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# THE HEALTHY BODIES STUDY

2015 DATA REPORT

# ABOUT THE HEALTHY BODIES STUDY (HBS)



## STUDY TEAM

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# STUDY PURPOSE

Disordered eating and body image dissatisfaction are common in undergraduate and graduate student populations. Previous campus mental health research has focused primarily on depression, anxiety, suicidality, and substance use. Considerably less is known about eating disorders relative to other mental health problems common in student populations. This is particularly true when considering that eating disorders, like other mental health problems, exist along a continuum of severity. Where much attention has been paid to subclinical depression and anxiety in national epidemiological campus-based research, measures of disordered eating have typically been reduced to but a handful of questions about specific behaviors, often described in clinical terms. While important studies have addressed eating disorders in specifically defined student sub-groups (e.g., sorority women, female athletes, students from certain academic departments), these are usually single-site studies with limited generalizability. HBS takes a public health approach by assessing a range of eating and body image measures at the population-level.

An annual web-based survey, HBS aims to understand students' relationships with eating, dieting, exercising, and body image, and how these relationships, in turn, fit into a larger picture of student health and well-being. HBS seeks to explore the prevalence and correlates of disordered eating and body image dissatisfaction, and the extent to which students with apparent need are utilizing mental health resources. Through close collaborations with campus practitioners and national mental health organizations, HBS researchers strive to inform policy and practice on college and university campuses.

HBS is administered to a randomly selected sample of undergraduate and graduate students at participating institutions. An important contribution to the field of college student mental health, HBS addresses the diversity of disordered eating behaviors and attitudes among the diversity of students on college and university campuses today.

## **HBS is guided by a set of key research objectives:**

- To investigate the prevalence of disordered eating among college and university students.
- To draw correlations between individual characteristics and students' attitudes and behaviors around eating, dieting, exercising, and body image.
- To explore campus environments and norms around eating and body image.
- To understand the impact of unhealthy attitudes and behaviors on all aspects of students' lives (academic, athletic, extracurricular, social, personal, etc.) and the help-seeking behaviors and preferences of students.
- To examine relationships between disordered eating and other important aspects of well-being.
- To collect data that can inform programming and policies that will benefit college and university communities.

# STUDY DESIGN

HBS is designed to protect the privacy and confidentiality of participants. HBS is approved by the Health Sciences and Behavioral Sciences Institutional Review Board at University of Michigan. To further protect respondent privacy, the study is covered by a Certificate of Confidentiality from the National Institutes of Health.

## SAMPLING

Each participating school provides the HBS team with a randomly selected sample of up to 4,000 currently enrolled students who are at least 18 years of age. Most schools choose to sample both undergraduate and graduate students.

## DATA COLLECTION

HBS is a web-based survey. Students are invited and reminded to participate in the survey via emails, which are timed to avoid, if at all possible, the first two weeks of the term, the last week of the term, and any major holidays. Reminder emails are only sent to those who have not yet completed the survey. Each communication contains a unique survey link. The HBS survey takes approximately 20 minutes to complete. Based on embedded skip logic, some measures are assessed only for students with certain responses to survey items. Students may skip any questions that make them uncomfortable, or that they simply do not wish to answer.

## NON-RESPONSE ANALYSIS

A potential concern in any survey study is that those who respond to the survey will not be fully representative of the population from which they are drawn. In HBS, we can be confident that those who are invited to fill out the survey are representative of the full student population because these students are randomly selected from the full list of currently enrolled students. However, it is still possible that those who actually complete the survey are different in important ways from those who do not complete the survey. The overall participation rate for the 2015 study was 27.5%. It is important to raise the question of whether there are any important differences between students who did and did not participate. We address this issue by constructing non-response weights using administrative data on full student populations. Most schools were able to provide administrative data about all randomly selected students. The analysis of these administrative data, separated from any identifying information, was approved in the IRB application at the University of Michigan and at each participating school. We used the following variables, where available, to estimate which types of students were more or less likely to respond: gender, race/ethnicity, academic level, and grade point average. We used these variables to estimate the response propensity of each type of student (based on multivariate logistic regressions), and then assigned response propensity weights to each student who completed the survey. The less likely a type of student was to complete the survey, the larger the weight they received in the analysis, such that the weighted estimates are representative of the full student population in terms of the administrative variables available for each institution. Finally, note that these sample weights give equal aggregate weight to each school in the national estimates. An alternative would have been to assign weights in proportion to school size, but we decided that we did not want our overall national estimates to be dominated by schools in our sample with very large enrollments.

# ABOUT THIS REPORT

This data report provides descriptive statistics (percentages, mean values, etc.) for a set of key measures using the aggregate sample of respondents across all colleges and universities that participated during the 2014-2015 academic year. The findings are stratified by gender (all students, females, males). In addition to the key measures highlighted in this report, an appendix is also included with descriptive statistics for most survey items (see below).

## APPENDIX

The appendix includes values for most measures in the survey. For each measure, the table displays the following information: the national value (for all students, for male students, for female students) and the 95% confidence interval for the national value. All values in the appendix have been weighted to be representative of the full student populations to which they refer (see Non-Response Analysis). Also note that for some measures, respondents were allowed to check more than one response category (e.g., they might have gone to more than one type of provider for mental health services), so the proportions sometimes add up to more than 1.00 across response categories. The 95% confidence intervals give a sense of how much uncertainty there is about each estimated value. This uncertainty exists because our estimates are based only on a random sample of students, rather than a complete census of the student population. However, some schools that had less than 4,000 students (the typical requested sample size), provided their entire population. For consistency sake, these schools were not treated any differently than those schools that provided a 4,000 student sample of their full population. Essentially, the confidence interval tells us that there is a 95% probability that the true population value is within this particular range.

## EXPLORING THE DATA FURTHER

If you are interested in exploring the data beyond what is in this report, you can use a user-friendly website with drop-down menus, at [data.healthymindsnetwork.org](http://data.healthymindsnetwork.org).

# KEY FINDINGS

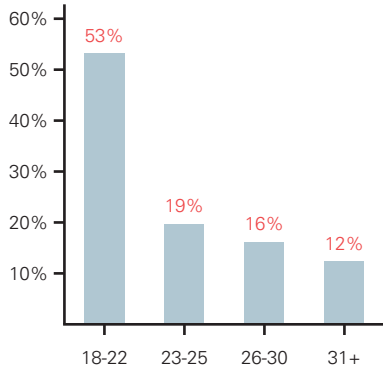
This section offers a quick look at results from key survey measures.

