021

Topic: "There's a New Kind of Bullying...It's Very Sly": The Influence of the School Environment on Weight Stigma and Body Image in a Qualitative Sample of Adolescents

Trainee: Meg Salvia

Oral presentation at the International Conference on Eating Disorders 2021

Topic: Patient Perceptions of Conflict in Managing Type 2 Diabetes in BED Treatment: Understanding and Integrating Findings from a New Qualitative Study into Clinical Practice (CE + 1.5)

Trainee: Kelsey Rose

Poster presentation at the International Conference on Eating Disorders 2021
Topic: Youth Perceptions of Barriers to Eating Disorder Treatment

Trainee: Alice Lowy

Oral presentation at STRIPED Virtual Showcase, October 2021

Topic: Internalization of Cultural Beauty Ideals Among Black Women

Trainee: Meg Salvia

Oral presentation at STRIPED Virtual Showcase, October 2021

Topic: Applying Nutritional Epidemiology Methods Towards Eating Disorders Prevention

Trainee: Julia Vitagliano

Oral presentation at the International Conference on Eating Disorders 2021

Topic: Disproportionate use of over-the-counter diet-pills among Latinx youth and increased use over time among Latinx females: Results of a U.S. national study

Trainee: Julia Vitagliano

Oral presentation at the International Conference on Eating Disorders 2021

Topic: COVID-19 and Eating Disorder and Mental Health Concerns in Patients with Eating Disorders

Trainee: Julia Vitagliano

Oral presentation at the STRIPED Showcase, October 2020

Topic: Latinx Use of Potentially Harmful Over-the-Counter Diet Pills in the U.S. YRBSS

Trainee: Amanda Raffoul

Oral presentation at the STRIPED Showcase, October 2020

Topic: Toward a Holistic Framework of Eating-and Weight-Related Behavior: Implications for Public Health Intervention and Nutrition Policy

2019-2020

Trainee: Tammy Yan

Oral presentation at STRIPED Virtual Showcase, May 2020

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

Trainee: Todd Liou

Oral presentation at STRIPED Virtual Showcase, May 2020

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

Trainee: Kendall Sharp

Oral presentation at STRIPED Virtual Showcase, May 2020

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

Trainee: Hannah Cory

Oral presentation at STRIPED Virtual Showcase, May 2020

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

Trainee: Kendall Sharp

Oral presentation at STRIPED Showcase, August 2019

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

Trainee: Ariel Beccia

Oral presentation at STRIPED Showcase, August 2019

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

Trainee: Stefani Karr

Oral presentation at STRIPED Showcase, August 2019

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

2018-2019

Trainee: Alvin Tran

Invited address at National Eating Disorders Association Boston Walk, Boston, MA

Topic: Clearing Up the Misconceptions around Eating Disorders

Trainee: Alvin Tran

Oral presentation at International Association of Eating Disorders Professionals Symposium, Palm Springs, CA

Topic: The Interplay of Sex, Substances, and Eating Disorders in Sexual Minority Men

Trainee: Alvin Tran

Oral presentation at International Conference on Eating Disorders, New York, NY

Topic: Association between Dating App Use and Unhealthy Weight Control Behaviors

Trainee: Alvin Train

Poster presentation at International Conference on Eating Disorders, New York, NY

Topic: A Qualitative Study of Body Image among a Diverse Sample of Young Gay and Bisexual Men

Trainee: Alvin Tran

Oral presentation at Multi-Service Eating Disorders Association Annual Conference, Newton, MA

Topic: The Interplay of Sex, Substances, and Eating Disorders in Sexual Minority Men

Trainee: Kuanysh Yergaliyev

Poster presentation at Public Health Law Conference, Phoenix, AZ.

Topic: Local Advocacy to Protect Youth from Dangerous Dietary Supplements Sold for Weight Loss and Muscle Building in Massachusetts Municipalities

Trainee: Kuanysh Yergaliyev

Poster presentation at Society for Adolescent Health and Medicine, Washington, DC.

Topic: Community Stakeholders' Perception and Attitudes about Dietary Supplements Use among Adolescents

Trainee: Kuanysh Yergaliyev

Oral presentation at International Conference on Eating Disorders, New York, NY.

Topic: Lessons for Policy Initiatives to Prevent Disordered Weight Control Behaviors

2017-2018

Trainee: Alvin Tran

Poster presentation at Appearance Matters conference, Bath, England.

Topic: Dating App Use and Its Association with Unhealthy Weight Control Behaviors

Trainee: Alvin Tran

Oral Presentation at Dying to Be Beautiful? Body Image, Eating Behaviors and Health in the Caribbean conference, Kingston, Jamaica

Topic: Body Image in Gay and Bisexual Men: A Qualitative Study

Trainee: Alvin Tran

Oral presentation at Kaohsiung Medical University (KMU) as an invited guest

Topic: Body Image Ideals Among Young Gay and Bisexual Men: Results from the Men's Body Project

Trainee: Xindi (Cindy) Yu

Oral presentation at the Society for Benefit-Cost Analysis Annual Conference

Topic: Advanced Data Integration for Epidemiological Modeling in Benefit-Cost Analysis: Addressing the Challenge to Evaluate Preventive Interventions for Emerging Diseases

Trainee: Ayesha McAdams-Mahmoud, Courtney Brown, Kimberly Yu

Workshop at Dying to Be Beautiful? Body Image, Eating Behaviors and Health in the Caribbean conference, Kingston, Jamaica

Topic: How Communities Can Address Media Portrayals of Colorism Through the Lens of Global Public Health

Trainee: Ayesha McAdams-Mahmoud

Workshop at Dying to Be Beautiful? Body Image, Eating Behaviors and Health in the

Caribbean conference, Kingston, Jamaica

Topic: Coloring the Narrative: The Use of Storytelling to Change Skin Tone Ideals

2016-2017

Trainee: Allegra Gordon

Oral Presentation at Appearance Matters Conference, London, UK

Topic: "I Know All Women Go Through This, But as a Trans Woman It's a Separate Level": Stigma, Discrimination, and Body Image Among Young Adult Transgender Women

Trainee: Yongjoo Kim

Poster Presentation at 2016 Eating Disorders Research Society Annual Meeting, New York, NY

Topic: Risk and Protective Factors for Disordered Weight Control Behaviors at Individual, Family, and School Levels Among Korean Adolescents Aged 12-18 Years from a Nationwide Online Survey

Trainee: Yongjoo Kim

Poster Presentation at 2016 Eating Disorders Research Society Annual Meeting, New York, NY

Topic: Sex of Sexual Partners and Disordered Weight Control Behaviors in a Nationally Representative Sample of Korean Adolescents

Trainee: Ayesha McAdams-Mahmoud, MPH

Oral Presentation at Harvard Chan School

Topic: Dark Girls: Colorism in a Global Context

Trainee: Ayesha McAdams-Mahmoud, MPH, with guest lecturers Courtney Brown, BA, and Kimberly Yu, BA

Workshop at Harvard Chan School

Colorism: Addressing This Public Health Issue in a Global Context

Trainee: Suzanne Wintner, MPH, with Collaborating Mentor Erica Kenney, ScD

Oral Presentation at Harvard Chan School

Topic: Evidence-Based Nutrition and Wellness Programs for Schools: How Widely Are They Implemented? Do Schools Use Weight Stigmatizing Programs Instead?

2015-2016

Trainees: Carly Guss and Allegra Gordon with faculty Jerel Calzo

Keynote at 2016 Multi-Service Eating Disorders Association (MEDA) Annual Conference, Newton, MA

Topic: Gender Identity, Gender Expression, and Eating Disorders

Trainee: Allegra Gordon and Carly Guss

Lecture at Fenway Health, Boston, MA
Topic: Sexual and Gender Minority Youth and Eating Disorders

Trainee: Allegra Gordon
Oral Presentation at International Conference on Eating Disorders (ICED) Annual Meeting, San Francisco, CA
Topic: Nonconforming Gender Expression, Peer Victimization, and Disordered Weight Control Behaviors Among High School Students in Four U.S. School Districts

Trainee: Sara Ziff
Moderator, Panel at Harvard Kennedy School of Government, Boston, MA
Topic: From the Runway to the Factory Floor: Labor Rights, Safety & Public Health

Trainee: Allegra Gordon
Lecture at Harvard T.H. Chan School of Public Health, Boston, MA
Topic: Advanced Topics in Women, Gender and Health

Trainee: Allegra Gordon
Poster Presentation at 2015 Renfrew Center Conference on Eating Disorders, Philadelphia, PA
Topic: Eating Disorders Risk Among Young Transgender Women

Trainee: Allegra Gordon
Poster Presentation at 2015 American Public Health Association (APHA), Chicago, IL
Topic: Weight and Shape Control Behaviors Among Young Transgender Women

Trainee: Allegra Gordon
Oral Presentation at 2015 Philadelphia Trans Health Conference, Philadelphia, PA
Topic: Body Image and Weight and Shape Control Among Young Transgender Women

Trainee: Allegra Gordon
Lecture at Rainbow Consortium, Boston Children's Hospital, Boston, MA
Topic: Eating Disorders Risk Among Young Transgender Women

2014-2015

Trainee: Allegra Gordon
Oral Presentation at the 2015 International Conference on Eating Disorders, Boston, MA
Topic: Weight and Shape Control Behaviors Among Young Transgender Women: Preliminary Findings from Project Body Talk

Trainee: Erica Kenney
Poster Presentation at the 2015 International Conference on Eating Disorders, Boston, MA
Topic: Weight Bias, School Climate, and the Academic Experience for K-12 Students: A Qualitative Study of Classroom Teachers

Trainee: Emily Kroshus
Oral Presentation at the Eating Disorders in Sport Conference, St. Louis, MO
Topic: Developing best practices for prevention, identification and management of disordered eating in US collegiate sport

2013-2014

Trainee: Emily Kroshus
Oral Presentation at the 2014 International Conference on Eating Disorders, New York City, NY
Topic: Internalization of the Athletic Body Ideal: An Important Mediator of the Association Between Athletic Identity and Disordered Eating

Trainee: Grace Kennedy
Poster Presentation at the 2014 International Conference on Eating Disorders, New York City, NY
Topic: Validation of the Fat Talk Bystander Scale: A Novel Approach to Assess Fat Talk

Trainee: Brigitte Granger
Oral Presentation at Harvard Chan School, Boston, MA
Topic: Diet Industry Marketing Practices: The Problem's Scope and Solutions

2012-2013

Trainee: Emily Kroshus
Panelist at the 2013 Boston Children's Hospital Sports Medicine Female Athlete Conference, Boston, MA
Topic: Athletes and Eating Disorders

