

STRIPED

A PUBLIC HEALTH
INCUBATOR

Strategic Training Initiative for the Prevention of Eating Disorders

Innovative Ideas to Catalyze Social Change 2023-2024



Boston Children's Hospital

Where the world comes for answers



HARVARD T.H. CHAN
SCHOOL OF PUBLIC HEALTH

Executive Summary

This 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 with opportunities 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.

Since our inception in 2009, STRIPED has:

- Trained **99 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 **152 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.
- 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. Our reports remain 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.

A few highlights from the past year:

- Two powerful research tools, the STRIPED FDA Docket Explorer and the Dietary Supplement Label Explorer, have been launched by STRIPED to offer researchers and journalists enhanced capabilities for investigating harmful weight-loss and muscle-building dietary supplements and manufacturer claims and marketing. The STRIPED FDA Docket Explorer, created for STRIPED by Chuying Huo and Pavlos Conostas-Malevanets, both extraordinarily talented high school students at the time, simplifies the search process for dietary supplement claims reported to the FDA by manufacturers by allowing for precise, complex searches across all FDA filings. The STRIPED Dietary Supplement Label Explorer categorizes nearly 200,000 supplement labels into targeted categories including weight-loss and muscle-

building supplements with a high level of accuracy. Both tools aim to streamline research efforts into these deceptive and harmful products.

- As social media increasingly affects youth mental health, STRIPED developed new model legislation and resources to advocate for safer digital spaces for youth. These resources include summaries of the latest science and guidelines for independent risk audits of social media algorithms to promote transparency across platforms. The legislation is designed to mitigate the harm caused by deceptive design techniques that exploit young users, and the accompanying fact sheets provide advocates with actionable steps to influence policymakers in creating a healthier online environment.
- STRIPED Youth Corps member Chuying Huo was recognized by Forbes as one of the "Teen Titans" among 13 young changemakers and was honored for her research on eating disorders. Her impactful work continues to raise awareness of the mental health challenges faced by today's youth, adding to the conversation about body image and the need for safer online and offline environments for young people.

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:

Advancing Eating Disorder Surveillance: Building on Recent Progress

The STRIPED Eating Disorders Public Health Surveillance Working Group is a multi-state, intersectoral team dedicated to improving eating disorder surveillance in the U.S., particularly through the CDC's Youth Risk Behavior Survey (YRBS). Recently, the group developed resources for researchers, public health professionals, and policymakers, including a report on the state of eating disorder surveillance and a guide for YRBS coordinators. In response to our concerted advocacy campaign with partners, the CDC announced the inclusion of a binge eating item in an upcoming 2025 national YRBS—the first such data collection in over a decade. Building on this progress, the group is now working to expand similar items into other youth and adult health surveys.

Uncovering the Link Between Social Media and Eating Disorders

In the digital era, social media is a vibrant hub of connection and creativity for young people. Yet, beneath the surface of these engaging platforms lies a growing concern: High amount of social media use -- image-based social media in particular -- is associated with eating disorders and other poor mental health outcomes. Yet no studies to date have been able to quantify the full impact. To address this, we are undertaking a new study using state-of-the-art simulation modeling methods to estimate the causal relationship between social media exposure and eating disorders in young people. Stay tuned for more on this innovative study in the coming year.

Breaking Down the Costs and Savings of Protecting Kids: A State-by-State Initiative

Over the years of our Out of Kids' Hands Campaign, policymakers often ask us what the likely cost of implementing a state-level ban on sales of over-the-counter diet pills and muscle-building supplements to minors would be to their state and what the potential cost savings might be of preventing the sale of these harmful products to children. So to answer these questions, we teamed up with health economists from

The Heller School for Social Policy and Management from Brandeis University to carry out two groundbreaking studies focused on Massachusetts. What we found is that the cost of implementation for the state would be vanishingly small, amounting to only 0.0000823% of the annual state budget. But the savings could be enormous, annually adding up to \$14 million in healthcare savings and \$30 million in societal savings for Massachusetts. Now that we have our economic modeling approach nailed down, we are fast on our way to launching a new project to generate similar estimates tailored to each of the many states where our campaign is gaining ground. Keep an eye out for updates in the coming year.

