Body Positive Week at Seattle Pacific University

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Background

- Eating disorders (ED) increased from 18.5% in 1995 to 30.5% in 2008 among college students ¹
- High rates of dieting and body dissatisfaction among college students, two ED risk factors ^{1, 2}
- ED's have highest mortality rate of all mental disorders³
- ED's have high rates of reoccurrence ranging from 22-51%⁴

Objectives

- Raise awareness about ED's & weight misconceptions
- Promote mindful eating, self-care, & body positivity

Project Description

- Body Positive Week (BPW): Feb. 26- March 1, 2018 at
 Seattle Pacific University
- National Eating Disorder Awareness Week
- 4 interactive activities, 4 poster boards, & handouts in tent
- Activity and bake sale in Student Union Building
- Carnations, tea, stickers
- Straight/Curve screening finale

References

- 1. White, Eat Disord., 2011
- 2. Berg, *Eat Behav.*, 2009
- 3. Arcelus, Arch Gen Psychiatry, 2011
- 4. Keel, Am J Psychiatry, 2005







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Results

From 61 surveys ...

- 70% said it's **extremely likely** they would recommend the event to a friend
- Majority rated event as excellent

Students reported main takeaways aligned with mission & goals of BPW

- "I am beautiful and worthy!"
- "I am enough."
- "Self-care is important."
- "It really helped me learn the misconceptions of being overweight, and helped me thing about my body in a better, less critical way."

Recommendations

Establish more permanent presence on campus

- Body positive club
- Year round events (speakers, screenings)
- Continued social media

For next year

- Earlier/more promotion
- More interactive activities