Estimated values of selected measures	Percentage of students
Positive screen for clinically significant eating disorders (EDE global score $\geq 4$ )	5%
Any binge eating (past month)	48%
Any purging (e.g., vomiting, laxatives, diuretics, diet pills, compulsive exercise) (past month)	32%
Dieting (50% or more of past year)	17%
Diagnosed eating disorders (lifetime)	4%
Eating disorder counseling/therapy (past year)	5%
Eating disorder counseling/therapy among students with positive screens for clinically significant eating disorders (past year)	29%
Depression (positive PHQ screen)	17%
Anxiety (positive PHQ screen)	26%
Suicidal ideation (past year)	9%



# SAMPLE CHARACTERISTICS (N=3234)

**Age (years)**

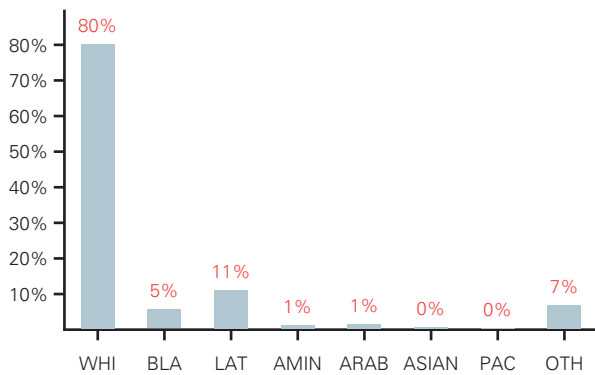


**Gender**



- 56% Female
- 43% Male
- 0% Transgender female to-male
- 0% Transgender male-to-female
- 1% Genderqueer/gender non-conforming
- 0% Other

**Race**



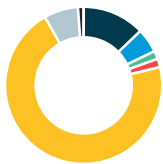
- WHI White or Caucasian
- BLA African American/Black
- LAT Hispanic/Latino
- AMIN American Indian/Alaskan Native
- ARAB Arab/Middle Eastern or Arab American
- ASIAN Asian/Asian-American
- PAC Pacific Islander
- OTH Other

**Ethnicity**



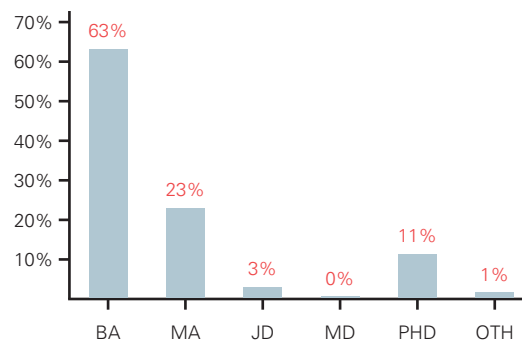
- 8% Hispanic, Latina/o, or Spanish origin

**Living arrangement**



- 13% Campus housing, residence hall
- 5% Campus housing, apartment
- 2% Fraternity or sorority house
- 2% On-or off-campus co-operative housing
- 71% Off-campus, non-university housing
- 7% Parent or guardian's home
- 1% Other

**Degree program**



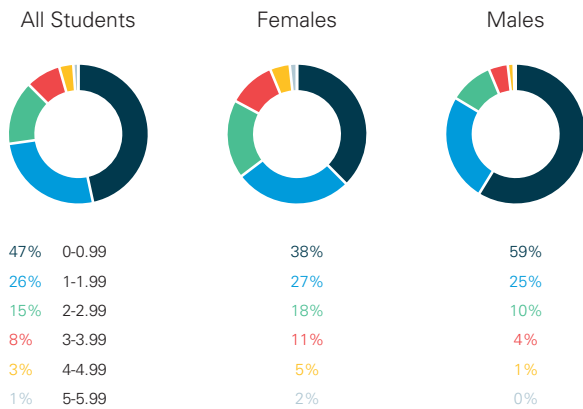
- BA Bachelor's degree
- MA Master's degree
- JD JD
- MD MD
- PHD PhD or equivalent
- OTH Other

# EATING DISORDER SCREENS

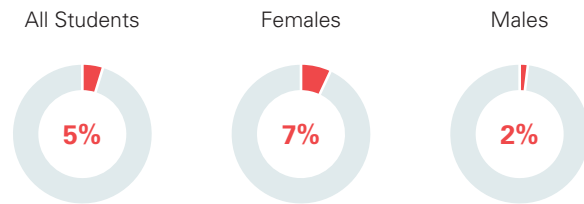
## EATING DISORDER SYMPTOMS

Eating disorders are measured by the Eating Disorder Examination Questionnaire (EDE-Q), a self-report questionnaire assessing symptoms of eating disorder psychopathology over the past 28 days (Fairburn, Cooper, & O'Connor, 2008). The EDE-Q contains four sub-scales (restraint, eating concerns, shape concerns, weight concerns) and a global scale. Findings for the global scale and one item from each subscale are presented below.

### Eating disorders, global score (range: 0-6)

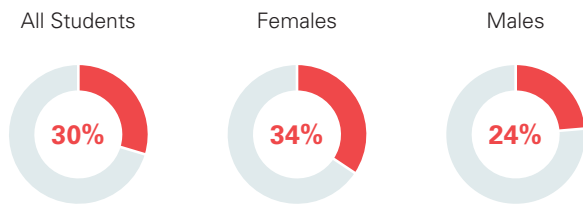


### Positive screen for clinically significant eating disorders (EDE global score $\geq 4$ )



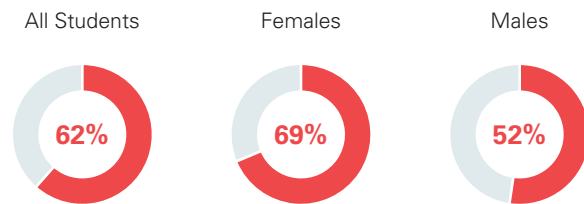
### Eating concerns ( $\geq 1$ day)

On how many of the past 28 days has thinking about food, eating or calories made it very difficult to concentrate on things you are interested in (for example, working, following a conversation, or reading)?



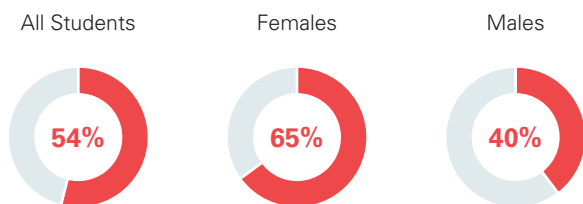
### Restraint ( $\geq 1$ day)

On how many of the past 28 days have you been deliberately trying to limit the amount of food you eat to influence your shape or weight (whether or not you have succeeded)?



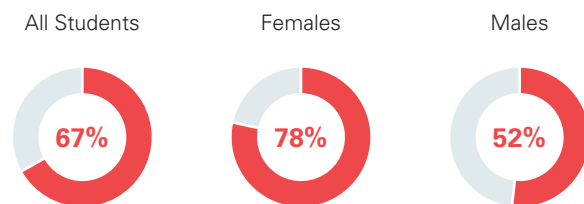
### Shape concerns ( $\geq 1$ day)

On how many of the past 28 days have you had a definite fear that you might gain weight?



### Weight concerns ( $\geq 1$ day)

On how many of the past 28 days have you had a strong desire to lose weight?