Trainee: Emily Kroshus
Poster Presentation at the 2013 International Conference on Eating Disorders, Montreal, Canada
Topic: Team-Level Processes for Addressing and Preventing Disordered Eating: A Comparison of Two Female Collegiate Cross-country Running Teams

Trainee: Monica Wang
Poster Presentation at the 2013 Society for Behavioral Medicine Annual Conference, San Francisco, CA
Topic: Environmental Factors Associated With Disordered Weight Control Behaviors Among Youth: A Systematic Review

Trainees: Rob Buelow, Bernice Garnett
Poster Presentation at the 2012 American Public Health Association Annual Conference, San Francisco, CA

Topic: Bystander Intervention in Fat Talk Prevention: A Psychometric Evaluation

Trainee: Bernice Garnett

Oral Presentation at the 2012 American Public Health Association Annual Conference, San Francisco, CA

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

Trainee: Emily Kroshus

Poster Presentation at the 2012 American Public Health Association Annual Conference, San Francisco, CA

Topic: Team-Driven Prevention of Disordered Eating: A Qualitative Comparison of Two Female Collegiate Cross-country Teams

2011-2012

Trainees: Bernice Garnett, Rob Buelow

Poster Presentation at the 2012 International Conference on Eating Disorders, Austin, TX

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

Trainee: Bernice Garnett

Oral Presentation at the 2011 Society for the Analysis of African American Public Health Issues Scientific Symposium, Washington, DC

Topic: Using Multiple Qualitative Methods to Address Weight Disparities in Cambridge Black Youth: A Focus on Parent/Child Dyad and "Positive Deviant" Interviews

Trainee: Bernice Garnett

Oral Presentation at the 2011 Reproductive Health Symposium at the Harvard Chan School, Boston, MA

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

Trainee: Emily Kroshus

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

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

Trainee: Monica Wang

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

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

2010-2011

Trainee: Monica Wang

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

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

Awards for STRIPED Projects & Team

2022-2023

Award: Health Education Technology Innovation Award

By: Society for Public Health Education

Project Title: Colouring the Narrative: How to Use Storytelling to Change Skin-Shade Ideals in India

Award: New Digital Course of the Year (Finalist)

By: Digital Education Awards

Project Title: Colouring the Narrative: How to Use Storytelling to Change Skin-Shade Ideals in India

Award: Top 10 Poster Awards

By: International Conference on Eating Disorders

Project Title: Equity-focused Economic Evaluation of a Policy Banning the Sale of Diet Pills to Minors: A Conceptual Framework

Award: Best Poster Award

By: American Public Health Association

Project Title: Nurses' use of harmful "wellness" supplements during the COVID-19 pandemic

To: Samantha Turner, STRIPED Trainee

Award: Top Cited Paper

By: International Journal of Eating Disorders

Project Title: Social and economic cost of eating disorders in the United States: Evidence to inform policy action

Award: 2023 Karen Denard Goldman Health Education Mentor Award

By: Society for Public Health Education

To: Alvin Tran, PhD, STRIPED Collaborating Mentor

Award: National Silver Medal in Scholastic Arts and Writing Award

By: Scholastic Art and Writing Awards

To: Chuying Huo, STRIPED Youth Corps Member

Award: Travel Scholarship for Individuals from Low/Middle Income Countries

By: Academy for Eating Disorders

To: Upanita Barman, STRIPED Trainee

Award: Best Student Abstract Award

By: Academy of Eating Disorders Body Image and Prevention Special Interest Group

Project Title: Colouring the Narrative: The Use of Storytelling to Change Skin Shade Ideals in India

To: Monique Santoso, STRIPED Program Coordinator

2021-2022

Award: Top Paper Award

By: International Conference on Eating Disorders

To: Amanda Raffoul, PhD, STRIPED Faculty

Project Title: Increases in disordered eating during the COVID-19 pandemic period: An investigation of weight-related behavior between 2018 and 2020 across five countries from a repeated cross-sectional study

Award: Top Poster Award

By: International Conference on Eating Disorders

To: Ariel Beccia, PhD, STRIPED Postdoctoral Fellow

Project Title: Cumulative exposure to state-level structural sexism and risks of eating disorders: Results from a prospective cohort of US adolescents and young adults

Practicum Fieldwork

2022-2023

Trainee: Anderson (Junjie) Lu

Google Ads Policy Study

Faculty Mentor: Bryn Austin and Amanda Raffoul

2021-2022

Trainees: Charmaine Chan and Cindy Chwa

Screening, Symptom Recognition & Referral to Treatment for Eating Disorders in Pediatric Primary Care Settings

Practicum Sponsor: STRIPED

Trainee: Gwen Feeney
Dietary Supplement Use in the COVID-19 Pandemic
Practicum Sponsor: STRIPED

Trainee: Funmbi Okoya
Global Policy Scan on Weight-Loss Supplements
Practicum Sponsor: STRIPED

Trainees: Kenny Nguyen and Meera Ruparelia
Crafting the Public Health Case Against Race-Based Hairstyle Discrimination
Practicum Sponsor: STRIPED

Trainee: Rachel Plummer
Body Size Discrimination Legislation in Massachusetts
Practicum Sponsor: STRIPED

2020-2021

Trainee: Charmaine Chan and Cindy Chwa
Screening, Symptom Recognition & Referral to Treatment for Eating Disorders in
Pediatric Primary Care Settings
Practicum Sponsor: STRIPED

Trainee: Funmbi Okoya
Global Policy Scan on Weight-Loss Supplements
Practicum Sponsor: STRIPED

Trainees: Kenny Nguyen and Meera Ruparelia
Crafting the Public Health Case Against Race-Based Hairstyle Discrimination
Practicum Sponsor: STRIPED

Trainee: Rachel Plummer
Body Size Discrimination Legislation in Massachusetts
Practicum Sponsor: STRIPED

Trainee: Deepa Manjanatha
Topics: STRIPED Advocacy Playbook and Coloring the Narrative: Pilot of an Online
Teaching Case Lesson Plan in India
Practicum Sponsor: STRIPED

Trainee: Meg Salvia

Topic: Scoping review of policies for the prevention of disordered weight control behavior in Canada
Practicum Sponsor: STRIPED

2019-2020

Trainee: Todd Liou
Evaluation Plan for a Pilot Telemental Health Eating Disorders Treatment Program
Practicum Sponsor: Multi-service Eating Disorders Association, Newton, MA

2017-2018

Trainee: Thamara Subramanian
Policy Advocacy to Support Ban on Weight Discrimination in Massachusetts
Practicum Sponsor: STRIPED

Trainees: Katelyn Ferreira and Monica Kriete
Strategic Planning to Protect Youth from Diet Pills and Muscle-Building Supplements
Practicum Sponsor: STRIPED

Trainee: Supriya Misra
Center for Disease Control (CDC) Eating Disorders Health Monitoring Project
Practicum Sponsor: STRIPED

2016-2017

Trainees: Katelyn Ferreira and Monica Kriete
Strategic Planning to Protect Youth from Diet Pills and Muscle-Building Supplements
Practicum Sponsor: STRIPED

Trainee: Kuanysh Yergaliyev
Protecting Youth from Diet Pills and Dietary Supplements for Weight Loss and Muscle Building
Practicum Sponsor: STRIPED

2015-2016

Trainee: Ayesha McAdams-Mahmoud
Improving Screening for Eating Disorders in Pediatric Primary Care
Practicum Sponsor: STRIPED

Trainee: Alvin Tran and Esther Li
Protecting Youth from the Dangers of Dietary Supplements Sold for Weight Loss and Muscle Building
Practicum Sponsor: STRIPED

Trainee: Suzanne Wintner
School Strategies to Promote Healthy Weight Among Children and Youth
Practicum Sponsor: STRIPED

Trainee: Kuanysh Yergaliyev
Strategic Planning to Protect Youth from Diet Pills and Dietary Supplements Sold for
Weight Loss and Muscle Building
Practicum Sponsor: STRIPED

2014-2015

Trainee: Morgan Redman
A Study of Potential Policy Strategies to Place Warning Labels on Fashion Magazine
Advertisements
Practicum Sponsor: STRIPED

Trainees: Ryan Huerto and Anvita Kulkarni
Developing a Strategic Plan to Motivate Corporate Social Responsibility on the Sale of
Harmful Weight Loss and Muscle Building Products
Practicum Sponsor: STRIPED

2013-2014

Trainee: Selena Hua Lui
Creating Size Accepting Physical Activity Resources for Obese Adolescents
Practicum Sponsor: STRIPED

Trainee: Morgan Redman
Development of Best Practices Resource for Eating Disorders Prevention in Schools
Practicum Sponsor: Multiservice Eating Disorders Association, Newton, MA

2012-2013

Trainees: Yongjoo Kim, Matías Irarrázaval
Development of Nationwide Eating Disorders Screening and Prevention Proposals for
South Korean and Chilean Adolescents
Practicum Sponsor: STRIPED

2011-2012

Trainee: Boram Seo
Body Image Community Indicators Mapping Project
Practicum Sponsor: STRIPED

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

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

Trainee: Leah Hawkins

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

Practicum Sponsor: Multiservice Eating Disorders Association, Newton, MA

2010-2011

Trainees: Rob Buelow, Maliha Ali

Evaluation of Middle-School Program to Prevent Eating Disorders

Practicum Sponsor: Multiservice Eating Disorders Association, Newton, MA

Independent Study Course

2022-2023

Trainee: Alexis Miranda

BMI and Endometrial Cancer: Are we ignoring the effects of “fattism”?

