**OUR MISSION**

Our overarching purpose is to develop or inform policies that may help to lessen the exacerbation or emergence of eating disorder symptoms on college campuses. Specifically, we will examine: 1) the impact of particular forms of meal plans on eating disorder symptoms emergence and exacerbation; 2) the impact of certain unhealthy eating practices on cognition, and 3) the current policies for mandated eating disorder treatment in institutions of higher education to inform collegiate policies and derive a best-practices document.

**PROJECT GOALS**

**All You Can Eat Project**

‘All you can eat’ meal plans are largely understudied and their effects on eating habits and health are therefore not understood. Our project will help determine whether this type of buffet-style meal plan, which is prevalent throughout college campuses, contributes to negative feelings and dangerous eating and weight loss behaviors (e.g., self-induced vomiting, binge eating) among female college students.

**Nutrition Cognition:**

The purpose of this study is to examine the effects of skipping a meal, specifically lunch, on cognition and attention in college-aged students. Because the common trend of skipping meals and dietary restriction is found to develop or worsen in college campuses, the outcome of this study can inform students through providing knowledge of how their eating habits directly impact their academic trajectory.

**College Health Policy**

The absence of a cohesive national policy for addressing eating disorders on campus is manifested in the existence of very different policies across university campuses regarding aspects of addressing eating disorders (e.g., medical leave, mandating treatment). The purpose of this research is to better understand Duke’s policies regarding eating disorders in comparison to other universities’ policies, with the ultimate aim of improving policy and helping treat and limit the prevalence of eating disorders on campus.

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**OUR TEAM**

**TEAM MEMBERS**

Undergraduate Students:

1. Patricia Leeson, Public Policy Studies and MMS Certificate, Trinity 2014
5. Blair Ballard, Psychology and Economics, Trinity 2014

Graduate Students:

1. Peggy Liu: 3rd year Marketing Ph.D. student, Fuqua School of Business
2. Nandini Datta: 1st year Clinical Psychology Ph.D. student, Psychology and Neuroscience

Faculty:

1. Gavan Fitzsimons: R. David Thomas Professor Marketing and Psychology, Fuqua School of Business
2. Nancy Zucker: Associate Professor in Psychiatry and Behavioral Sciences; Associate Professor in Psychology and Neuroscience