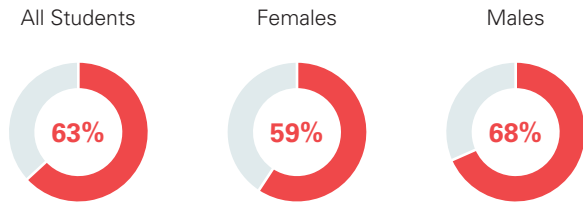


# BINGE EATING

Binge eating over the past 28 days is measured by three items from the EDE-Q.

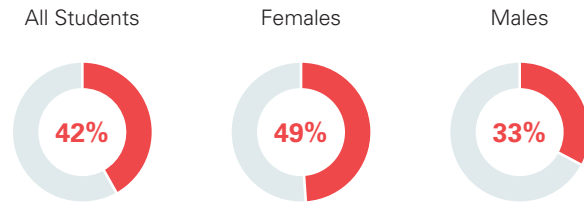
## Overeating ( $\geq 1$ day)

Over the past four weeks (28 days) how many times have you eaten what other people would regard as an unusually large amount of food (given the circumstances)?



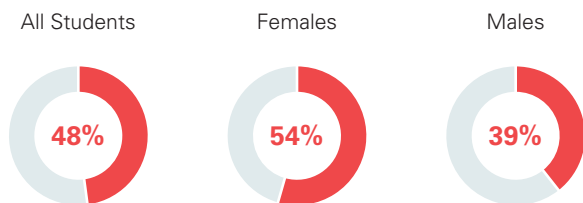
## Loss of control ( $\geq 1$ day)

Over the past four weeks (28 days) on how many of these times did you have a sense of having lost control over your eating (at the time that you were eating)?



## Overeating and loss of control ( $\geq 1$ day)

Over the past four weeks (28 days) on how many days have such episodes of overeating occurred (i.e., you have eaten an unusually large amount of food and have had a sense of loss of control at the time)?



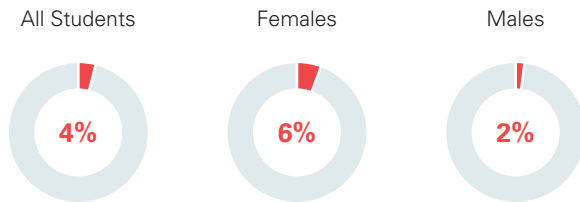
# PURGING AND DIETING

## PURGING

Purging over the past 28 days is measured by three items from the EDE-Q.

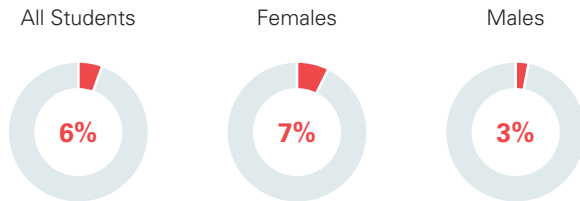
### Vomiting (≥1 day)

Over the past four weeks (28 days) how many times have you made yourself sick (vomit) as a means of controlling your shape or weight?



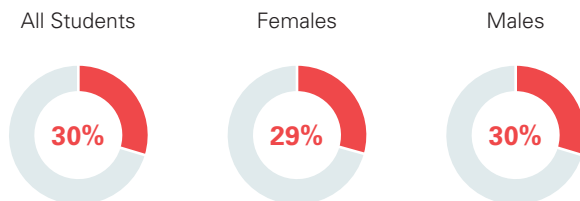
### Laxatives, diuretics, and/or diet pills (≥1 day)

Over the past four weeks (28 days) how many times have you taken laxatives, diuretics (water pills), or diet pills as a means of controlling your shape or weight?



### Compulsive exercising (≥1 day)

Over the past four weeks (28 days) how many times have you exercised in a "driven" or "compulsive" way as a means of controlling your weight, shape or amount of fat, or to burn off calories?

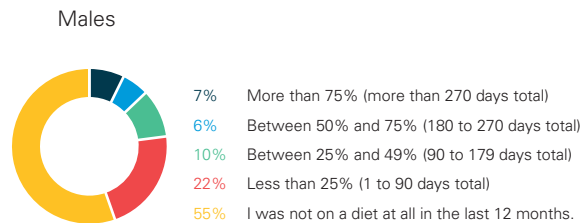
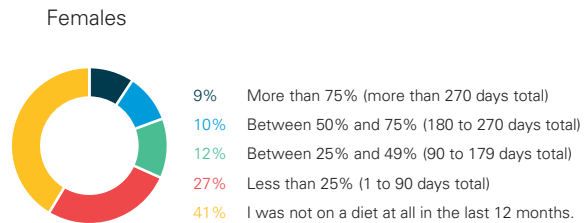
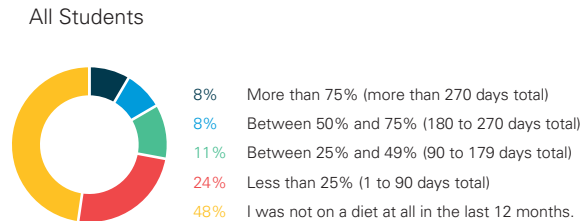


## DIETING

### Dieting, past year

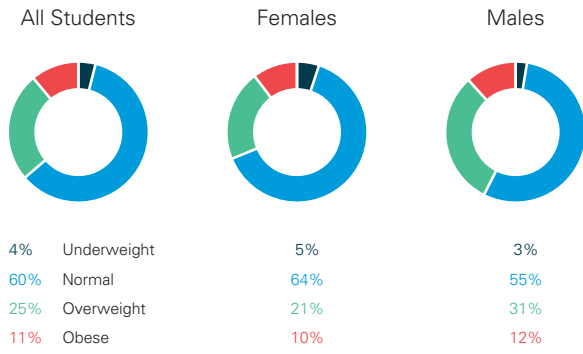
For about what percentage of the last 12 months were you on a diet (if at all)?

*By 'diet' we mean trying to limit the quantity or types of foods and drinks you consume in order to influence your body shape or weight (regardless of whether you think it was successful).*



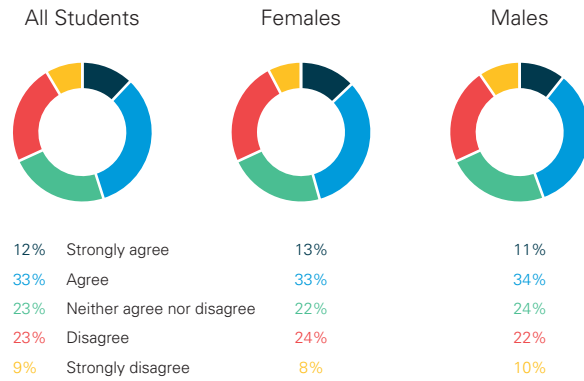
# BODY IMAGE

## Body Mass Index (calculated based on students' self-reported height and weight)



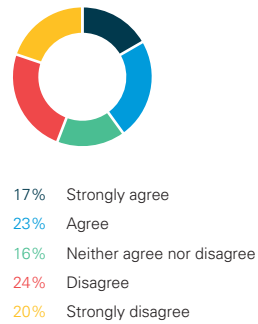
## Changes in concern over body shape and weight

I have become more concerned about my body shape and weight since I began as a student at my school.



