

# STRIPED

STRATEGIC TRAINING INITIATIVE FOR THE PREVENTION OF EATING DISORDERS

A PUBLIC HEALTH  
INCUBATOR

December, 2012

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Harvard School of Public Health and NORMAL

NORMAL educates about eating disorders, body image and self-esteem through award-winning arts and mindfulness programs and is the leading content provider to more than 20 nonprofit organizations and Dr. Oz's ShareCare website.

Consider Making a Year-end Donation to support NORMAL's award-winning programs.

## Harvard School of Public Health and NORMAL

NORMAL announces its collaboration with Harvard School of Public Health's **STRIPED** program.

*"The Strategic Training Initiative for the Prevention of Eating Disorders (STRIPED), based at the Harvard School of Public Health and Boston Children's Hospital, is happy to be collaborating with NORMAL to assess the effectiveness of their unique educational programs aimed at preventing disordered eating. Comprehensive program evaluation is an important component of eating disorder prevention research and provides crucial information for effective resource allocation. We look forward to continuing work with NORMAL towards our shared goals of reducing the burden of disordered eating."*

~ Bryn Austin, ScD, Harvard School of Public Health



Harvard's STRIPED program trains the next generation of health professionals to harness the power of public health to prevent eating disorders and related problems with food, weight, and appearance.

NORMAL is grateful to Dr. Bryn Austin and her associate Emily Kroshus who are lending their expertise to support two of NORMAL's multi-tiered initiatives: ED 101 seminar tour in middle schools and high schools and the EAT WELL project to educate athletic coaches about female athlete triad syndrome, healthy body image and proper nutrition.

The ED 101 seminar tour is a multi-tiered program that targets an array of audiences; including, students, teachers, healthcare professionals and parents. It educates teachers and school clinicians through the Speaking Out About Ed film seminar and curriculum, it then teaches middle school and high school students through the ED 101 film seminar and curriculum, and finally the tour is rounded out with NORMAL's "b:" stress management and mindfulness program.

The second initiative involved in the Harvard collaboration is NORMAL's EAT WELL program to educate middle school and high school athletic coaches about the female athlete triad syndrome. Led by Karen Sossin, the EAT WELL program is a three-year initiative which will include inter-active educational materials (apps and digital media), content for coaches, trainers, athletes, families, lessons to increase body image and the "b:" mindfulness curriculum.

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Associate Professor of Pediatrics, Harvard Medical School  
Director of Fellowship and Research Training, Division of Adolescent and Young Adult Medicine, Boston Children's Hospital

Emily Kroshus is a doctoral student at Harvard School of Public Health and on the NORMAL Medical Advisory Council for the EAT WELL Female Athlete Triad project