Faculty Mentors: Bryn Austin and Ariel Beccia

2021-2022

Trainee: Ryan Dunk

Policy Translation for the Out of Kids’ Hands Campaign

Faculty Mentor: Bryn Austin

Trainees: Monica Henderson

Crafting the Public Health Case Against Race-Based Hairstyle Discrimination

Faculty Mentor: Bryn Austin

Trainee: Mary Lee

Risky Dietary Supplement Use in the US Air Force

Faculty Mentor: Bryn Austin

Trainee: Rachel Plummer

Topic: Body Size Discrimination Legislation in Massachusetts

Faculty Mentor: Bryn Austin, Amanda Raffoul

Trainee: Meera Ruparelia

Policy Translation for the Out of Kids’ Hands Campaign

Faculty Mentor: Bryn Austin

2020-2021

Trainee: Rachel Plummer

Topic: Body Size Discrimination Legislation in Massachusetts

Faculty Mentor: Bryn Austin, Amanda Raffoul

Trainee: Samantha Turner

Topic: Scoping Review of Policies for the Prevention of Disordered Weight control behavior in Canada

Faculty Mentor: Amanda Raffoul

Trainee: Leahy Ish Shalom

Topic: Conflict Zone: A Dramey on Mental Health and Other Wars

Faculty Mentor: Bryn Austin

2019-2020

Trainee: Tammy Yan

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

Faculty Mentor: Bryn Austin

2017-2018

Trainee: Breanne Wilhite and Thamara Subramanian

Topic: The Role of Social Media in Eating Disorders Symptoms and Body Acceptance

Faculty Mentor: Bryn Austin, David Bickham

2016-2017

Trainee: Emilie Doan Van

Topic: Cosmetic Labiaplasty and Body Image in Young Women

Faculty Mentor: Bryn Austin

2014-2015

Trainee: Kate Makaroff

Topic: The Theory and Practice of Coalition Building: How to Influence Policy on Dietary Supplements for Marketed for Weight-Loss and Muscle Building

Faculty Mentors: Bryn Austin, Christina Roberto

2013-2014

Trainee: Selena Hua Liu

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

Faculty Mentors: Bryn Austin, Kendrin Sonneville

Trainee: Morgan Redman

Eating Disorder Prevention in Athletes: Development of a Team Environmental Assessment Tool for College Coaches
Faculty Mentors: Bryn Austin, Kendrin Sonneville

2012-2013

Trainee: Matías Irrarázaval
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

Teaching Cases for Traditional Classroom Settings

Working with professional case writer Eric Weinberger, the STRIPED team developed a series of teaching cases for use in classroom settings to engage students in real-world dilemmas, problem-solving, and teamwork to tackle current, high-impact issues in the prevention of eating disorders and dangerous weight and shape control behaviors. With this program, we make all our cases easily accessible for students and educators around the globe, making them available for download from the STRIPED website and the online case libraries of the Harvard Chan School and Harvard Business School.

- **“Coloring the Narrative: How to Use Storytelling to Create Social Change in Skin Tone Ideals” (United States)**
This case, which premiered in Spring 2017, incorporates the story of two immigrants from different countries who arrive in the fictitious U.S. state of Columbia. These characters, like millions of others in their home countries of Nigeria and Thailand, have similar concerns about their skin tone and color. This case addresses the global beauty industry and the phenomenon of “colorism” as well as their association with the use of dangerous skin lightening products and body dissatisfaction. Readers will see how storytelling methods can be used in service of larger public health strategies to make a difference in the lives of people from diverse communities.
- **“Patina of Glamour: Forging Alliances to Investigate the Underside of the Fashion Industry”**
This case, which premiered in Fall 2016, addresses the less glamorous aspects of the fashion industry, which include abusive working conditions, sexual harassment, and eating disorders. Legislators in the fictitious U.S. state of Columbia are the latest to join in the global movement to rectify some of the most egregious wrongs done to models in the fashion industry. In this case, students learn how community-based participatory research can be used to develop community partnerships to solve difficult occupational health and labor rights problems like those faced by professional models.
- **“Full of Surprises: Dietary Supplements and the Gym, or, a Tale of Corporate Social Responsibility”**
This case, which premiered in Fall 2015, takes place in the fictitious U.S. State of Columbia and features Callie Guertin, a primary care physician and frequent gym-goer who slowly realizes that her new gym, MuscleTone, sells weight loss supplements at the welcome desk. With guidance from a young activist, Stacie Lubin, Guertin uses coalition building skills to pressure the MuscleTone chain to change its practices. Principles of corporate social responsibility help MuscleTone realize that abandoning sales and advertising of supplements can produce a good result for everybody. Through this case, students learn how to use principles and

strategies for motivating social responsibility to promote health and well-being in consumers.

- **“Weighing the Evidence: One University Takes a Hard Look at Disordered Eating Among Athletes”**

This case, which premiered in Spring 2015, returns to Colburn University, where athletic director Harry Ritchie finds himself in hot water after making an offhanded comment about Colburn student-athletes with eating disorders. This incident coupled with a complaint from a parent draws the attention of Dean Francis Reilly, who discovers he needs to peel back some of the layers embedding college athletics on the issue of eating disorders among athletes. Throughout the narrative, different perspectives on sports and eating disorders are revealed from top-level administrators, like Dean Reilly, to the student-athletes themselves. As the story concludes, the conversation about eating disorders has begun but questions still remain on how to make Colburn University a healthy environment for its student-athletes. In this case, students learn how to use the social ecological model to identify factors at multiple levels that influence risk of eating disorders. This case was widely promoted by the National Collegiate Athletic Association (NCAA).

- **“Some Skin in the Game: Negotiating the End of a Campus Health Menace”**

This case, which premiered in Fall 2014, features fictitious Colburn University, a campus that boasts many “amenities” for its students, including cafes, a gymnasium, and U.V. tanning salon Campus Tans. Meredith Tang, a law student originally from Australia, and Barbara Holly, a public health student, cannot believe that this insidious industry has infiltrated campus life and worse yet seems to be promoted by the school or at least is allowed to advertise on campus. Soon these students turned activists begin a campaign to evict the salon; however, they quickly discover that evicting Campus Tans may not be as easy as they thought. As the story ends, the student activists sit down to a meeting with school officials and the owner of the salon to negotiate an agreement that protects the health of Colburn students while balancing the interests of diverse stakeholders. In this case, students learn crucial skills in strategic negotiation to address complex public health problems. This teaching case was featured by the Indoor Tan-Free Skin Smart Campus Initiative to promote skin cancer prevention policy and education on school campuses.

- **“‘The Governor Is Very Interested’: Or, Cost-Effectiveness Analysis for School Health Screenings”**

This case, which premiered in Spring 2014, introduces students to protagonist Nefertiti Nelson, director of the Office of Management and Budgets for the fictional state of Columbia’s Department of Public Health. Nelson is tasked with doing a cost-effectiveness analysis of BMI screening, which is widespread in U.S. schools, and eating disorders screening, a potentially life-saving program that has yet to be adopted on a large scale. Through this case, students gain the skills to assess the evidence for costs and potential savings with public health programs. In 2014 “*The*

Governor Is Very Interested': Or, Cost-Effectiveness Analysis for School Health Screenings" made its worldwide debut. Former STRIPED co-director Kendrin Sonnevile and Consulting Expert Michael Long taught students from around the world through the Harvard Medical School Global Clinical Scholars Research Training Program (GCSRT). Students in the GCSRT program hail from 22 nations and are all faculty-level clinicians working in clinical research in their respective countries.

- **"Beauty and the Breast: Mobilizing Community Action to Take on the Beauty Industry"**
This case, which premiered in Spring 2014, tells the story of protagonist Joe Wendell who is raising a teenage daughter. One day, his daughter announces she would like to have breast implants. The distressing news prompts Wendell into new, unforeseen directions, as he learns all he can about implants and surgery and the "beauty culture" permeating society. Teaming up with Anna Pinto, director of a community center in a vibrant Brazilian-American community who is concerned about cosmetic surgery, Wendell works with Anna to extend her coalition and find a sponsor for a bill that will directly confront the problem. Through this case, students gain knowledge and skills in advocacy and putting public health into action.
- **"Retweet Does Not Imply Endorsement': The Logic of Cyberbullying in Schools"**
This case, which premiered in Fall 2013, introduces students to Hazel O'Leary, a veteran nurse at Franklin Middle School in Franklin, a largely working-class city in the fictitious U.S. state of Columbia. In response to the cries of an eighth grade girl who is being cyberbullied about her weight, O'Leary and her principal, Jamal Morden-Jones, try a few solutions to combat the bullying. Though their efforts seem promising at first, they fall short of anything systematic or evidence-based. As the case study ends, Hazel prepares to initiate her school's first foray into the world of logic models for public health program planning. Through this case, students must think critically about how to bridge the gap between policy and program design and implementation when real life intrudes.
- **"Who's Calling Me Fat? Or, How Columbia Got Its Obesity Prevention Campaign Back on Track"**
This case, which premiered in Spring 2013, tells the story of protagonist Gisele Rodriguez, a public health professional working for the fictional U.S. state of Columbia. Rodriguez is tasked with figuring out the best way to right the course of the health department's first attempt at a childhood obesity social marketing campaign that went terribly wrong. The case is a fictionalized composite of the experiences of real-world social marketing campaigns from around the country. Through this case, students get an education in the very real risk of exacerbating weight-related bullying and stigma through public health campaigns while gaining practical skills in evidence-based health communications.

STRIPED teaching cases are free and available to the public on the STRIPED website (<https://www.hsph.harvard.edu/striped/teaching-cases/>). They are also available through the Harvard Chan School case library (<http://casesources.hsph.harvard.edu/case-library>) and the Harvard Business School case library (<https://cb.hbsp.harvard.edu/cbmp/pages/content/cases>). These cases are designed to be used by educators seeking to introduce topics in eating disorders prevention and public health into their classrooms.

Teaching Cases for Online Learning

With the support of the Harvard Initiative for Learning and Teaching, the Association of Teachers of Maternal and Child Health, the National Adolescent and Young Adults Health Network, and a Harvard Chan School Curriculum Innovation grant, STRIPED transformed our teaching cases “Retweet Does Not Imply Endorsement,” “Who’s Calling Me Fat?” and “Coloring the Narrative” into e-courses for online learning. To develop our e-courses, we worked closely with instructional designers, including Megan Johnston of Bloom Learning Design and learning specialists from the Harvard Chan School of Public Health, to ensure the e-courses incorporate state-of-the-art and evidence-based teaching strategies from the fast-growing field of online education. As we continue to develop our curriculum of online courses, our goal is to make them available to public health professionals around the globe to greatly enhance the capacity for eating disorders prevention in the field.

- **“Colouring the Narrative: How to Use Storytelling to Create Social Change in Skin Shade Ideals” (India and Malaysia)**
This case, which premiered in Fall 2021, incorporates the story of five characters from Tara, India, and touches on topics of body image, colorism, skin-lightening product use, social marketing, gender equality, gender-based discrimination, and policy change to combat colorism. This online teaching case, co-instructed by Kritika Tiwari and Reena Agrawal, with the narrative written by Indian sociologist Reena Agrawal and illustrations by Tanvi Bhat, 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. Learners gain skills in storytelling methods that can be used in service of larger public health goals to make a difference in the lives of young people in India. They were also introduced to the characters in the case narrative via short videos by Medical Aid Films. You can view the three videos here: <https://bit.ly/3tUTu3l>.
The STRIPED team was honored to receive three awards for this online course, namely, the Society for Public Health Education’s Health Education Technology Innovation Award, the International Conference on Eating Disorders Body Image and Prevention Special Interest Group’s Best Student Abstract Award, and the shortlist honor for the Digital Education Award’s New Digital Course of the Year.