I am worried about gaining the "freshman fifteen".  
(Asked only of first-year undergraduates).

### All Students

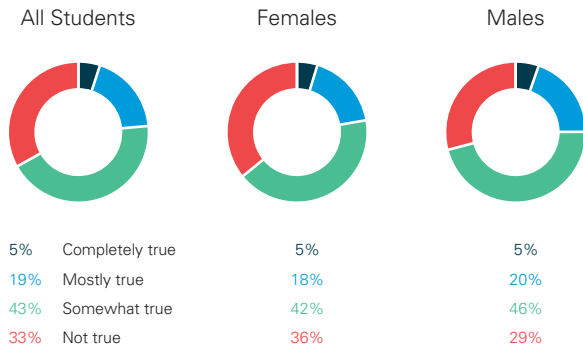


# ATTITUDES, KNOWLEDGE, AND CAMPUS CLIMATE

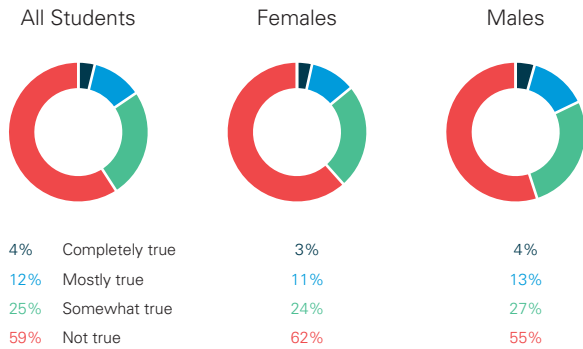
## ATTITUDES

### Public perceived stigma

Most students at my school would think less of a person with an eating disorder.

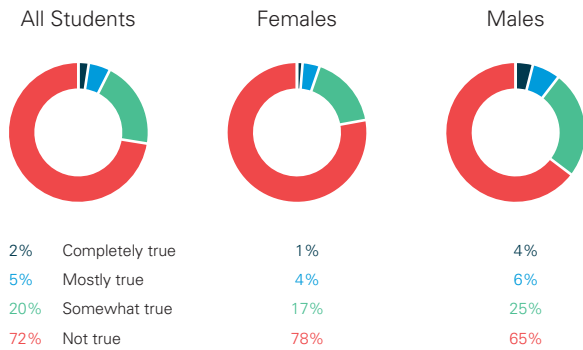


My friends would think less of a person with an eating disorder.



### Personal stigma

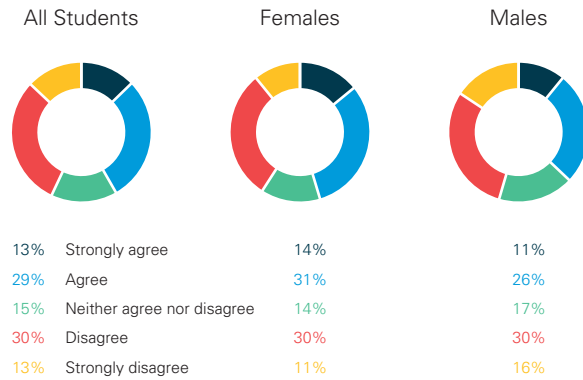
I would think less of a person with an eating disorder.



## KNOWLEDGE

### Knowledge of campus mental health resources

I know where students at my school could go on campus to receive support for problems related to eating and/or body image.

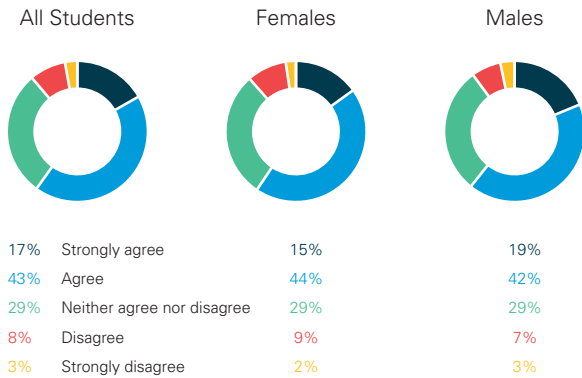


Which of the following topics do you think are important for students at your school to know more about? (Select all that apply)

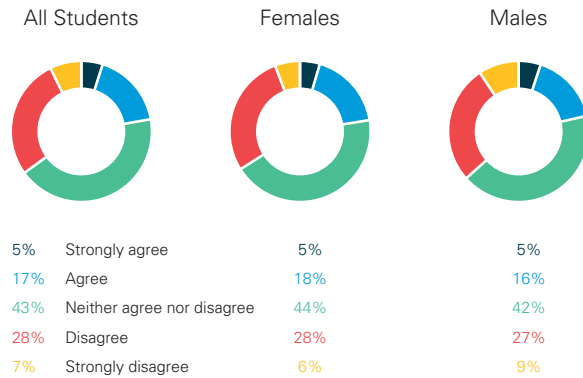
48%	How to help a friend with eating and body image issues
48%	Signs of an eating disorder (anorexia nervosa, bulimia nervosa, binge eating disorder, etc.)
58%	Relationship between eating and mental health
47%	Healthy exercise habits
43%	Eating and body image resources available for students
67%	Risks associated with unhealthy eating
68%	Relationship between eating and alcohol/substance abuse
50%	Healthy nutrition
4%	None of these

## CAMPUS CLIMATE

At my school, I feel that students' mental and emotional well-being is a priority.



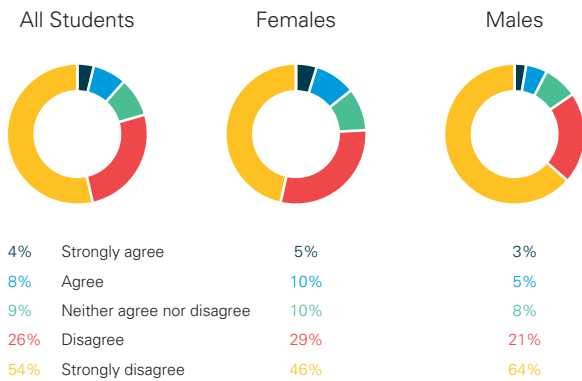
At my school, I feel that the campus environment has a negative impact on students' eating and body image.



## USE OF SERVICES

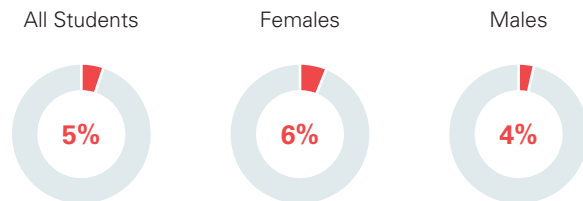
### Perceived need (past year)

In the last 12 months, I think I needed help such as counseling or therapy for issues related to eating and/or body image.



### Eating disorder counseling/therapy, all students (past year)

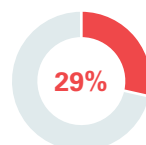
Over the last 12 months, have you received counseling or therapy for issues related to eating and/or body image from a health professional (such as a psychiatrist, psychologist, therapist, social worker, nutritionist, or primary care doctor)?



