Body Positive Week at Seattle Pacific University

Natalie Zimmer, UW Nutritional Sciences Program
MPH Nutrition Student & Dietetic Intern

Background

• Eating disorders (ED) increased from 18.5% in 1995 to 30.5% in 2008 among college students.
• High rates of dieting and body dissatisfaction among college students, two ED risk factors.
• ED’s have highest mortality rate of all mental disorders.
• ED’s have high rates of reoccurrence ranging from 22-51%.

References
1. White, Eat Disord., 2011
2. Berg, Eat Behav., 2009
3. Arcelus, Arch Gen Psychiatry, 2011

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

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 think 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

References
1. White, Eat Disord., 2011
2. Berg, Eat Behav., 2009
3. Arcelus, Arch Gen Psychiatry, 2011

Funded by SPU Wellness Initiative
Special thanks to Mya Kwon MPH, RD, CD