Subsequently, the STRIPED team, along with Malaysia-based co-instructors Sook Ning Chua, Aifa Muhammad Radzi, and Yi Fen Kong, tailored the India-based teaching case to the Malaysian cultural context, discussing the ways that colourism pervades the lives of Malaysian youth. Our teaching case was brought to life through a case narrative written by Malaysian author Jinghann Hong and illustrator Nelson Tsen. Learners, who were Malaysia-based physicians, public health professionals, and teachers, showed increased understanding of storytelling-based communications techniques for public health promotion to combat colourism and the cosmetic skin-lightening product industry with media counternarratives.

- **“Retweet Does Not Imply Endorsement”: The Logic of Cyberbullying in Schools**
With kids these days having access to all kinds of social media day and night, cyberbullying may not always be happening during the school day or on school grounds. The teaching case, which premiered in -, provides learners with an in-depth look at the complexities of cyber bullying among early adolescents and how professionals can work with youth and adults in school settings to address the problem. The teaching case narrative was written by case writer Eric Weinberger and the e-course integrated illustrations by Marysa Sheren. With this e-course, learners gain skills that guide development of new programs in school and community settings and interact with peers and teaching faculty to gain new knowledge in a supportive online learning environment.

- **“Who’s Calling Me Fat? Or How Columbia Got Its Obesity Prevention Campaign Back on Track”**

This case, which premiered in Spring 2018, explores the case of a public health campaign that needs an urgent adjustment for effective implementation. Learners are prompted to critically think about the design of a new social marketing campaign that is informed by the evidence and attentive to ethical concerns in its design and evaluation plan, thereby learning more about campaign planning and crisis management. The teaching case narrative was written by STRIPED case writer Eric Weinberger and illustrated by illustrator Amy Hardy. The case addresses the harmful effects of weight stigma and bias, describes the evidence documenting the association between weight-related teasing and harassment and subsequent increased risk of developing eating disorder symptoms in youth and presents evidence supporting the protective effects of body satisfaction on healthful nutritional and physical activity behaviors in youth.

Health Professional Trainings

- **“Screening, Symptom Recognition & Referral to Treatment for Eating Disorders in Pediatric Primary Care Settings”**
STRIPED and the Eating Disorders Coalition, supported by the Office on Women’s Health of the U.S. Department of Health and Human Services, created a brief online

training for pediatric primary care providers, including physicians and nurses, serving children, adolescents, and young adults. This training provides crucial knowledge on how to recognize the signs and symptoms of eating disorders in young people, as well as how to perform screening and appropriately refer patients to specialized care. A range of clinical resources are provided throughout training, including an online interactive tool to identify local eating disorder specialists. Interested healthcare professionals can enroll in our brief training here:

<https://www.hsph.harvard.edu/striped/webinar-and-e-course/>. In addition, we have partnered with the American Medical Association EdHub and Boston Children's Hospital Continuing Medical Education Department to promote our training and greatly expand our reach to interested learners across the country.

- **“Dietary Supplements and Eating Disorders: Keeping Your Patients Safe” Six-Part Training for Healthcare Providers”**

STRIPED has created a six-part brief video training for healthcare providers on how to discuss dietary supplements to keep their adolescent patients safe. Each 2-3-minute video addresses a different aspect of discussing this topic, such as the dangers of dietary supplements sold for weight loss and muscle building, signs and symptoms of adverse effects of these products, and clinical recommendations.

Healthcare providers can access this training here:

<https://www.hsph.harvard.edu/striped/dietary-supplements-and-eating-disorders-keeping-your-patients-safe-video-series/>

Academic Seminars and Events

2022-2023

Guest Lecture: Lyza Norton

Promoting positive food parenting practices for disordered eating prevention

Sponsored by STRIPED and the Division of Adolescent and Young Adult Medicine, Boston Children's Hospital

June 5, 2023

Guest Lecture: Stacie June Shelton

Global Public-Private Partnerships for Evidence-Based Interventions to Promote Adolescent Mental Health and Body Image

Sponsored by STRIPED and the Division of Adolescent and Young Adult Medicine, Boston Children's Hospital

August 16, 2022

Guest Lecture: Emilio Compte

[The Use of Muscle-Building Supplements in Latin America, and its Relationship with Male Health, and Eating Disorders](#)

Sponsored by STRIPED and the Division of Adolescent and Young Adult Medicine,
Boston Children's Hospital
July 21, 2022

Guest Lecture: Emilio Compte

[Missing Men and Other Gender Dilemmas in Eating Disorders Assessment for Research and Clinical Care](#)

Sponsored by STRIPED and the Department of Neuro-Psychiatric Epidemiology,
Harvard Chan School
July 20, 2022

Guest Lecture: Stacie June Shelton

Global Public-Private Partnerships for Evidence-Based Interventions to Promote
Adolescent Mental Health and Body Image

Sponsored by STRIPED and the Maternal and Child Health Interdisciplinary
Concentration, Harvard Chan School
July 6, 2022

2021-2022

Guest Lecture: Trine Tetlie Eik-Nes

A Framework for Prevention of Unhealthy Weight, Disordered Eating, and Poor Body
Image in Children

Sponsored by STRIPED and the Division of Adolescent and Young Adult Medicine,
Boston Children's Hospital
June 16, 2022

Guest Lecture: Trine Tetlie Eik-Nes

A Framework for Prevention of Unhealthy Weight, Disordered Eating, and Poor Body
Image in Children

Sponsored by STRIPED and the Department of Nutrition, Harvard Chan School
June 14, 2022

Guest Lecture: Denise Hamburger and Bryn Austin

[Creating a Body Positive School Environment](#)

Sponsored by STRIPED, BE REAL USA and the Centers for Disease Control and
Prevention
August 16, 2021

2020-2021

Guest Lecture: Sook Ning Chua

[Disordered Eating and Skin Shade Dissatisfaction in Young Adults in Singapore and Malaysia](#)

Sponsored by STRIPED and the Division of Adolescent and Young Adult Medicine,
Boston Children's Hospital

April 21, 2021

Guest Lecture: Sook Ning Chua

[Disordered Eating, Body Image & Community Mental Health in Malaysia](#)

Co-sponsored by STRIPED and the Interdisciplinary Program in Population Mental Health, Harvard Chan School

April 7, 2021

Speakers: Lesley Williams, Johanna Kandel, Monika Ostroff, Bryn Austin and moderated by Karestan Koenen

[Stress Disordered Eating and Mental Health](#)

Sponsored by Interdisciplinary Program in Population Mental Health, Harvard Chan School

March 17, 2021

[Body Confident Schools Training](#)

Co-led by Denise Hamburger of BE REAL USA and Bryn Austin

Sponsored by STRIPED and BE REAL USA

December 9, 2020

Guest Lecture: Trine Tetlie Eik-Nes

The role of eating disorder, body image and stigma in prevention of unhealthy weight gain

Sponsored by STRIPED

November 16, 2020

Guest Lecture: Trine Tetlie Eik-Nes

Disentangling the role of eating disorder, shame and stigma in treatment of unhealthy weight gain

Sponsored by STRIPED

November 12, 2020

STRIPED Virtual Showcase

Sponsored by STRIPED

October 23, 2020

Guest Lecture: Lesley Williams

Practical Application of Weight Inclusive Clinical Care

Sponsored by STRIPED

October 22, 2020

Guest Lecture: Lesley Williams

Weight of Stigma as a Public Health Issue

Co-sponsored by STRIPED and Social and Behavioral Sciences

October 19, 2020

2019-2020

STRIPED Virtual Showcase
Sponsored by STRIPED
May 1, 2020

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

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

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

STRIPED Showcase
Sponsored by STRIPED
August 21, 2019

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

2018-2019

Guest Lecture: Zali Yager
Body Image in Children and Adolescents: Current Evidence and New Possibilities
Co-sponsored by STRIPED and the Center for Excellence in Maternal and Child Health
April 5, 2019

Guest Lecturer: Zali Yager
Innovations in Improving Body Confidence and Mental Health in Mothers
Sponsored by STRIPED
April 2, 2019

STRIPED Showcase
Sponsored by STRIPED

March 20, 2019

Guest Lecturer: Suman Ambwani

When Pseudoscience Becomes Trendy: An Exploration of Clean Eating, False Health Claims, and Eating Disorder Risk

Sponsored by STRIPED and Program in Public Health Nutrition

December 7, 2018

Screening, Symptom Recognition & Referral to Treatment for Eating Disorders in Pediatric Primary Care Settings

National webinar sponsored by STRIPED and the Office on Women's Health of the Department of Health and Human Services

November 6, 2018

Guest Lecturer: Nadia Craddock

The Pressure to Be Fair: An Overlooked Adolescent Health Concern

Sponsored by STRIPED

November 2, 2018

Challenges and Opportunities for Designing and Implementing Case-based Learning in the Online Space

Half-day Workshop sponsored by STRIPED and the Harvard Initiative for Learning and Teaching

November 1, 2018

Guest Lecturer: Nadia Craddock

Colorism and Skin Lightening: An Overlooked Global Health Concern

Co-sponsored by STRIPED, Office of Diversity and Inclusion, Black Student Health Organization, and Women of Color Collective of Students

October 24, 2018

STRIPED Showcase

Sponsored by STRIPED

August 23 & 24, 2018

2017-2018

Reimagining the Frontier of Public Health Approaches to Eating Disorders Prevention: Transdisciplinary, Translational, Transformative

One-day symposium co-sponsored by STRIPED and Harvard Catalyst

April 30, 2018

Guest panel speakers: Lindsey Averill, Viridiana, Monica Kriete

Fattitude documentary screening

Co-sponsored by STRIPED, Harvard Chan School Women, Gender and Health Concentration, and Harvard Chan School Office of Diversity and Inclusion
February 13, 2018

Guest Lecturer: Laura Hart
Body Image in Early Childhood: Helping Preschoolers Develop Body Confidence as a Public Health Intervention
Co-sponsored by STRIPED, Harvard Chan School Program in Public Health Nutrition, and Maternal and Child Health/Children, Youth and Families Center for Excellence
November 8, 2017

Straight/Curve: Redefining Body Image documentary screening
Co-sponsored by the Harvard Chan School of Public Health
November 6, 2017

Guest Lecturer: Monica Kriete
Weight Bias: A Public Health Problem
Co-sponsored with the Harvard Chan School of Public Health Office of Diversity and Inclusion
October 25, 2017

2016-2017

Guest Lecturer: Sandra Aamodt, PhD
Why Diets Make Us Fat: The Unintended Consequences of Our Obsession With Weight Loss
October 3, 2016