### Eating disorder counseling/therapy among students with positive screens for clinically significant eating disorders (past year)

Over the last 12 months, have you received counseling or therapy for issues related to eating and/or body image from a health professional (such as a psychiatrist, psychologist, therapist, social worker, nutritionist, or primary care doctor)?

All Students



# USE OF SERVICES (CONTINUED)

## Barriers to help-seeking

Which of the following reasons are most important in explaining why you have not received counseling or therapy for your eating and/or body image concerns?  
(Select three reasons that are most important)

6%	I worry about what others will think of me.
5%	Issues related to eating and body image are normal in college.
2%	Issues related to eating and body image are normal in graduate school.
18%	I'm not sure how serious my needs are.
6%	I don't know what resources are available to me.
14%	I don't have time.
26%	I prefer to deal with issues on my own.
9%	I get a lot of support from other sources, such as family and friends.
7%	The problem will get better without counseling or therapy.
2%	I worry I will be pressured to lose weight.
0%	I worry I will be pressured to gain weight.
5%	There are financial reasons (too expensive, insurance won't cover what I need).
1%	People providing services aren't sensitive enough to cultural diversity.
0%	People providing services aren't sensitive enough to sexual or gender identities.
3%	I worry that my visit will be documented on my academic or medical record.
2%	I worry that someone will notify my parents (or that they will see my visit on their insurance).
3%	I worry that people providing services will judge me.
1%	I haven't had the chance to go but I plan to.
25%	I have not had a need for counseling or therapy.
0%	I worry I will lose my athletic scholarship or I will not be able to participate in my sport.
3%	Other

## Informal help-seeking

Over the last 12 months, have you discussed concerns about your own eating and/or body image with any of the people listed below?  
(Select all that apply)

20%	Roommate
36%	Friend (who is not a roommate)
8%	Classmate
1%	Professor
1%	Staff member in my academic department
1%	Boss, supervisor, manager
6%	Co-worker, colleague
30%	Significant other (boyfriend, girlfriend, partner, etc.)
32%	Family member
0%	Religious counselor or other religious contact
0%	No, none of these

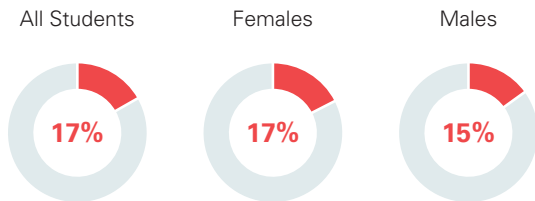


# OVERALL WELL-BEING AND LIFESTYLE

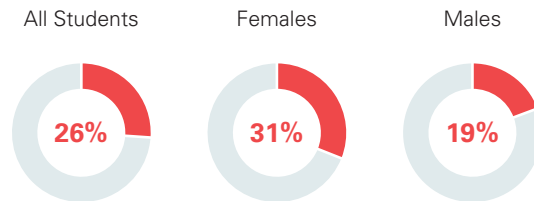
## DEPRESSION AND ANXIETY SCREENS

Depression and anxiety are measured using the Patient Health Questionnaire-4 (PHQ-4), a four-item screen measuring two core symptoms of major depression and two core symptoms of generalized anxiety (Kroenke, Spitzer, Williams, & Löwe, 2009).

### Depression (positive)



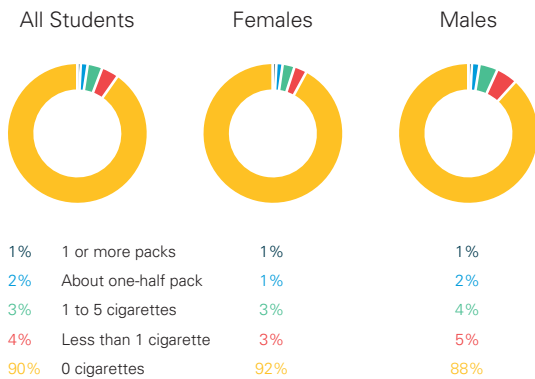
### Anxiety (positive)



## SUBSTANCE USE

### Cigarette smoking

Over the last 2 weeks, about how many cigarettes did you smoke per day?



### Drug use

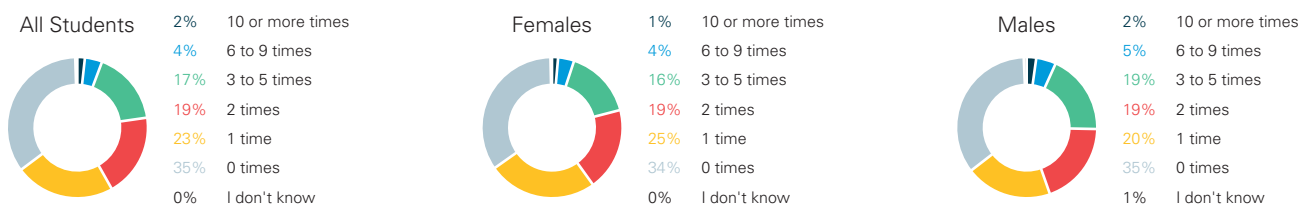
Over the last 12 months, have you used any of the following drugs?  
(Select all that apply)

31%	Marijuana
5%	Cocaine (any form, including crack, powder, or freebase)
0%	Heroin
0%	Methamphetamines (also known as speed, crystal meth, or ice)
5%	Other stimulants (such as Ritalin, Adderall) without a prescription
3%	Ecstasy
3%	Other drugs without a prescription
66%	No, none of these.

### Binge drinking

Over the last 2 weeks, about how many times did you have 4 (female), 5 (male), 4 or 5 (other gender) or more alcoholic drinks in a row?

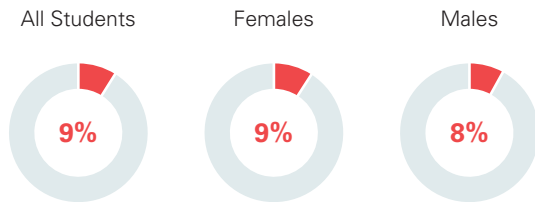
1 drink is a can of beer, a glass of wine, a wine cooler, a shot of liquor, or a mixed drink.



