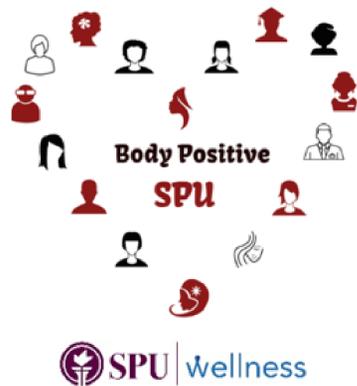


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## Disordered Eating/Eating Disorders (ED) on College Campuses

- > Estimated ED prevalence of 12-30% among college students<sup>1,2</sup>
- > Median age of ED onset at 18-21 years<sup>3</sup>
- > Over half of female and a third of male young adults report dieting for weight loss<sup>4</sup>
- > Around a third of college students report using compensatory weight control behaviors<sup>1</sup>
- > 40% of college students report binge eating<sup>1</sup>
- > Only 10% of EDs are diagnosed and 13% treated among college students<sup>5</sup>



## Acknowledgements

Special thanks to SPU staff & funding in supporting this event: Mya Kwon, MPH, RD, CD Student Counseling Center SPU Wellness Initiative



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 image<sup>6</sup> & advocacy against weight stigma<sup>7</sup>

- Associated with higher self-worth and self-esteem, increased self-care behaviors, increased physical activity, decreased dieting, greater intuitive eating, decreased depression<sup>8</sup>
- National Eating Disorder Awareness (NEDA) Week programming on >65% college campuses to raise awareness<sup>9</sup>
- NEDA Week on some campuses reported to increase awareness and knowledge of resources, improve body image satisfaction, increase help-seeking intentions<sup>10,11</sup>

## SPU Body Positive Week

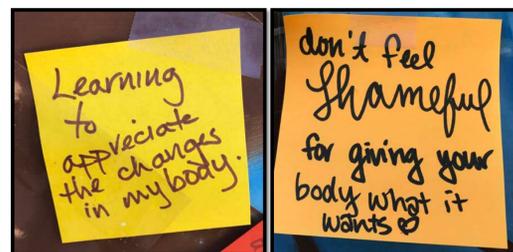
NEDA Awareness Week at SPU held annually as Body Positive Week

- 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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