Guest Lecturers: Elena Rossini, MA, Moya Bailey, PhD, Susan Linn, EdD, and Rachel Rodgers, PhD
The Illusionists: A Film About the Globalization of Beauty
October 24, 2016

Guest Lecturers: Rep. Joseph Kennedy III, Ann Becker, MD, Sara Forman, MD, Matt Selig, Esq., and Stacey Sacks
Capitol Hill Chaos: The Future of Eating Disorders, Treatment Access and Mental Health Parity
February 23, 2017

Guest Lecturers: Courtney Brown, BA, and Kimberly Yu, BA
Colorism: How Can We Address this Clinical and Public Health Issue in a Global Context?
April 19, 2017

Guest Lecturers: Courtney Brown, BA, and Kimberly Yu, BA
Colorism: How Can We Address this Clinical and Public Health Issue in a Global Context?
May 15, 2017

2015-2016

Guest Lecturers: Erica Kenney, ScD, and Katrina Schroeder, RD, LDN
Fighting Fat Stigma: What Public Health Can Do to Reduce Bias and Promote Health at Every Size
April 26, 2016

Guest Lecturer: Jerel Calzo, PhD
The Mask You Live In: Is American Masculinity Harming Our Boys, Men, and Society?
April 19, 2016

Guest Lecturers: Allegra Gordon, ScD, MPH, Erica Kenney, ScD, MPH, and Flora Or, MHS
The Weight of Stigma: Implications of Fat Stigma for Public Health
February 23, 2016

Guest Lecturers: S. Bryn Austin, ScD, and Rachel Rodgers, PhD
Occupational Hazards of Fashion: Emerging Policy Solutions to Mitigate Coerced Starvation and Exploitation of Fashion Models
February 8, 2016

Guest Lecturer: Jerel Calzo, PhD
Muscles and Masculinity: What's the Connection?
December 7, 2015

2014-2015

Guest Lecturer: Phillippa Diedrichs, PhD
Large Scale Dissemination of Eating Disorders Prevention in the European Union
April 22, 2015

Guest Lecturer: Allegra Gordon, ScD, MPH
Gender Expression, Discrimination and Health Among U.S. Adolescents and Young Adults: Quantitative and Qualitative Approaches
April 21, 2015

Guest Lecturer: Susan Greenhalgh, PhD
Fat Talk Nation
April 21, 2015

Guest Lecturer: Rachel Rodgers, PhD
Decreasing Tanning Among Students: An Unexpected Minimal Intervention
March 23, 2015

Guest Lecturer: Jean Kilbourne, EdD
Falling in Love with Food: Advertising and Public Health
March 3, 2015

Guest Lecturer: Erica Kenney, ScD and Morgan Redman, MS
Are K-12 Schools Hurting Obese Students? A Qualitative Study of U.S. Classroom Teachers and Weight Bias
February 4, 2015

Guest Lecturer: Kerstin Blomquist, PhD
Evidence-based Policy Solutions to Prevent Eating Disorders: Should We Place Warning Labels on Fashion Advertisements?
November 10, 2014

Guest Lecturer: Emily Kroshus, ScD
Winning at What Cost? Concussions and Disordered Eating in Collegiate Sports
October 17, 2014

2013-2014

Guest Lecturer: Kendrin Sonneville, ScD, RD, LDN
Adolescent Obesity and Disordered Eating: How to Talk About Weight
Boston Children's Hospital Eating Disorder Case Conference
May 27, 2014

Guest Lecturer: Emily Kroshus, MPH
Dissertation Defense: Exploring the Influence of Within-Group Communication and Norms on the Health Behaviors of Collegiate Athletes
April 1, 2014

Guest Lecturer: Christina Roberto, PhD, and Brigitte Granger
Diet Industry Marketing Practices: The Problem's Scope & Solutions
April 1, 2014

Guest Lecturer: Rachel Rodgers, PhD, Northeastern University, Boston, United States
Unintentional Prevention in Eating Disorders: Potential Methodological and Practice Implications
Public Health Nutrition Program's Brown Bag Series
March 11, 2014

Guest Lecturer: Katherine Record, JD, MPH, MA
Spring 2014: Skeletal Is Still the Proverbial Black
Co-sponsored by STRIPED and Harvard Education and Research Center for Occupational Safety and Health.
February 10, 2014

Guest Lecturer: Manuela Ferrari, PhD, University of Toronto, Toronto, Canada
BODY Study Digital Vignettes for Eating Disorders Prevention
December 6, 2013

Guest Lecturer: Phillippa Diedrichs, PhD, Centre for Appearance Research at the
University of the West of England: Bristol, Bristol, England
Policy Approaches to Improving Body Image and Preventing Eating Disorders: A
Researcher's Perspective on Working With Government, Politicians and Policy Makers
in the UK
December 6, 2013

Guest Lecturer: Kendrin Sonneville, ScD, RD, LDN
Eating Disorders: What, Why, and How Common?
Principles of Nutrition
December 3, 2013

Guest Lecturer: Phillippa Diedrichs, PhD, Centre for Appearance Research at the
University of the West of England: Bristol, Bristol, England
Body Politics: Translating Research Into Practice With Government, Politicians and
Policy Makers in the UK to Improve Body Image and Prevent Eating Disorders
December 3, 2013

Guest Lecturer: Dianne Neumark-Sztainer, PhD, MPH, RD, International Expert
Advisory Panel member
Family Meals: Key Findings From Project EAT and Future Directions
Nutrition Seminar Series
November 25, 2013

Guest Lecturer: Kendrin Sonneville, ScD, RD, LDN
Adolescent Nutrition: Obesity, Eating Disorders, and Integrated Prevention
Adolescent Health Course, Harvard Chan School
November 25, 2013

Guest Lecturer: Bryn Austin, ScD
Getting Eating Disorders Prevention on the Public Health Agenda: A Strategic Approach
to Prevention Science, Pipelines, and Workforce Training
School-Wide Hot Topics Seminar at Harvard Chan School
July 23, 2013

2012-2013

Guest Lecturer: Bernice Garnett, ScD, MPH
Dissertation Defense: The Intersections of Discrimination, Bullying, and Coping Among
Ethnically Diverse Urban Youth: Highlighting Weight-Based Discrimination Through a
Mixed-Methods Framework
April 17, 2013

Guest Lecturer: Bryn Austin, ScD
Getting Eating Disorders Prevention on the Public Health Agenda: A Strategic Approach to Prevention Science, Pipelines, and Workforce Training.
Harvard Chan School Maternal and Child Health Seminar Series
April 10, 2013

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

Film screening of documentary *Absolutely Safe*
Co-sponsored by STRIPED and Harvard Chan School Women, Gender, and Health Concentration
October 9, 2012

2011-2012

Guest Lecturer: Zali Yager, PhD, La Trobe University, Melbourne, Australia
School-Based Prevention of Eating Disorders and Obesity: The Role of Physical Education Teachers
Co-sponsored by STRIPED and Harvard Chan School Program in Public Health Nutrition
May 1, 2012

Film screening of documentary *Miss Representation*
Co-sponsored by STRIPED and Harvard Chan School Women, Gender and Health Concentration
April 5, 2012

Guest Lecturer: Kendrin Sonneville, ScD
Eating Disorders and Obesity in Teens: The Role of Body Dissatisfaction
Seminar Series: Harvard Chan School Nutrition Seminar
March 26, 2012

Guest Lecturer: Monica Wang, ScD, MPH
Dissertation Defense: Risk and Protective Factors of Disordered Weight Control Behaviors
March 21, 2012

Guest Lecturer: Bryn Austin, ScD
Why We Need Eating Disorders Screening in High Schools
Legislative briefing at Massachusetts State House with Representative Kay Khan on Improving Early Intervention and Prevention by Adding Eating Disorders to Required Health Screenings in Schools.
In partnership with the National Eating Disorders Association, New York, NY, and office of Massachusetts Representative Kay Khan, Newton, MA

March 6, 2012

Guest Lecturer: Bryn Austin, ScD

Getting Eating Disorders Prevention on the Public Health Agenda: A Strategic Approach to Prevention Science, Pipelines, and Workforce Training

Seminar Series: Harvard Center for Population and Development Studies

February 9, 2012

Film screening of documentary *Beauty Mark: Body Image & the Race for Perfection*

Co-sponsored by STRIPED and Harvard Chan School Women, Gender and Health Concentration

October 20, 2011

2010-2011

Film screening of documentary *DISFIGURED: A Movie About Women and Weight*

Co-sponsored by STRIPED and Harvard Chan School Women, Gender and Health Concentration

February 24, 2011

Film screening of documentary *America the Beautiful*

Co-sponsored by STRIPED and Harvard Chan School Women, Gender and Health Concentration

October 27, 2010

2009-2010

Guest Lecturer: Jess Haines, PhD, MHSc, RD, International Expert Advisory Panel member
Prevention of Weight-Related Disorders in Youth

Harvard Chan School Maternal and Child Health Seminar Series

April 21, 2010

Guest Lecturer: Susan Paxton, PhD, International Expert Advisory Panel member
Body Image and Disordered Eating: Risk Factor Based Prevention Interventions and Public Health Initiatives

Co-sponsored by STRIPED and Harvard Chan School Women, Gender and Health Concentration

April 5, 2010

Guest Lecturers: Bryn Austin, ScD, Kendrin Sonneville, ScD

Reduction of Shape and Weight Concern in Young Adolescents: A 30-Month Controlled Evaluation of a Media Literacy Program

Harvard Chan School Maternal and Child Health Journal Club

March 31, 2010

Guest Lecturer: Bryn Austin, ScD

Policy Translation

The Real Cost of Beauty Ideals

This study was conceived through a collaboration of the Dove Self-Esteem Project (DSEP) and the Strategic Training Initiative for the Prevention of Eating Disorders: A Public Health Incubator (STRIPED) and conducted in collaboration with Deloitte Access Economics. With this study, we take aim at racist and gendered societal appearance ideals, bringing much-needed scrutiny to a domain of inequity that for too long has been relegated to the periphery of economic and social inquiry, no doubt both a consequence and a cause of the comparatively small research literature investigating this domain. The report provides overwhelming evidence that body dissatisfaction and appearance-based discrimination, including weight- and skin-related discrimination, are a multi-billion-dollar public health crisis that costs people of all genders, but women and girls especially, their health, happiness, and sometimes their lives. Harmful beauty ideals cost the U.S. economy \$305B due to body dissatisfaction and \$501B due to appearance-based discrimination annually, combining estimates of financial costs and lost well-being.