# OVERALL WELL-BEING AND LIFESTYLE (CONTINUED)

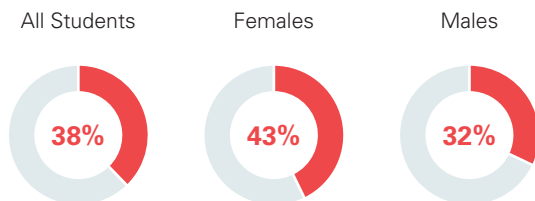
## SUICIDALITY

### Suicidal ideation (past year)



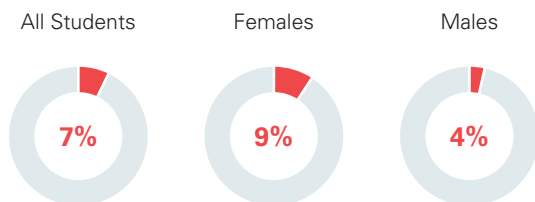
### Suicide plan (past year)

Among students with ideation



### Suicide attempt (past year)

Among students with ideation



## LIFETIME DIAGNOSES OF MENTAL DISORDERS

### All Mental Disorders

Have you ever been diagnosed with any of the following psychological conditions? (Select all that apply)

4%	Eating disorder (such as anorexia nervosa, bulimia nervosa, binge eating disorder)
17%	Depression or other mood disorder (such as major depressive disorder, bipolar/manic depression, dysthymia)
18%	Anxiety (such as generalized anxiety disorder, phobias, obsessive-compulsive disorder, post-traumatic stress disorder)
7%	Attention disorder or learning disability (such as attention deficit disorder, attention deficit hyperactivity disorder)
0%	Psychosis (such as schizophrenia, schizo-affective disorder)
0%	Personality disorder (such as antisocial personality disorder, paranoid personality disorder, schizoid personality disorder)
2%	Substance abuse disorder (such as alcohol abuse, abuse of other drugs)
69%	No, none of these.

### Specific eating disorder diagnoses

Specifically what type of eating disorder were you diagnosed with? (asked only of students with an eating disorder diagnosis) (Select all that apply)

43%	Anorexia nervosa
39%	Bulimia nervosa
20%	Binge eating disorder
22%	Eating disorder not otherwise specified
3%	I don't know.
6%	Other

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# APPENDIX: DESCRIPTIVE STATISTICS FOR HBS SURVEY ITEMS

## RESPONDENT CHARACTERISTICS

MEASURE	ALL STUDENTS	FEMALES	MALES	95% CONFIDENCE INTERVAL
<i>Sample</i>	3234			
<i>Response rate</i>	27%			
<i>Age</i>				
18-22 years	53%	57%	47%	(51%, 55%)
23-25 years	19%	17%	22%	(18%, 21%)
26-30 years	16%	14%	19%	(14%, 17%)
31+ years	12%	12%	13%	(11%, 13%)
<i>Gender</i>				
Female	56%	100%	0%	(54%, 58%)
Male	43%	0%	100%	(41%, 45%)
Transgender, female-to-male	0%	0%	0%	(0%, 0%)
Transgender, male-to-female	0%	0%	0%	(0%, 1%)
Genderqueer/gender non-conforming	1%	0%	0%	(0%, 1%)
Other	0%	0%	0%	(0%, 1%)
<i>Sexual orientation</i>				
Straight (heterosexual)	89%	89%	90%	(88%, 90%)
Bisexual	5%	6%	3%	(4%, 5%)
Gay or lesbian	3%	2%	5%	(3%, 4%)
Questioning	2%	2%	1%	(1%, 2%)
Other	2%	2%	1%	(1%, 2%)
<i>Relationship status</i>				
Single	47%	44%	49%	(45%, 49%)
In a relationship	35%	39%	31%	(34%, 37%)
Married, in a domestic partnership, or engaged	16%	15%	18%	(15%, 17%)
Divorced or separated	1%	1%	1%	(1%, 1%)
Widowed	0%	0%	0%	(0%, 0%)
Other	1%	1%	1%	(1%, 1%)
<i>Ethnicity</i>				
Hispanic, Latino/a, or Spanish origin	8%	8%	9%	(7%, 10%)
<i>Race (Select all that apply)</i>				
White or Caucasian	80%	81%	79%	(78%, 81%)
Black or African American	5%	6%	4%	(4%, 6%)
Asian or Asian American	11%	9%	13%	(10%, 12%)
American Indian, Native American, or Alaskan Native	1%	1%	1%	(1%, 1%)
Middle Eastern, Arab, or Arab American	1%	1%	2%	(1%, 2%)
Pacific Islander	0%	0%	0%	(0%, 1%)
Hawaiian Native	0%	0%	0%	(0%, 0%)
Other	7%	6%	6%	(6%, 7%)
<i>Citizenship</i>				
U.S.	59%	60%	58%	(57%, 61%)
International	41%	40%	42%	(39%, 43%)

MEASURE	ALL STUDENTS	FEMALES	MALES	95% CONFIDENCE INTERVAL
<b>Parental education</b>				
Mother, less than a bachelor's degree	46%	48%	43%	(44%, 48%)
Mother, at least a bachelor's degree	54%	52%	57%	(52%, 56%)
Father, less than a bachelor's degree	45%	47%	41%	(43%, 46%)
Father, at least a bachelor's degree	55%	53%	59%	(54%, 57%)
<b>Socioeconomic background</b>				
Well to do	16%	17%	16%	(15%, 18%)
Comfortable	53%	54%	53%	(51%, 55%)
Had enough to get by but not many "extras"	28%	26%	29%	(26%, 29%)
Very poor, not enough to get by	3%	3%	2%	(2%, 3%)
<b>Importance of religion</b>				
Very important/important	31%	33%	30%	(29%, 33%)
<b>Residence</b>				
On-campus housing, residence hall	13%	12%	14%	(11%, 14%)
On-campus housing, apartment	5%	6%	4%	(4%, 6%)
Fraternity or sorority house (asked only of undergraduates)	2%	2%	1%	(1%, 2%)
On-/off-campus co-operative housing	2%	2%	2%	(1%, 2%)
Off-campus, non-university housing	71%	70%	71%	(69%, 72%)
With my parents (or relatives) (asked only of undergraduates)	7%	7%	7%	(6%, 8%)
Other	1%	1%	1%	(1%, 2%)
<b>Campus activities (Select all that apply)</b>				
Academic/pre-professional	27%	27%	27%	(26%, 29%)
Athletics (club) (asked only of undergraduates)	5%	4%	7%	(5%, 6%)
Athletics (intercollegiate varsity) (asked only of undergraduates)	3%	3%	3%	(2%, 3%)
Athletics (intramural)	17%	11%	25%	(15%, 18%)
Community service	17%	19%	16%	(16%, 19%)
Cultural or racial organization	5%	5%	4%	(4%, 6%)
Dance	2%	2%	1%	(1%, 2%)
Fraternity or sorority (asked only of undergraduates)	8%	9%	7%	(7%, 9%)
Gender or sexuality organization	2%	3%	1%	(2%, 3%)
Government or politics (including student government)	4%	3%	4%	(3%, 4%)
Health and wellness organization	5%	6%	4%	(4%, 6%)
Media or publications	2%	2%	2%	(2%, 3%)
Music or drama	6%	7%	6%	(5%, 7%)
Religious organization	7%	7%	6%	(6%, 8%)
Social organization (that is not a fraternity or sorority)	9%	9%	10%	(8%, 10%)
Visual or fine arts	3%	3%	3%	(3%, 4%)
Other	4%	5%	4%	(3%, 5%)
None (mutually exclusive)	32%	34%	30%	(30%, 34%)
<b>Degree program (Select all that apply)</b>				
Bachelor's	63%	64%	61%	(61%, 65%)
Master's	23%	23%	22%	(21%, 24%)
JD	3%	3%	3%	(2%, 3%)
MD	0%	0%	0%	(0%, 0%)
PhD (or equivalent doctoral program)	11%	9%	13%	(10%, 12%)
Other	1%	2%	1%	(1%, 2%)

