

Body Positive Week: Program development, implementation, and evaluation



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"Body Positive Week should be ALL the time!"

Background

- Eating disorders (ED) happen most in college¹
- The rate of eating disorders among college students has risen to 10-20% of women and 4-10% of men²
- Body dissatisfaction, thin-ideal internalization, and low self esteem all contribute to development of ED^{3,4}
- Seattle Pacific University (SPU) students are dealing with these same issues and care deeply about how to build a healthy body image, how to love the whole you, and strategies for self-care⁵

Methods

- Led by Student Counseling Center staff dietitian and therapists, the Body Positive Student Committee designed a week of activities using the Be Body Positive model
- The Be Body Positive model has been shown to increase resilience against eating and body image problems⁶
- Body Positive Week activities were designed to engage student's in thinking about body image, the true relationship between weight and health, mindful eating, and total-self self care



Objectives

The Body Positive Student Committee designed a week of activities to help SPU students:

- Become informed about the facts about weight, diet, and health
- Engage in sustainable and balanced healthy behaviors
- Develop a healthy and happy relationship with food, body, and exercise
- Develop a positive sense of self no matter what their weight and size
- Pursue health and happiness stemming from self-compassion and self-love

Findings

- 85 students participated in the week's activities and completed a survey
- The response was extremely positive. Students told us:
 - "I love this entire thing. This message (these facts, data) is what needs to be spread!"
 - "This made me feel good about myself."



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Sources

1. Hudson, Biol Psychiatry, 2007
2. Saviteer, Collegiate Survey Project, 2013
3. Dakanalis, Eur. Eat. Disorders Rev., 2016
4. Stice, Psychological Bulletin, 2002
5. Student assessment surveya May 21, 2015.
6. <http://thebodypositive.org/about-us.html>