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

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

2014-2015

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

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

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

Ryan Huerto, MEd, Social and Behavioral Sciences, Harvard Chan School
Erica Kenney, ScD, MPH, Social and Behavioral Sciences, Harvard Chan School
Emily Kroshus, ScD, MPH, Social and Behavioral Sciences, Harvard Chan School
Anvita Kulkarni, BA Social and Behavioral Sciences, Harvard Chan School
Esther Li, BS, Behavioral and Social Sciences, Brown University of Public Health
Selena Hua Liu, MS, Social and Behavioral Sciences, Harvard Chan School
Kate Makaroff, Neurobiology and Global Health & Health Policy, Harvard College
Morgan Redman, BA, Social and Behavioral Sciences, Harvard Chan School
Alvin Tran, MPH, Nutrition and Social and Behavioral Sciences, Harvard Chan School

2013-2014

Lakendra Barajas, Harvard Law School
Grant Barbosa, Harvard Law School
Kelly Bauer, Concentration in Global Health and Health Policy, Harvard College
Samantha Glover, Harvard Law School
Allegra Gordon, MPH, Social and Behavioral Sciences, Harvard Chan School
Brigitte Granger, BA, Social and Behavioral Sciences, Harvard Chan School
Erica Kenney, ScD, MPH, Social and Behavioral Sciences, Harvard Chan School
Emily Kroshus, MPH, Social and Behavioral Sciences, Harvard Chan School
Eric Nazar, Harvard Graduate School of Education
Selena Hua Liu, Social and Behavioral Sciences, Harvard Chan School
Hyungi LeAnn Noh, MS, Social and Behavioral Sciences, Harvard Chan School
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

2023-2024

Jad Abdel Nour, 12th grade, Covina, California, USA

Anneliese Conine, 11th grade, Phillips Exeter Academy, New Hampshire, USA

Sarah Cheng, 12th grade, Bronx High School of Science, New York, USA

Veerika Dube, 12th grade, Bronx, New York, USA

Chuying Huo, 12th grade, London, Ontario, Canada

Vamsi Krishna, 12th grade, Downingtown, Pennsylvania, USA

Megan Kwok, 12th grade, London, England

Najman Mahbouba, 12th grade, Los Gatos, California, USA

Udgita Pamidigantam, 12th grade, North Brunswick, New Jersey, USA

Pari Patel, BSc in Molecular Biology at New York Institute of Technology, New York, USA

Aryan Reddy, Student at UT Austin, Texas, USA

Nikhil Reddy, 12th grade, Southlake, Texas, USA

Ailsa Sun, BA in Applied Mat & Data Science at UC Berkeley, Berkeley, California, USA

Sahana Srikanth, 11th grade, Ohio

Lucy Takura, 12th grade, Wellington College International, Shanghai, China

Ketan Tamirisa, Student at Washington University, St. Louis, Missouri, USA

Arshia Verma, BSA Neuroscience Student at University of Texas at Austin, Texas, USA

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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Shilpa Vadodaria (2022)

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Boston Children's Hospital Translational Research Program (2018)

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Willamette Nutrition Source, LLC (2018)

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Association of Teachers of Maternal and Child Health (2016)

Amy Spies (2012-2015)

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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

2023-2024

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

Trainee: Stanley Huang
Policy Translation for Out of Kids' Hands Campaign
Faculty Mentor: Bryn Austin

Trainee: Stanley Huang
Social Media, Deceptive Design, and Eating Disorders
Faculty Mentor: Bryn

Trainee: Yuning Liu
Social Media, Deceptive Design, and Eating Disorders
Faculty Mentor: Bryn

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

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

Trainee: Meekang Sung
Social Media, Deceptive Design, and Eating Disorders
Faculty Mentor: Bryn

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 Sonnevile

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

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

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

2011-2012

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

2010-2011

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

2009-2012

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

Research Presentations by Trainees

2023-2024

Trainee: Chloe Gao

Presentation at the American Academy of Pediatrics

Topic: Mental Health and Substance Use

Trainee: Chloe Gao

Presentation at the Canadian Collab Mental Health Care

Topic: East and Southeast Asian Mental Health and Substance Use Service Access

Trainee: Arshia Verma, Tisya Verman, and Aryan Reddy

Presentation at Texas SOPHE

Topic: Youth-Led Efforts Against Dangerous Supplements

Trainee: Ariel Beccia

Presentation at the Society for Epidemiologic Research

Topic: COVID-19 Policies and Mental Health Inequities

Trainee: Monica Henderson

Presentation at the Appearance Matters Conference

Topic: Combatting Race-Based Hair Discrimination: Black and Non-Black U.S. Adults' Awareness and Perception of the CROWN Act