MEASURE	ALL STUDENTS	FEMALES	MALES	95% CONFIDENCE INTERVAL
<i>Year in program</i>				
1st	31%	30%	33%	(30%, 33%)
2nd	26%	27%	25%	(25%, 28%)
3rd	21%	21%	20%	(19%, 22%)
4th	15%	16%	14%	(14%, 16%)
5th	5%	4%	5%	(4%, 5%)
6th	1%	1%	1%	(1%, 2%)
7th+	1%	1%	0%	(0%, 1%)
<i>Field of study (Select all that apply)</i>				
Humanities	12%	13%	10%	(11%, 13%)
Natural sciences or mathematics	15%	13%	18%	(14%, 16%)
Social sciences	22%	25%	18%	(20%, 23%)
Architecture or urban planning	0%	0%	0%	(0%, 1%)
Art and design	3%	4%	2%	(2%, 4%)
Business	19%	16%	24%	(17%, 20%)
Education	10%	13%	6%	(9%, 11%)
Engineering	4%	1%	7%	(3%, 4%)
Law (not asked of undergraduates)	3%	3%	4%	(3%, 4%)
Medicine (not asked of undergraduates)	0%	0%	0%	(0%, 1%)
Music, theatre, or dance	5%	5%	4%	(4%, 5%)
Natural resources and environment	3%	2%	3%	(2%, 3%)
Nursing	2%	3%	1%	(2%, 3%)
Pharmacy	0%	0%	0%	(0%, 0%)
Pre-professional (pre-business, pre-health, pre-law) (asked only of undergraduates)	5%	5%	4%	(4%, 5%)
Public health	2%	2%	1%	(2%, 2%)
Public policy	2%	2%	2%	(1%, 2%)
Social work (not asked of undergraduates)	3%	4%	2%	(3%, 4%)
Undecided (asked only of undergraduates)	1%	1%	0%	(0%, 1%)
Other	13%	14%	13%	(12%, 15%)

### BODY IMAGE

MEASURE	ALL STUDENTS	FEMALES	MALES	95% CONFIDENCE INTERVAL
<i>Compared to other things in your life, how important is your weight to you?</i> My weight is the most important thing in my life./My weight is more important than most, but not all, things in my life.	25%	27%	23%	(24%, 27%)
<i>I have become more concerned about my body shape and weight since I began as a student at my school.</i> Strongly agree/agree	45%	46%	44%	(43%, 47%)
<i>I feel competitive or jealous when I see someone I think has a better body than me.</i> Completely true/mostly true	35%	38%	31%	(33%, 37%)

MEASURE	ALL STUDENTS	FEMALES	MALES	95% CONFIDENCE INTERVAL
<i>In your opinion, which of the categories most closely describes your current weight?</i>				
Very underweight	0%	0%	1%	(0%, 1%)
Underweight	7%	4%	11%	(6%, 8%)
Normal	62%	63%	61%	(60%, 64%)
Overweight	27%	29%	25%	(26%, 29%)
Obese	3%	3%	2%	(2%, 3%)
<i>About how often do you weigh yourself?</i>				
More than once per day/once per day	6%	7%	4%	(5%, 7%)
<i>Current body mass index (BMI), calculated based on students' self-reported height and weight</i>				
Mean	24.4	24.0	24.9	(24.2, 24.6)
<i>Ideal BMI, calculated based on students' self-reported height and desired weight</i>				
Mean	22.5	21.2	24.1	(22.4, 22.6)

### EATING DISORDER SCREEN (Eating Disorder Examination Questionnaire)

MEASURE	ALL STUDENTS	FEMALES	MALES	95% CONFIDENCE INTERVAL
<i>EDE-Q global scale score (range: 0-6)</i>				
Mean	1.4	1.7	1.1	(1.4, 1.5)
<i>EDE-Q global scale positive</i>				
Positive	5%	7%	2%	(4%, 6%)
<i>EDE-Q global scale &gt;1</i>				
>1	53%	62%	41%	(52%, 55%)
<i>EDE-Q restraint sub-scale score (range: 0-6)</i>				
Mean	1.4	1.5	1.2	(1.4, 1.5)
<i>EDE-Q restraint sub-scale score &gt;1</i>				
>1	53%	56%	49%	(51%, 55%)
<i>EDE-Q shape concerns sub-scale score (range: 0-6)</i>				
Mean	2.1	2.4	1.6	(2.0, 2.1)
<i>EDE-Q shape concerns sub-scale score &gt;1</i>				
>1	68%	77%	56%	(66%, 69%)
<i>EDE-Q eating concerns sub-scale score (range: 0-6)</i>				
Mean	0.6	0.8	0.4	(0.6, 0.7)
<i>EDE-Q eating concerns sub-scale score &gt;1</i>				
>1	22%	28%	15%	(21%, 24%)

MEASURE	ALL STUDENTS	FEMALES	MALES	95% CONFIDENCE INTERVAL
<i>EDE-Q weight concerns sub-scale score (range: 0-6)</i> Mean	1.6	2.0	1.2	(1.6, 1.7)
<i>EDE-Q weight concerns sub-scale score &gt;1</i> >1	58%	68%	44%	(56%, 60%)
<i>On how many of the past 28 days, have you been deliberately trying to limit the amount of food you eat to influence your shape or weight (whether or not you have succeeded)?</i> >1 day	62%	69%	52%	(60%, 63%)
<i>On how many of the past 28 days, have you gone for long periods of time (8 waking hours or more) without eating anything at all in order to influence your shape or weight?</i> >1 day	17%	19%	15%	(16%, 19%)
<i>On how many of the past 28 days, have you tried to exclude from your diet any foods that you like in order to influence your shape or weight (whether or not you have succeeded)?</i> >1 day	72%	77%	64%	(70%, 73%)
<i>On how many of the past 28 days, have you tried to follow definite rules regarding your eating (for example, a calorie limit) in order to influence your shape or weight (whether or not have you have succeeded)?</i> >1 day	48%	51%	43%	(46%, 49%)
<i>On how many of the past 28 days, have you had a definite desire to have an empty stomach with the aim of influencing your shape or weight?</i> >1 day	20%	24%	15%	(19%, 22%)
<i>On how many of the past 28 days, have you had a definite desire to have a totally flat stomach?</i> >1 day	71%	81%	58%	(70%, 73%)
<i>On how many of the past 28 days, has thinking about food, eating or calories made it very difficult to concentrate on things you are interested in (for example, working, following a conversation, or reading)?</i> >1 day	30%	34%	24%	(28%, 31%)



