

Body Positive Week on a College Campus

An event in support of National Eating Disorder Awareness week

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BACKGROUND

- The median age of eating disorder onset in America is 18 to 21 years old¹
- In 13 years the prevalence of eating disorders on college campuses increased from 18.5% to 30.5%²
- Approximately 85% of college students with an eating disorder have not received treatment due to lack of perceived need³

OBJECTIVES

- Raise awareness about eating disorders
- Debunk myths about the relationship between body mass index (BMI) and health
- Engage students in weight-neutral activities promoting total self-care, mindful eating, and joyful movement



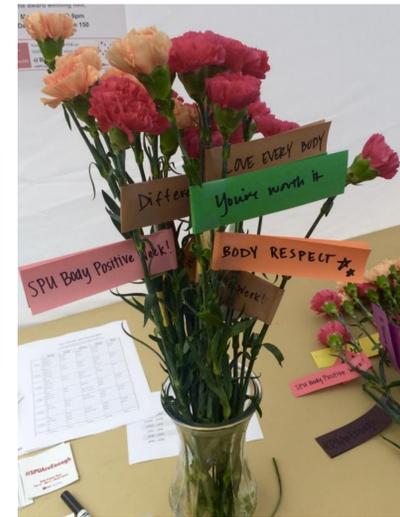
METHODS



- 1-week event, 'Body Positive Week' on Seattle Pacific University's (SPU) college campus during National Eating Disorder Awareness week
- Based on the Be Body Positive and Health at Every Size models^{4,5}
- 6 engaging activities
- 6 educational posters with handouts

Sources:

1. Hudson, *Biol Psychiatry*, 2007
2. White, *Eat Disord*, 2011
3. Lipson, *Eat Behav*, 2016
4. <http://www.thebodypositive.org/model>
5. https://lindabacon.org/HAESbook/pdf_files/HAES_Manifesto.pdf



RESULTS

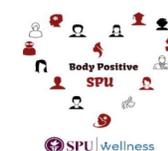
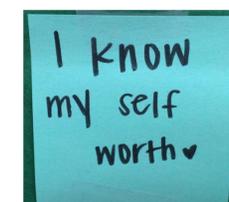
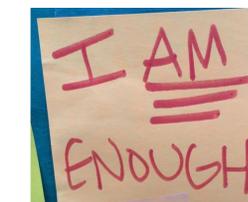
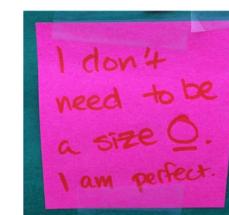
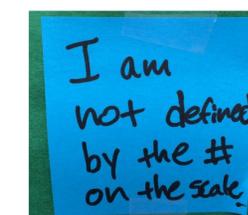
- 109 completed student evaluations, a 25% increase from the year prior
- Students report overwhelmingly positive feedback:

*"This is a **really really valuable** experience."*

*"I wasn't aware of orthorexia – it was a **huge moment for me.**"*

*"You should **do this every week!**"*

*"This is a **very important message** to send. **Especially during college, when self-esteem is on the rocks.**"*



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