Trainee: Ariel Beccia

Presentation at the International Conference on Eating Disorders

Topic: Life-Course Exposure to Structural Sexism and Subsequent

Trainee: Chuying Huo

Presentation at the International Conference on Eating Disorders

Topic: Mapping Inequities in Access to Eating Disorder Treatment: A Geospatial Analysis

Trainees: Monique Santoso and Ariel Beccia

Presentation at the International Conference on Eating Disorders along with STRIPED

Visiting Scholars Sook Ning Chua and Emilio Compte

Topic: Mapping the Landscape: Current Global Trends in Eating Disorder Epidemiology

Trainee: Ryan Ahmed and Pari Patel

Workshop at the International Conference on Eating Disorders

Topic: Empowering Youth in Eating Disorder Advocacy: Escalating a Youth Advisory Board

Trainee: Ariel Beccia
Workshop at the International Conference on Eating Disorders
Topic: Causal Inference with DAGS for Eating Disorders Research

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

2023-2024

Award: Scholarships for People from Low- or Middle-Income Countries 2024

By: International Conference on Eating Disorders (ICED)

Recipient: Monique Santoso

Award: Top Abstract Award 2024

By: International Conference on Eating Disorders (ICED)

Project Title: Correlates of eating disorder risk among Arab and Middle Eastern American college students
Recipient: Amanda Raffoul

Award: Abstract of the Year Award 2023
By: The American Public Health Association Law
Project Title: Algorithms, Addiction, and Adolescent Mental Health : An Interdisciplinary Study to Develop State Legislative Action to Protect Youth from the Dangers of Social Media

Award: Top Abstract Award 2023
By: Eating Disorders Research Society
Project Title: Muscle-building dietary supplements: Prospective association with onset of anabolic steroid use in boys and men

Award: 13 Teens Changing the World, 2023
By: Forbes magazine
Recipient: Chuying Huo

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

2023-2024

Trainee: Olayinka Fakorede
Perspectives of Nigerian Pharmacists on Regulation, Safety, and Accessibility of
Weight-Loss Supplements to Minors
Faculty Mentors: Amanda Raffoul and Bryn Austin

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

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

2023-2024

Trainee: Wanqing Xu

Engaging East Asian American Youth in Preventing Eating Disorders

Faculty Mentor: Chloe Gao

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 Irrarrázaval

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

Faculty Mentors: Bryn Austin, Kendrin Sonneville

2011-2012

Trainee: Boram Seo

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

Faculty Mentor: Bryn Austin

2010-2011

Trainee: Meagan Campol

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

Faculty Mentors: Bryn Austin, Kendrin Sonneville

Trainee: Rob Buelow

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

Faculty Mentors: Bryn Austin, Kendrin Sonneville

2009-2010

Trainee: Bernice Garnett

Topic: A Musically Based Eating Disorders Prevention Media Literacy Program

Faculty Mentors: Bryn Austin, Jess Haines

Trainee: Emily Kroshus

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

Faculty Mentors: Bryn Austin, Jess Haines

Case-Based Curriculum

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

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. In the launch of this new e-course in 2023, 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

2023-2024

Webinar: Eating Disorders Public Health Surveillance Working Group
Current issues related to state-level eating disorder prevention and surveillance
Sponsored by STRIPED
July 18, 2024

Virtual Discussion Panel: Speakers included four STRIPED youth advocates: Ryan Ahmed, Pari Patel, Tasmia Afrin, and Authoy Das.

How youth advocates changed New York State lawSponsored by New York State
Senator Shelley Mayer
January, 11, 2024

Film Screening of the documentary *Embrace Kids*

Zali Yager and Taryn Brumfitt

Co-sponsored by STRIPED, Harvard T. H. Chan School of Public Health (HSPH) Office of Diversity and Inclusion, HSPH program in Public Health Nutrition, Sexual Orientation, Gender Identity and Expression Health Equity Research Collaborative (SOGIE), Boston Leadership Education in Adolescent Health (LEAH), and Be Real.