Comparative Cost-Effectiveness Analysis of Five Public Health Approaches to Eating Disorders Prevention in the United States

Eating disorders cases in young people have doubled since the beginning of the COVID-19 pandemic. The need for treatment far outstrips the capacity of the healthcare system, underscoring how vital primary and secondary prevention are. This comparative cost-effectiveness study, the first of its kind in the field, explored the economic case for implementing five policy and programmatic approaches to eating disorders prevention, namely: 1) school-based screening, 2) primary care-based screening, 3) school-based universal prevention, 4) excise tax on diet pills, and 5) restriction on youth purchase of diet pills. The findings of this study highlight the potential cost savings and gains in health that could be achieved by advancing a policy agenda for eating disorders prevention.

STRIPED Advocacy Playbook

Released in 2021, the STRIPED Advocacy Playbook uses tried and true strategies to make it easy for community change-makers to advocate for important advances that could help prevent eating disorders and promote body confidence. With help from colleagues at My Power People, Center Road Solutions, 1235 Strategies, and

GQR, the Playbook offers a step-by-step guide for advocates to plan and organize campaigns for policy change and health equity. The STRIPED Advocacy Playbook offers valuable information for advocates interested in getting involved with eating disorders prevention campaigns, public health professionals wanting to put their ideas and research into policy action, and policymakers wanting to be leaders on these initiatives. Showcasing our current and new policy translation campaigns, the Playbook includes numerous resources on each specific policy campaign, including model legislation, fact sheets, and policy briefs. As a freely available tool on our website, the STRIPED Advocacy Playbook will offer a unique and accessible resource for anyone looking to promote body confidence and health equity through policy translation.

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

In collaboration with the Academy for Eating Disorders and Deloitte Access Economics, STRIPED led an initiative to carry out the **most comprehensive examination to date** of the social and economic burden of eating disorders in the United States. In addition to estimating the direct cost of treatment for eating disorders, the report, published in 2020, documents a range of additional economic costs, including informal care giving, productivity, and broader costs to society and estimates substantial losses in wellbeing. We now have critical economic data to estimate the immense impact eating disorders have on the U.S. population and economy. We are excited to use this groundbreaking report to aid our present and future policy work. STRIPED is working side by side with our many community partners to bring these findings to key decision makers in government and healthcare. To help local advocates leverage our findings and motivate decision makers to take action in their own communities, we also created fact sheets with the key findings tailored for each state.

Center for Disease Control and Prevention (CDC) Eating Disorders Health Monitoring Project

The Centers for Disease Control and Prevention (CDC) keeps a close eye on the health of Americans by collecting data from individuals, hospitals, and healthcare providers. They call this “health surveillance.” When questions are not asked about a particular health issue, like eating disorders, we really don’t know what’s happening and we might not even know a problem exists. Simply put, if you’re not counted, you don’t count. When STRIPED discovered that the CDC abruptly stopped its data collection of eating disorders in youth (and the agency collects almost no data on eating disorders in adults), we kicked into action to lead a coalition of national organizations, including the Academy for Eating Disorders, Eating Disorders Coalition, and the National Eating Disorders Association, to urge the CDC to include survey questions to track eating disorders across the country and to spot the early signs and symptoms. In response to our advocacy effort, both the U.S. Senate and House of Representatives have released letters to the CDC director urging the agency to begin discussions on the role the agency could play in launching national surveillance of eating disorders. We are

continuing to work with the CDC and other federal agencies to offer technical expertise as the agencies work to remedy this dangerous lack of health surveillance.

Out of Kids' Hands Campaign to Ban Sale of Over-the-Counter Diet Pills and Muscle-Building Supplements to Minors

In a long-standing academic-community-government partnership, which began in 2015, STRIPED has teamed up with community partners the Multi-Service Eating Disorders Association, National Eating Disorders Association, Eating Disorders Coalition, Center for Science in the Public Interest, and many other organizations, along with lawmakers in multiple states to protect minors from dangerous over-the-counter diet pills and dietary supplements sold for weight loss and muscle building. Based on STRIPED legal and public health research, legislation first introduced in Massachusetts, followed by California, New York, Illinois, New Jersey, Connecticut, and Missouri has now being considered by lawmakers in states across the country to ban the sale of these deceptive and deleterious products to consumers younger than 18 years old. Since the first time legislation was introduced in 2015, the campaign to ban the sale of diet pills and muscle-building supplements to minors has made tremendous gains with state lawmakers. STRIPED continues to generate and translate the overwhelming research evidence motivating these legislative efforts to keep dangerous diet pills and muscle-building supplements out of the hands of our youth. Legislation from the Out of Kids' Hands Campaign have now been filed by lawmakers in 10 states since the establishment of the STRIPED Youth Corps in 2021 and over 60 high school youth are now involved in our civic advocacy efforts.

Health in the Fashion Industry

Through another academic-community-government partnership, STRIPED and community partners Model Alliance and National Eating Disorders Association worked with California Assemblymember Marc Levine to protect the safety, health, and wellbeing of models, and change the messages girls and young women receive about what our society values. In 2016, Assemblymember Marc Levin introduced California A.B. 2539: An Act protecting the health and safety of fashion models, the first bill in the United States to directly address the problem of coerced starvation and eating disorders in the fashion industry to protect the health and well-being of professional models. Sparked by STRIPED legal research led by STRIPED Collaborating Mentor Katherine Record reported in the *American Journal of Public Health* article "'Paris thin:' A call to regulate life-threatening starvation of runway models in the U.S. fashion industry," this bill was designed to ensure that all modeling agencies operate under the California Talent Agency Act, which would provide necessary worker health and safety protections for models. This bill also clarified that models are employees of the brands they represent, rather than independent contractors, ensuring that models are granted worker health and safety protections that all employees have in California. In the subsequent legislative session, January 2018, our same team of experts and advocates provided the research evidence supporting Assemblymember Levine in filing California AB 2338 to protect the health of professional fashion models working in California. The

bill, which builds on CA AB 2539 from the previous legislative session, addresses the problem of eating disorders and sexual harassment in the fashion industry by requiring talent agencies to provide sexual harassment prevention and health standards training programs to employees, actors, models, and other entertainers. The bill was signed into law as the Talent Protections Act in September 2018.

Height and Weight Discrimination

Collaborating with community partners, STRIPED is helping to leverage the research evidence to support legislation to make discrimination based on height and weight unlawful. Massachusetts lawmakers Rep. Tram Nguyen and Sen. Rebecca Rausch are leading efforts in the state, and we are providing valuable research evidence to support similar efforts in New York and New Jersey. Unlike many other forms of discrimination, discrimination based on height and weight remain legal in all states except Michigan. If eventually passed, this bill would add height and weight to the list of unlawful forms of discrimination in Massachusetts and would provide a legal remedy to those who have experienced discrimination in employment, housing, education, and public accommodations based on their height or weight.

Digitally Manipulated Advertisements

STRIPED research provided the basis for the first bill in the country to address the widespread issue of digitally manipulated images in advertisements and introduced by Massachusetts Rep. Kay Khan and Senator Rebecca Rausch. If passed in Massachusetts, An Act relative to mental health promotion through realistic advertising images, would create a new tax credit for companies that demonstrate commitment not to alter models' appearance in terms of age, skin shade, and body size and shape in advertisements for apparel, cosmetics, and personal care products.

Banning Natural Hair Style Discrimination

STRIPED is proud to support the Massachusetts efforts to advance the Creating a Respectful and Open World for Natural Hair (CROWN) Act, legislation aimed to combat discrimination based on race-based hair styles. The CROWN Act has been passed in 19 US states and 43 cities already. In Massachusetts, where the bill was sponsored by Massachusetts Representatives Steven Ultrino and Chynah Tyler and Senator Adam Gomez, STRIPED created opportunities for public health graduate students to gain vital research-to-policy-translation experience to support with this important social justice initiative. We were proud to be part of the coalition supporting the bill, which was signed into law in Massachusetts in 2022.

Advocacy Day Travel Scholarships

2022-2023

Trainees earning scholarships in spring 2022 to attend the Eating Disorders Coalition Capitol Hill Virtual Advocacy Day: Lamia Ayaz, Ariel Beccia, Charlotte Chiang, Nat Egan, Chuying Huo, Taline Nahapetian, Pari Patel, Arshia Verma, Emmanouil Vourvahakis

2021-2022

Trainees earning scholarships in spring 2022 to attend the Eating Disorders Coalition Capitol Hill Virtual Advocacy Day: Ryan Ahmed, Ariel Beccia, Mimi Cole, Yaen Chen, Saket Datla, Najman Mahboub, Stacie June Shelton, Edward Thomas

Trainees earning scholarships in spring 2022 to attend the virtual International Conference on Eating Disorders: Maya Azar-Atallah, Upanita Barman, Destiny Jackson, Mary Lee, Funmbi Okoya

2020-2021

Trainees earning scholarships in spring 2021 to attend the Eating Disorders Coalition Capitol Hill Virtual Advocacy Day: Shradha Chhabria, Deepa Manjanatha, Kenny Nguyen, Meg Salvia, and Kelsey Wu

Trainees earning scholarships in spring 2021 to attend the virtual International Conference on Eating Disorders: Ariel Beccia, Alice Lowy, Rachel Plummer, Kelsey Rose, Meg Salvia

2019-2020

Trainees earning scholarships in spring 2020 to attend the Eating Disorders Coalition Capitol Hill Advocacy Day: Amanda Bryson, Haidee Cano, Cindy Chwa, Sydney Hartman-Munick, Niyaz Mohammadzadeh Honarvar, Kripa Jalan, Jessica Lin, Andrea Lopez-Cepero, Alice Lowy, Cameron Nereim, Rachel Plummer, Claire Roux, Haitham Shoman, Marlana Skrabak, Mai-Han Trinh, Bree Wilhite Conway

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

2018-2019

Trainees earning scholarships to attend the Eating Disorders Coalition Capitol Hill Advocacy Day in spring 2019 semester: Elizabeth Byrnes, Estivaliz Castro, Phoebe Garcia, Ryan Golt, Amanda Graff, Isabel Janmey, Claire Lamneck, Jordan Levinson, Molly Rafferty, Jane Rho, Kendall Sharp, Lily Shay, Tamara Subramanian, Frances Tao, and Bree Wilhite

2017-2018

Trainees earning scholarships to attend the Eating Disorder Coalition Capitol Hill Advocacy Day in fall semester: Avanti Adhia, Katelyn Ferreira, Ali Greatsinger, Laura Hart, Jessica Huang, Tariana V. Little, Blair Robinson, and Breanne Wilhite

Trainees earning scholarships to attend the Eating Disorders Coalition Capitol Hill Advocacy Day in spring semester: Rohit Abraham, (Borna) Nazmim Bhuiya, Payal Desai, Ijeoma Ezeofor, Begum Kalyoncu, Anqa Khan, Leena Kulkarni, Jessica Oh, Nicolle Potvin, and Alvin Tran

2016-2017

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

2015-2016

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

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

2014-2015

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

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

Publications

Research Articles

Xu W, Lopez-Cepero A, Taylor, O'Neill J, Plym A, Austin SB, Mattei J. Food insecurity is associated with dysfunctional eating behaviors among adults in Puerto Rico. *Journal of Nutrition Education and Behavior* (In press).

