



# Eating Disorders and Disordered Eating at the University of Dayton

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## Abstract

Eating disorders and disordered eating are common on college campuses among both men and women. For this project, we researched UD's resources for those who may have disordered eating or diagnosed eating disorders. We also analyzed the resources available at other universities similar to UD in terms of size and demographics. We made recommendations for improving UD's current resources and wrote and designed a fact sheet specifically for UD.

## Problems

Disordered eating is a large issue on college campuses, particularly because few people understand it. Eating habits some may think are a "normal" part of being a college student are actually considered to be concerning disordered eating habits by health organization.

## Method

We first sought information online about eating disorders in general and how the college-aged population is affected. Then, we analyzed the demographics/risk factors involved with disordered eating. After that, we searched UD's website and the Counseling Center for resources and compared that to other universities. We used an online survey of UD students with questions about disordered eating and conducted interviews to increase our understanding of college students' perceptions of disordered eating.

## Results: Other Universities

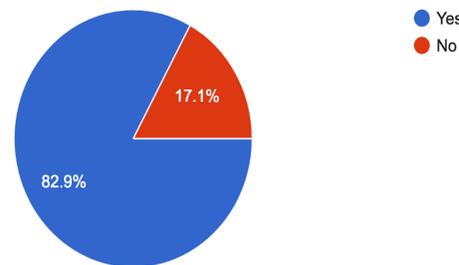
We researched the resources at schools such as Ohio State University and Villanova. It showed that there were many peer led support groups as well as student-run clubs and organizations. Other schools also publicized National Eating Disorder Awareness Week.

## Results: University of Dayton

This pie chart shows the percentage of students at UD who know anyone who have displayed concerning eating habits or disorders.

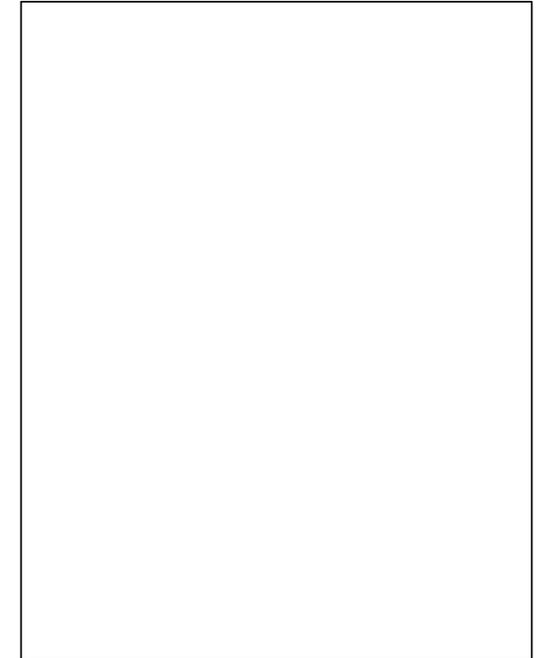
Do you know anyone at UD (a friend, yourself, etc.) who has displayed concerning eating habits or behaviors?

41 responses



UD offers programs related to eating disorders through the Counseling Center, Women's Center, and PATH events as well as online. Resources offered include individual therapy, support groups, campaigns such as Love Your Body Week, Eating Disorder Awareness Week, "Post-it Positivity", PATH eligible events, and the PATH to 30 campaign. There is information on body confidence and eating disorders, though this information is difficult to find online.

## Our Proposed UD Brochure



## Recommendations:

We recommended putting a UD specific brochure in very visible locations such as Kennedy Union, the RecPlex, and residence halls. By making the brochure UD specific, students know exactly where to turn for help and realize they are not alone in their struggles. We also suggest Community Wellness Services work with groups on campus to spread the word about campus campaigns to promote students' involvement and education, such as through partnership efforts on social media with the many organizations on campus.

## References :

- NEDA "Warning Signs and Symptoms" <https://www.nationaleatingdisorders.org/warning-signs-and-symptoms>
- Child Mind Institute "Eating Disorders and College" <https://childmind.org/article/eating-disorders-and-college/>
- Eating Disorder Hope "Project HEAL" <https://www.eatingdisorderhope.com/programs/colleges-and-universities/project-heal-at-the-ohio-state-university>