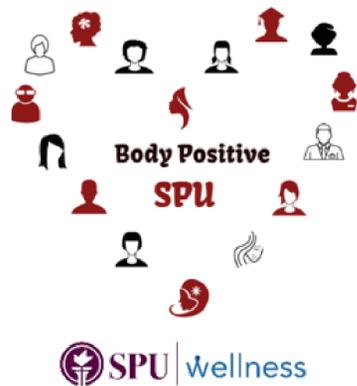


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Disordered Eating/Eating Disorders (ED) on College Campuses

- > Estimated ED prevalence of 12-30% among college students^{1,2}
- > Median age of ED onset at 18-21 years³
- > Over half of female and a third of male young adults report dieting for weight loss⁴
- > Around a third of college students report using compensatory weight control behaviors¹
- > 40% of college students report binge eating¹
- > Only 10% of EDs are diagnosed and 13% treated among college students⁵



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The Body Positive Week tent, located in a high-foot traffic area on campus.

Background

Disordered Eating/ED at SPU

Disordered eating and EDs affect many students at SPU:

- 80% of nutritional support clients on disordered eating/ED spectrum, with 10% clinical
- Common symptoms: extreme caloric restriction, high obsession with having thin body, chronic dieting, possibly with purging
- Often female, white, health-related majors, classified as normal-overweight

ED Prevention on College Campuses

Promotion of positive body image⁶ & advocacy against weight stigma⁷

- Associated with higher self-worth and self-esteem, increased self-care behaviors, increased physical activity, decreased dieting, greater intuitive eating, decreased depression⁸
- National Eating Disorder Awareness (NEDA) Week programming on >65% college campuses to raise awareness⁹
- NEDA Week on some campuses reported to increase awareness and knowledge of resources, improve body image satisfaction, increase help-seeking intentions^{10,11}

SPU Body Positive Week

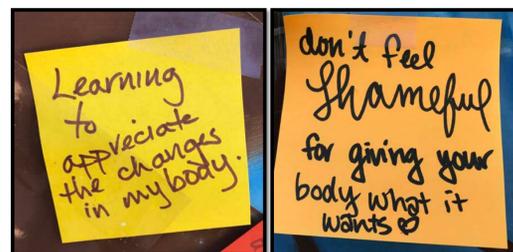
NEDA Awareness Week at SPU held annually as Body Positive Week

- Goal: explore body image, debunk myths about health and weight, promote self-care, raise awareness, spread body positivity
- Tent in central location with activities and informational posters and handouts
- Topics included normal/disordered eating spectrum, ED resources, orthorexia, weight myths, intuitive eating, and self-care
- Distributed marketing materials with body positive messages
- Film screening of *Embrace* followed by Q&A session with guest panel

Featured Activities

- > *Instagram Booth*- promote body diversity in social media
- > *Body Image Tree*- post responses to prompts about body image to create a collective "body image story" corresponding to parts of a tree
- > *A Letter to My Future Self*- write a self-addressed body positive card to be mailed at the end of the school year
- > *Button Up: Body Positivity*- create custom body positive buttons
- > *Mindful Eating*- a guided exercise in eating a small candy/snack

Student responses posted to "Body Image Tree" activity, describing their relationships with their bodies.



Promotional materials with body positive messages were passed out to students.

Discussion

Body Positive Week Outcomes

Body Positive Week was well-attended and well-received

- 90% of participants reported highly enjoying each of the activities
- 98-100% of participants rated the posters/handouts somewhat to highly valuable
- Participant takeaway messages consistent with project goals, reflecting self-love, body appreciation, and ED awareness

Conclusions & Recommendations

Campus programming can be effective in spreading body positivity and raising awareness for EDs. Future considerations:

- Increase inclusivity, particularly of males
- Include educational material to help students determine when to seek help for eating concern/disordered eating symptoms

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