This paper reports the results of a paper led by STRIPED Trainee Wanqing Xu along with STRIPED Faculty Josiemer Mattei and Visiting Scholar Andrea Lopez-Cepero.

Gordon AR, Egan K, Wang M, Ziyadeh N, Kenney E, Rosario M, Austin SB. Weight-based discrimination and disordered eating behaviors in a cohort of U.S. sexual minority young adults. *International Journal of Eating Disorders* 2023 (E-pub ahead of print).
This study was led by STRIPED Collaborating Mentor Allegra Gordon.

Costello N, Sutton R, Jones M, Raffoul A, Ojumu O, Salvia M, Santoso M, Kavanaugh JR, Austin SB. Algorithms, addiction, and adolescent mental health: An interdisciplinary study to inform state-level policy action to protect youth from the dangers of social media. *American Journal of Law and Medicine* (In press).
This paper reports the results of a collaborative study including STRIPED trainees Danni Ojumu and Meg Salvia, along with Michigan State collaborating mentor Nancy Costello and law trainees Rebecca Sutton and Madeline Jones.

Santoso M, Agrawal R, Tiwari K, Manjanatha D, Austin SB, McAdams-Mahmoud A, Craddock N, Raffoul A. Tackling colourism through storytelling in an online course for public health professionals. *Health Education Journal*. 2023; 82(4): 430-443,
This paper reports the results of a study co-authored with STRIPED trainee Deepa Manjanatha and Visiting Scholar Nadia Craddock.

Raffoul A, Turner SL, Salvia MG, Austin SB. Population-level policy recommendations for the prevention of disordered weight control behaviors: A scoping review. *International Journal of Eating Disorders* 2023 (E-pub ahead of print).
This paper reports the results co-authored by STRIPED trainees Samantha Turner and Meg Salvia.

Okoya FT*, Santoso M*, Raffoul A, Atallah MA, Austin SB. Weak regulations threaten the safety of consumers from harmful weight-loss supplements globally: Results from a pilot global policy scan. *Public Health Nutrition*. 2023
This paper reports the results of a study led by STRIPED trainee Funmbi Okoya and co-authored with Visiting Scholar Maya Azar Atallah.

Tschampl CA, Lee M, Raffoul A, Santoso M, Austin SB. Economic value of initial implementation activities for proposed ban on sales of over-the-counter diet pills and muscle-building supplements to minors. *AJPM Focus*. (In press).
This paper reports the results of a study by Brandeis University collaborator Cynthia Tschampl and including STRIPED trainee May Lee.

Chua SN, Craddock N, Rodtanaporn W, Or F, Austin SB. Social media, traditional media, and other body image influences and disordered eating and cosmetic procedures in Malaysia, Singapore, Thailand, and Hong Kong. *Body Image*. 2023;45:265-272.
This paper reports the results of a study led by STRIPED Visiting Scholars Sook Ning Chua, Flora Or, and Nadia Craddock.

Austin SB, Beccia AL, Raffoul A, Jackson DA, Sarda V, Hart JE, Chavarro JE, Rich-Edwards J. Financial precarity, food insecurity, and psychological distress prospectively linked with use of potentially dangerous dietary supplements during the pandemic in the US. *Frontiers in Public Health*. 2023;5:1120942.

This paper reports the results of a study co-authored by STRIPED trainees Ariel Beccia and Destiny Jackson.

Lopez-Cepero A, Frisard C, Mabry G, Spruill T, Mattei J, Austin SB, Lemon SC, Rosal MC. Association between poor sleep quality and emotional eating in US Latinx adults and the mediating role of negative emotions. *Behavioral Sleep Medicine*. 2023; 21(2): 162-171.

Ganson K, Nagata JM, Rodgers RF, Austin SB, Murray S. Prevalence and sociodemographic characteristics of moderate and high engagement in muscle-building exercise among adolescents. *Body Image*. 2022;42:263-267.

Long MW, Ward ZJ, Wright DR, Rodriguez P, Tefft NW, Austin SB. Cost-Effectiveness of 5 Public Health Approaches to Prevent Eating Disorders. *Am J Prev Med*. 2022; 63(6), 935-943.

This paper reports the results of a study led by STRIPED Collaborating Mentors Michael Long and Davene Wright and Trainee Patricia Rodriguez.

Raffoul A, Gibbons B, Boluk K, Neiterman E, Hammond D, Kirkpatrick SI. "Maybe a little guilt isn't so bad for the overall health of an individual": A mixed-methods exploration of young adults' experiences with calorie labelling. *BMC Public Health*. 2022; 22(1); 1-10.

Raffoul A, Vitagliano JA, Sarda V, Chan C, Chwa C, Ferreira KB, Gooding HC, Forman SF, Austin SB. Evaluation of a one-hour asynchronous video training for eating disorder screening and referral in U.S. Pediatric Primary Care: A pilot study. *Int J Eat Disord*. 2022;55(9):1245-1251.

This paper reports the results of a study led by STRIPED Faculty Amanda Raffoul, Research Fellow Katelyn Ferreira, Trainees Cindy Chwa and Charmaine Chan.

Kathiresan R, Austin SB, Raffoul A, Vargas G. Use of Protein Powders and Muscle-Building Supplements by Young Men in their Drive for Muscularity. *American Academy of Pediatrics*. 2022; 43 (6): 353 - 355.

This paper reports the results of a study by STRIPED Trainee Rakesh Kathiresan. Rakesh worked with Boston Children's Hospital's Center on Young Men's Health.

Velasquez K, Ivie A, Fegely SR, Raffoul A, Vitagliano JA, Roberto CA, Austin SB. Dietary Supplements for Weight Loss: Legal Basis for Excise Tax and Other Government Action to Protect Consumers from a Public Health Menace. *Am J Law Med*. 2022;48(1):38-53.

Tang L, Rifas-Shiman SL, Field AE, Austin SB, Haines J. Self-Reported Total Screen Time and Viewing Modes Are Associated with Body Dissatisfaction, Disordered Eating, and Cosmetic Surgery Intentions among Young Adults. *Nutrients*. 2022; 14(10):2027.

This paper reports the results of a study led by STRIPED International Expert Advisory Panel member, Dr. Jess Haines.

Vitagliano JA, Beccia A, Mattei J, Cory H, Austin SB. Disproportionate Use of Over-the-counter Diet Pills Among Latinx Youth and Increased Use Over Time Among Latinx Females: Results of US National Study. *J Adolesc Health*. 2022; 70(6): 993-996.

This paper reports the results of a study led by STRIPED's Julia Vitagliano with collaboration by STRIPED Trainee Hannah Cory, Postdoctoral Fellow Dr. Ariel Beccia and Faculty Dr. Josiemer Mattei.

Chua SN, Fitzsimmons-Craft EE, Austin SB, Wilfley DE, Taylor CB. Estimated prevalence of eating disorders in Malaysia based on a diagnostic screen. *I J Eat Disord*. 2022. 55(6): 763-775.

This paper reports the results of a study led by STRIPED Visiting Scholar Dr. Sook Ning Chua.

Nagata JM, Hazzard VM, Ganson KT, Austin SB, Neumark-Sztainer D, Eisenberg ME. Muscle-building behaviors from adolescence to emerging adulthood: A prospective cohort study. *Prev Med Rep*. 2022; 27: 101778.

López-Cepero A, Frisard C, Mabry G, Spruill T, Mattei J, Austin SB, Lemon SC, Rosal MC. Association between poor sleep quality and emotional eating in US Latinx adults and the mediating role of negative emotions. *Behav Sleep Med*. 2022; 13:1-10.

This paper reports the results of a study led by STRIPED Visiting Scholar Andrea Lopez-Cepero.

Beccia AL, Austin SB, Baek J, Agénor M, Forrester S, Ding EY, Jesdale WM, Lapane KL. Cumulative exposure to state-level structural sexism and risk of disordered eating: Results from a 20-year prospective cohort study. *Soc Sci Med*. 2022;301:114956.

This paper reports the results of a study led by STRIPED Postdoctoral Fellow Ariel Beccia.

Lin JA, Hartman-Munick SM, Kells MR, Milliren, CE, Slater, WA, Woods ER, Forman SF, Richmond, TK. The Impact of the COVID-19 Pandemic on the Number of Adolescents/Young Adults Seeking Eating Disorder-Related Care. *J Adolesc Health*. 2021; 69(4): 660-663.

This paper reports the results of a study led by STRIPED Faculty Tracy Richmond.

Rose KL, Evans EW, Sonnevile KR, Richmond T. The set point: Weight destiny established before adulthood? *Curr Opin Pediatr*. 2021;33(4):368-372.

This paper reports the results of a study by STRIPED Trainee Kelsey Rose, Collaborating Mentor Kendrin Sonneville, and Faculty Tracy Richmond.

Raffoul A, Williams L. Integrating Health at Every Size principles into adolescent care. *Curr Opin Pediatr*. 2021;33(4):361-367.

This paper reports the results of a study led by STRIPED Postdoctoral Fellow Amanda Raffoul and Visiting Scholar Lesley Williams.

Negowetti N, Ambwani S, Karr S, Rodgers RF, Austin SB. Digging up the dirt on "clean" dietary labels: Public health considerations and opportunities for increased Federal oversight. *Int J Eat Disord*. 2022;55(1):39-48.

This paper reports the results of a study led by STRIPED Fellow Suman Ambwani in collaboration with Trainee Stefani Karr and Collaborating Mentor Rachel Rodgers.

Gordon AR, Austin SB, Schultz J, Guss CE, Calzo JP, Wang ML. Gender expression, peer victimization, and disordered weight control behaviors among U.S. high school students. *J Adolesc Health* 2021; 68(6), 1148-1154.

Nagata JM, Ganson KT, Austin SB. Emerging trends in eating disorders among sexual and gender minorities. *Curr Opin Psychiatry* 2021; 33(6), 562-567.

LM Hart, KB Ferreira, S Ambwani, EB Gibson, SB Austin. Developing expert consensus on how to address weight stigma in public health research and practice: A Delphi study. *Stigma and Health* 2021; 6(1), 79-89.

