



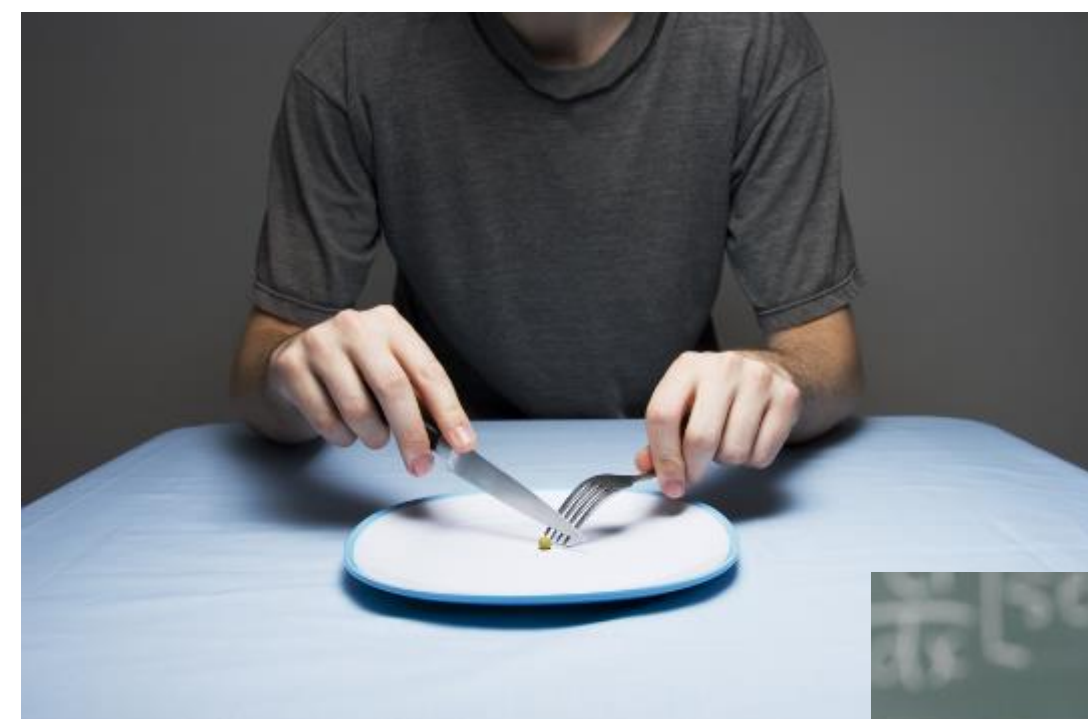
Recommendations for Improving Eating Disorder Services at the University of Dayton

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Abstract

Eating disorders are most common among students 18-21 years of age and are becoming increasingly prevalent on college campuses. When no longer under the eye of family and close friends, a college student can develop an eating disorder without anyone noticing. The purpose of our research project was to examine the UD's existing programs and how other colleges have approached eating disorders on their campuses. We used our findings to make a new brochure for UD students and make further recommendations to launch a student organization to facilitate a student-run, healthy community.



Problem

Only 6% of students 18-21 years of age with disordered eating are queried by a health professional. Specifically applied to the University of Dayton, the majority of students do not know what eating disorder resources are available. Additionally, there is a lack of opportunity for students to engage in a supportive community.

Method

We researched online resources from the National Eating Disorder Association (NEDA), their collegiate survey project, and The National Institute of Mental Health (NIH), which provide valuable information regarding eating disorders. We also researched what other universities offer for students with eating disorders. We obtained brochures from the University of Dayton's Health and Counseling Centers, talked to their employees, and conducted interviews with University of Dayton students.

Our New Brochure

Results

Other universities provide a range of services, such as eating disorder screenings, an eating disorder support team, and organize eating disorder awareness weeks. UD provides seven brochures at the Health and Counseling Centers, offers consultations with health specialists, and hosts a speaker during eating disorder awareness week. Online and printed resources are outdated, and an appointment with a counselor makes students come out-of-pocket \$45 per session. UD students are generally unaware of the resources provided on campus, or do not utilize these resources.



Up the Orgs



Gosiger Hall

Recommendations

Many UD students refrain from seeking professional help due to the stigmas and misunderstandings that are associated with their eating disorder(s); therefore, it is recommended to start a student organization to facilitate a healthy, supportive community. Students can actively peer-advise to encourage professional help-seeking on campus, and run a booth at Up the Orgs to spread awareness of the organization. The Counseling Center should offer more availability, and a speaker should speak during an ASI 150/160 class.