



# HEALING BODIES HEALTHY BABIES NEWSLETTER

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## POSTPARTUM BODY IMAGE WITH EATING DISORDERS ARTICLE

In the fall of 2021, we published an article regarding postpartum body image with eating disorders on new parents. This article was written by student researcher Kamryn Bedore. The purpose of this article is to bring attention to the power your body image has over you in vulnerable states. The main point is referring to eating patterns and how erratic they can become. Individuals can become obsessed with their body image after birth which leads to overworking and underfeeding themselves. More information on this topic can be found on our Instagram, Facebook, and Twitter. The full in depth article is posted to our website under the "patients" and "insights" tabs!

## FACULTY RESEARCHER INFORMATION AND UPDATES

Christa Lilly, PHD. is an associate professor of biostatistics in the department of Epidemiology and Biostatistics in the school of Public Health.

She has expertise in psychometrics and teaches applied biostatistics courses. She's delighted to be assisting Dr. Claydon in the development assessment of a screening tool for eating behaviors and disorders during pregnancy.

## INFORMATIONAL BOOKLETS

We have finally released our newest arrivals to the Healing Bodies Healthy Babies organization. We have been fortunate enough to develop printed clinician information booklets. These are for dissemination to local clinicians once the Prenatal Eating Behaviors Screening Tool is published. The purpose of these booklets is to help clinicians screen and refer individuals in pregnancy for eating disorders.

## COMPLICATIONS AROUND BREASTFEEDING WITH AN EATING DISORDER ARTICLE

In the summer of 2021 we added a new article written by a student researcher to our website. The article is about the complications around breastfeeding with an eating disorder. Within the text you can read about multiple concerns that arise for women that struggle with this kind of position. Some of the points include concerns of how long they breastfeed, lack nutrient fears, and psychological reasons as to why mothers do not end up breastfeeding. Information can be found from posts on our Instagram, Twitter, and Facebook and the full length article can be found on our website under the "insights" tab!

## PRENATAL EATING BEHAVIORS (PEBS) TOOL

We have an update on the Prenatal Eating Behaviors (PEBS) Tool. It has been presented in the Summer of 2021! The team was able to present the PEBS virtually at the International Conference on Eating Disorders. After this exciting moment they plan their next step to have a published paper on the tool's development. After that they then plan to disseminate the tool to clinicians. It was also presented at APHA in October!

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## TRANSGENDER PREGNANCY INCLUSIVITY ARTICLE

In the fall of 2021, we published an article regarding transgender pregnancy. This article was written by two student researchers. This article's purpose is to educate one another on normalizing pregnancy for all genders and not limiting to just women. The key points we focus on are gender neutral language, gynecologists extending their hand out to all genders and not labeling pregnancy with a gender attached. This is a very sensitive and important topic that we wrote on. More information on this topic can be found on our Instagram, Facebook, and Twitter. The full in depth article is posted to our website under the "patients" and "insights" tabs!

## EXPRESSING OUR GRATITUDE

Many thanks to all of the student researchers and collaborators for their continued efforts and contributions to our research program.

### **Current researchers**

- Elizabeth Claydon
- Ranyah Chahine
- Jordan Ceglar
- Diana Davidson
- Caterina DeFazio
- Zoya Khan
- Kelsi Taylor
- Sarah Young

### **Past researchers**

- Oghenerukeme Asagba
- Jillian Catalano
- Seneca Demoss Jennings
- Jillian Knode
- Hannah Meeks
- Malerie Razzis
- Hattie Rowe
- Taylor Schultz
- Kyli Smith
- Varsha Rajkumar
- Kristen Ranson
- Rachel Yankow

## STUDENT RESEARCHER ACCOMPLISHMENTS

Student Researcher, Diana Davidson, and PI, Dr. Elizabeth Claydon have been working on research towards fertility and nutrition. The title of their research is called: "The Intersection between IVF and Nutrition". Diana presented a poster on the research at the American Public Health Association Conference on Friday October 22nd. She presented successfully at the Delta Omega Poster Presentation. We asked Diana for her take on the event and she stated "My experience with APHA was eye opening as it showed me the various topics and interests that researchers are focusing on currently. I was a bit nervous going into my presentation but the overall experience has benefited me positively as I am more confident in myself and I can't wait to present more research in the future".

## NEW RESEARCH STUDY

The research being pursued by PI, Dr. Elizabeth Claydon and student researcher Sarah Young is relevant to our Healing Bodies Healthy Babies' mission: C-sections, Body Image, & C-Shelves: An Exploration. The purpose of this study is to understand the lived experience of individuals' body image after c-sections. Specifically, we are trying to understand challenges, barriers, facilitators, and attitudes towards post-c-section body image. Our goal is to talk with a variety of individuals to better understand their feelings towards body image and some of the ways in which this changed after a c-section as well as the areas of their lives influenced by this change. We plan to conduct qualitative interviews with 25-30 individuals who have had a c-section and are willing to talk about their experiences with body image after.

## PAST INTERN ACCOMPLISHMENTS

Our Spring Communication Intern, Ms. Jillian Catalano presented virtually to an international audience of the Social Media Committee of the Academy of Eating Disorders. She spoke to about 15 international experts on social media strategy, attending to analytics to inform decisions, and the importance of knowing your audience. She provided a quote about this experience "During my time as a Communications Intern for Healing Bodies Healthy Babies, I was given many opportunities to apply what I learned in my Communications courses to a more professional realm. One of the most meaningful experiences was my presentation to the Academy of Eating Disorders Social Media Committee. During my presentation, I was able to share some of our social media strategies and provide insight to guide their committee to create engaging content for their international audiences. We took a deep dive into data and metrics, something not commonly associated with the field of communications. I was also able to learn more about catering to a larger and more demographically diverse audience from some of the committee members. The presentation allowed me to share content that I have learned in my classes and applied during the course of my internship with a larger audience. I am grateful to have shared some of my expertise which was heard in locations all around the world". We congratulate Ms. Jillian Catalano for this awesome accomplishment!