October 26, 2023

Guest Lecture: Trine Tetile Eik-Nes, KariAnne Vrabel, and Maren Kopland

Building Body Confidence in children's sports, Personalized Treatment Approaches for Eating Disorder: A Focus on Individualized Care, and Change Mechanisms in Eating Disorder Treatment and Prevention

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

September 6, 2023

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 Sonnevile, 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 Sonnevile, ScD
Reduction of Shape and Weight Concern in Young Adolescents: A 30-Month Controlled Evaluation of a Media Literacy Program
Harvard Chan School Maternal and Child Health Journal Club
March 31, 2010

Guest Lecturer: Bryn Austin, ScD
What Will It Take to Bring Eating Disorders Prevention Into Focus as a Public Health Priority? Introducing a New Approach to Workforce Training
BCH Eating Disorder Cases Seminar Series
March 2, 2010

Policy Translation

How to Hold Social Media Platforms AccountableSocial media has become both a valuable tool and a potential source of harm for youth, with growing concerns about its impact on mental health and wellbeing due to deceptive design practices. To address these challenges, we have created model legislation, a comprehensive guide, and fact sheets to support advocates in fostering safer online spaces for youth. Our Roadmap offers practical strategies for policymakers and advocates, including mandating independent algorithm risk audits and enhancing transparency on social media platforms. These tools empower lawmakers, advocates, and concerned individuals to drive meaningful change and promote a healthier digital environment for youth.

STRIPED's Response to the NTIA Kids Online Health and Safety Request for Comment

In October 2023, the National Telecommunications and Information Administration (NTIA) released a notice requesting public comments on “the current and emerging risks of health (including mental health), safety, and privacy harms to minors arising from use of online platforms” ([NTIA-2023-0008-0001](#)). Read [STRIPED's response](#) on the Initiative to Protect Youth Mental Health Safety and Privacy Online.

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

2023-2024

Trainees earning scholarships in spring 2024 to attend the Eating Disorders Coalition Capitol Hill Advocacy Day, held in person again for the first time since the COVID-19 pandemic began: Ariel Beccia, Abigail Bulens, Chloe Gao, Ahmed Nawar

2022-2023

Trainees earning scholarships in spring 2023 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, Marlena 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, Thamara Subramanian, Frances Tao, and Bree Wilhite

2017-2018

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

Trainees earning scholarships to attend the Eating Disorders 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

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Santoso M, Okoya FT, Azar Atallah M, Raffoul A, Karjawally M, Austin SB. Underregulated weight-loss supplements threaten consumer safety globally: A call to action. *International Journal of Global Health*. 2024;7(1).

Lu J, Chua SN, Kavanaugh JR, Prashar J, Ndip-Agbor E, Santoso M, Jackson DA, Chakraborty P, Raffoul A, & Austin SB. Impact of digital advertising policy on harmful product promotion: Natural language processing analysis of skin-lightening ads. *American Journal of Preventive Medicine*. 2024;67(6):811-819.

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Turner SL, Beccia A, Feeny G, Raffoul A, Jackson D, Sarda V, Rich-Edwards J, Chavarro J, Hart JE, Austin SB. (2024). Nurses' use of "wellness" supplements during

the COVID-19 pandemic in the United States. *Journal of Advanced Nursing*. 2024;80(11):4572-4583.

Hall NY, Hetti Pathirannahalage DM, Mihalopoulos C, Austin SB, Le L. Global Prevalence of Adolescent Use of Nonprescription Weight-Loss Products: A Systematic Review and Meta-Analysis. *JAMA Network Open*. 2024;7(1):e2350940.

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Romano KA, Lipson SK, Beccia AL, Quatromoni PA, Gordon AR, Murgueitio J. Disparities in eating disorder symptoms and mental healthcare engagement prior to and following the onset of the COVID-19 pandemic: Findings from a national sample of U.S. college students. *International Journal of Eating Disorders*. 2023;56(1):203-215.

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*, 2023;55(9):644-650

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.

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This study was led by STRIPED Collaborating Mentor Allegra Gordon.

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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.

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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.

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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.

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

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