In addition to the scientific publication, a full report can be found on the STRIPED website: <https://www.hsph.harvard.edu/striped/striped-roadmap-for-addressing-weight-stigma-in-public-health-research-policy-and-practice/>

STRIPED is committed to working toward putting an end to weight stigma. To address weight stigma in public health research, policy, and practice, STRIPED collaborators Laura Hart, Katelyn Ferreira, Suman Ambwani, Erin Gibson, and Bryn Austin, conducted a Delphi expert consensus study with a group of experts from the fields of eating disorders, fat activism, and public health to identify ideas and actions supported by high levels of consensus across fields.

Rodriguez PJ, Ward ZJ, Long MW, Austin SB, Wright DR. Applied Methods for Estimating Transition Probabilities from Electronic Health Record Data. *Med Decis Making*. 2021;41(2):143-152.

Hazzard V, Simone M, Austin SB, Larson N, Neumark-Sztainer D. Diet pill and laxative use for weight control predicts first-time receipt of an eating disorder diagnosis within the next five years among female adolescents and young adults. *Int J Eat Disord* 2021; 54(7), 1289-1294.

Sharp KJ, Vitagliano JA, Weitzman ER, Fitzgerald S, Dahlberg SE, Austin SB. Peer-to-Peer Social Media Communication About Dietary Supplements Used for Weight Loss and Sports Performance Among Military Personnel: Pilot Content Analysis of 11 Years of Posts on Reddit. *JMIR Form Res.* 2021 Oct 4;5(10):e28957.

Beccia AL, Baek J, Austin SB, Jesdale W, Lapane KL. Eating-related pathology at the intersection of gender, gender expression, sexual orientation, and weight status: An intersectional Multilevel Analysis of Individual Heterogeneity and Discriminatory Accuracy (MAIHDA) of the Growing Up Today Study cohorts. *Soc Sci Med* 2021; 281:114092.

Streatfeild J, Hickson J, Austin SB, Hutcheson R, Kandel JS, Lampert JG, Myers EM, Richmond TK, Samnaliev M, Velasquez K, Weissman RS, Pezzullo L. Social and economic cost of eating disorders in the United States: Evidence to inform policy action. *Int J Eat Disord* 2021; 54(5), 841-868.

STRIPED is committed to eating disorders prevention for the health of Americans given the economic burden of eating disorders on an already stressed economy. In addition to the scientific publication, a full report can be downloaded for free on the STRIPED website: <https://www.hsph.harvard.edu/striped/report-economic-costs-of-eating-disorders/>. The costs of eating disorders by US state are also available as an interactive map on our website: <https://www.hsph.harvard.edu/striped/economic-costs-of-eating-disorders-by-state/>. To address the wide-reaching economic impacts of eating disorders, STRIPED collaborators Rebecca Hutcheson, Johanna Kandel, Elissa Myers, Tracy Richmond, Mihail Samnaliev, Katrina Velasquez, and Bryn Austin, conducted the most comprehensive study on the social and economic costs of eating disorders in the United States with a group of experts from the fields of eating disorders, public health, adolescent preventive medicine, health law, policy, and economics, finding the astounding \$65 billion that eating disorders cost the economy in 2018-19.

Rodgers RF, Ziff S, Lowy AS, Austin SB. Disordered eating behaviors and sexual objectification during New York Fashion Week: Implementation of industry policies and legislation. *Int J Eat Disord* 2021 Mar;54(3):433-437.

STRIPED Collaborating Mentor Rachel Rodgers worked closely with STRIPED Trainee Alice Lowy on this research.

Chua SN, Fitzsimmons-Craft E, Austin SB, Wilfley DE, Taylor CB. Estimated prevalence of eating disorders in Singapore. *Int J Eat Disord* 2021 Jan;54(1):7-18.

Rodgers RF, Ziff S, Lowy AS, Austin SB. Stakeholder attitudes towards fashion policy in the U.S.: Strategic research for the protection of models and prevention of body image and eating concerns. *Critical Pub Health* 2020, DOI: 10.1080/09581596.2020.1826407

STRIPED Collaborating Mentor Rachel Rodgers worked closely with STRIPED Trainee Alice Lowy on this research.

Yergaliyev KA, Aveling EL, Lee RM, Austin SB. Lessons for Local Policy Initiatives to Address Dietary Supplement Use Among Adolescents: A Qualitative Study of Stakeholders' Perceptions. *J Adolesc Health*. 2020 Oct;67(4):550-556.

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

Solazzo AL, Geller AC, Hay JL, Ziyadeh NJ, Charlton BM, Frazier AL, Austin SB. Indoor ultraviolet tanning among U.S. adolescents and young adults: Results from a prospective study of early onset and persistence. *J Adolesc Health* 2020; 67(4), 609-611.

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

This project was led by STRIPED Research Fellow Laura Hart.

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

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

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

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

This project was led by STRIPED Research Fellow Suman Ambwani.

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

This project was led by STRIPED trainee Ariel Beccia.

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

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

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

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

Or F, Kim Y, Simms J, Austin SB. Taking stock of dietary supplements' harmful effects on children, adolescents, and young adults. *J Adolesc Health* 2019;65(4):455-461.

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

Austin SB, Hutcheson R, Wickramatilake-Templeman S, Velasquez K. The second wave of public policy advocacy for eating disorders: Charting the course to maximize population impact. *Psychiatr Clin N Am* 2019; 42: 319-336.

McBride C, Costello N, Ambwani S, Wilhite B, Austin S. Digital manipulation of images of models' appearance in mass media: Strategies for action through law and corporate social responsibility incentives to protect public health. *Am J Law Med*. 2019;45(1):7-31.

This article on legal strategies and corporate social responsibility includes important contributions from STRIPED trainees Caitlin McBride and Bree Wilhite.

Austin SB, Liu SH, Tefft N. Could a tax on unhealthy products sold for weight loss reduce consumer use? A novel estimation of potential taxation effects. *Prev Med* 2018;114:39-46.

STRIPED trainee Selena Hua Liu was an integral part of this study team. This article was supported by a Feeding Hope Fund grant from the National Eating Disorders Association.

Kim Y, Austin SB, Subramanian SV, Thomas JJ, Eddy KT, Franko DL, Rodgers RF, Kawachi I. Risk factors for disordered weight control behaviors among Korean adolescents: Multilevel analysis of the Korea Youth Risk Behavior Survey. *Int J Eat Disord* 2018; 51: 124-138.

Yongjoo Kim, a STRIPED trainee and recipient of the STRIPED Early Career Development Award, led the statistical analysis of this complex and groundbreaking database on the health of South Korean youth.

Calzo JP, Austin SB, Micali N. Sexual orientation disparities in eating disorder symptoms among adolescent boys and girls in the UK. *Eur Child Adolesc Psychiatry*. March 2018:1-8.

This article outlining associations between sexual orientation and eating disorders symptoms for adolescents in the UK was led by STRIPED Collaborating Mentor Jerel Calzo.

Eik-Nes TT, Austin SB, ScD, Blashill AJ, Murray SB, Calzo JP. Prospective health associations of drive for muscularity in young adult males. *Int J Eat Disord* 2018;51(10):1185-1193.

This article was led by STRIPED and SOGIE trainee Trine Tetlie Eik-Nes under the mentorship of STRIPED Collaborating Mentor Jerel Calzo.

Yu KY, Kim Y, Calzo JP, Levinson JA, Austin SB. Sex of sexual partners and disordered weight control behaviors in a nationally representative sample of South Korean adolescents. *Psychiatry Res*. 2018;262:1-5.

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. *Prev Med Reports*. 2017;6:236-241.

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. *Eat Behav*. 2017;26:104-107.

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. *I J Eat Dis* 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. *J Adolesc 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. *J Adolesc Health* 2017; 60(1): 17-22.

Rodgers RF, Watts AW, Austin SB, Haines J, Neumark-Sztainer D. Disordered eating in ethnic minority adolescents with overweight. *Int J Eat Disord*. 2017;50(6):665-671.

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. *Soc Sci Med* 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. *Transl Behav Med* 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;138(2):e20154073.

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. *Eat Behav*. 2017;25:9-14.

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. *Eat Weight Disord* 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. *Am J 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. *J Sch Health* 2016; 88(7): 507-515.

Calzo JP, Masyn KE, Corliss HL, Scherer EA, Field AE, Austin SB. Patterns of body image concerns and disordered weight-and shape-related behaviors in heterosexual and sexual minority adolescent males. *Dev Psychol* 2015; 51(9): 1216-1225.

Katz-Wise SL, Scherer EA, Calzo JP, Sarda V, Jackson B, Haines J, Austin SB. Sexual minority stressors, internalizing symptoms, and unhealthy eating behaviors in sexual minority youth. *Ann Behav Med* 2015; 49(6): 839-852.

Austin SB. With transgender health inequities so large and the need so great, the burden is on all of us to find solutions (editorial). *J Adolesc Health* 2015; 57(2): 133-134.

Austin SB. Accelerating progress in eating disorders prevention: A call for policy translation research and training. *Eat Disord* 2015; 16: 1-14.

Samnaliev M, Noh HL, Sonnevile KR, Austin SB. The economic burden of eating disorders and related mental health comorbidities: An exploratory analysis using the U.S. Medical Expenditures Panel Survey. *Prev Med Rep* 2015; 2: 32-34.

This paper in *Preventive Medicine Reports* describes the results of a pilot study led by STRIPED Collaborating Mentor Mihail Samnaliev working with trainee LeAnn Noh and STRIPED faculty Kendrin Sonnevile and Bryn Austin to begin to uncover the many hidden costs of eating disorders for individuals, families, and society.

Pomeranz JL, Barbosa G, Killian C, Austin SB. The dangerous mix of adolescents and dietary supplements for weight loss and muscle building: Legal strategies for state action. *J Public Health Manag Pract* 2015; 21(5): 496-503.

This paper reports the results of a study led by STRIPED Affiliated Faculty in Health Law Jennifer Pomeranz working with trainees Grant Barbosa and Caroline Killian.

Cooper, KC. Can I see some ID? Banning access to cosmetic breast implant surgery for minors under eighteen. *JL & Health* 2014; 27 (2):186-214.

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

Cooper, KC. Injecting caution: A need for enhanced state-level enforcement tactics targeting the cosmetic use of liquid silicone products. *J Contemp Health Law Policy* 2014; 30(2): 249-278.

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

Wright DR, Austin SB, Noh HL, Jiang Y, Sonnevile KR. The cost-effectiveness of school-based eating disorders screening. *Am J Public Health* 2014; 104(9): 1774-82.

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.

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.

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. *J Youth Adolesc* 2014; 43(8): 1225-1239.

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