MEASURE	ALL STUDENTS	FEMALES	MALES	95% CONFIDENCE INTERVAL
<i>On how many of the past 28 days, has thinking about shape or weight made it very difficult to concentrate on things you are interested in (for example, working, following a conversation, or reading)?</i> >1 day	29%	34%	23%	(28%, 31%)
<i>On how many of the past 28 days, have you had a definite fear of losing control over eating?</i> >1 day	30%	35%	22%	(28%, 31%)
<i>On how many of the past 28 days, have you had a definite fear that you might gain weight?</i> >1 day	54%	65%	40%	(52%, 56%)
<i>On how many of the past 28 days, have you felt fat?</i> >1 day	72%	84%	56%	(70%, 73%)
<i>On how many of the past 28 days, have you had a strong desire to lose weight?</i> >1 day	67%	78%	52%	(65%, 69%)
<i>Over the past 28 days, on how many days have you eaten in secret?</i> >1 day	21%	26%	15%	(20%, 23%)
<i>On what proportion of the times that you have eaten have you felt guilty (felt that you've done wrong) because of its effect on your shape or weight?</i> Every time/most of the time/more than half	37%	46%	18%	(34%, 41%)
<i>Over the past 28 days, how concerned have you been about other people seeing you eat? (range: 0 (not at all)-6 (markedly))</i> 4 (moderately)/5/6 (markedly)	7%	10%	4%	(6%, 8%)
<i>Over the past 28 days, has your weight influenced how you think about (judge) yourself as a person? (range: 0 (not at all)-6 (markedly))</i> 4 (moderately)/5/6 (markedly)	24%	29%	17%	(22%, 26%)
<i>Over the past 28 days, has your shape influenced how you think about (judge) yourself as a person? (range: 0 (not at all)-6 (markedly))</i> 4 (moderately)/5/6 (markedly)	29%	33%	23%	(27%, 31%)

MEASURE	ALL STUDENTS	FEMALES	MALES	95% CONFIDENCE INTERVAL
<i>Over the past 28 days, how much would it have upset you if you were asked to weigh yourself once a week (no more, or less, often) for the next four weeks? (range: 0 (not at all)-6 (markedly))</i> 4 (moderately)/5/6 (markedly)	11%	17%	3%	(10%, 12%)
<i>Over the past 28 days, how dissatisfied have you been with your weight? (range: 0 (not at all)-6 (markedly))</i> 4 (moderately)/5/6 (markedly)	31%	39%	22%	(30%, 33%)
<i>Over the past 28 days, how dissatisfied have you been with your shape? (range: 0 (not at all)-6 (markedly))</i> 4 (moderately)/5/6 (markedly)	33%	40%	24%	(32%, 35%)
<i>Over the past 28 days, how uncomfortable have you felt seeing your body (for example, seeing your shape in the mirror, in a shop window reflection, while undressing or taking a bath or shower)? (range: 0 (not at all)-6 (markedly))</i> 4 (moderately)/5/6 (markedly)	29%	36%	18%	(27%, 30%)
<i>Over the past 28 days, how uncomfortable have you felt about others seeing your shape or figure (for example, in communal changing rooms, when swimming, or wearing tight clothes)? (range: 0 (not at all)-6 (markedly))</i> 4 (moderately)/5/6 (markedly)	30%	38%	20%	(29%, 32%)

### BINGE EATING

MEASURE	ALL STUDENTS	FEMALES	MALES	95% CONFIDENCE INTERVAL
<i>Over the past four weeks (28 days), how many times have you eaten what other people would regard as an unusually large amount of food (given the circumstances)?</i> >1 day	63%	59%	68%	(61%, 65%)
<i>Over the past four weeks (28 days), on how many of these times did you have a sense of having lost control over your eating (at the time that you were eating)? (please leave blank if not applicable)</i> >1 day	42%	49%	33%	(40%, 44%)

MEASURE	ALL STUDENTS	FEMALES	MALES	95% CONFIDENCE INTERVAL
<p><i>Over the past four weeks (28 days), on how many days have such episodes of overeating occurred (i.e., you have eaten an unusually large amount of food and have had a sense of loss of control at the time)? (please leave blank if not applicable)</i></p> <p>&gt;1 day</p>	48%	54%	39%	(45%, 50%)

### PURGING

MEASURE	ALL STUDENTS	FEMALES	MALES	95% CONFIDENCE INTERVAL
<p><i>Over the past four weeks (28 days), how many times have you made yourself sick (vomit) as a means of controlling your shape or weight?</i></p> <p>&gt;1 time</p>	4%	6%	2%	(3%, 5%)
<p><i>Over the past four weeks (28 days), how many times have you taken laxatives as a means of controlling your shape or weight?</i></p> <p>&gt;1 time</p>	3%	5%	2%	(3%, 4%)
<p><i>Over the past four weeks (28 days), how many times have you taken diuretics (water pills) or diet pills as a means of controlling your shape or weight?</i></p> <p>&gt;1 time</p>	4%	5%	2%	(3%, 4%)
<p><i>Over the past four weeks (28 days), how many times have you exercised in a "driven" or "compulsive" way as a means of controlling your weight, shape or amount of fat, or to burn off calories?</i></p> <p>&gt;1 time</p>	30%	29%	30%	(28%, 31%)

MEASURE	ALL STUDENTS	FEMALES	MALES	95% CONFIDENCE INTERVAL
<b>EATING HABITS/ATTITUDES</b>				
<i>Do the following eating practices apply to you?</i> I am a vegetarian. I am vegan. I eat raw food (most of or all the time).	7% 2% 5%	9% 2% 5%	4% 1% 5%	(6%, 8%) (1%, 2%) (4%, 6%)
<i>My eating habits have changed a lot since I began as a student at my school.</i> Strongly agree/agree	51%	52%	50%	(49%, 53%)
<i>For about what percentage of the last 12 months were you on a diet (if at all)?</i> >50%	17%	19%	13%	(15%, 18%)
<i>How often do you typically know the nutrition facts (for example, fat, fiber, carbohydrates, protein) about the foods and drinks you consume before you consume them?</i> Always/usually	43%	42%	44%	(41%, 45%)
<i>How often do you typically know the number of calories in the foods and drinks you consume before you consume them?</i> Always/usually	32%	33%	31%	(30%, 34%)
<i>How often do you typically count the calories that you consume?</i> Always/usually	13%	15%	11%	(12%, 14%)
<i>I am satisfied with my current eating habits.</i> Strongly agree/agree	51%	44%	59%	(49%, 53%)

<b>EXERCISING</b>				
MEASURE	ALL STUDENTS	FEMALES	MALES	95% CONFIDENCE INTERVAL
<i>My exercise habits have changed a lot since I began as a student at my school.</i> Strongly agree/agree	58%	58%	58%	(56%, 60%)
<i>How have your exercise habits changed since you began as a student at my school. (contains embedded skip logic)</i> I exercise more now. I exercise less now. Other	59% 35% 6%	56% 37% 6%	63% 32% 5%	(57%, 62%) (32%, 37%) (5%, 7%)

MEASURE	ALL STUDENTS	FEMALES	MALES	95% CONFIDENCE INTERVAL
<i>I exercise because I want to influence my body shape or weight. (contains embedded skip logic)</i> Very like me/like me	88%	89%	87%	(86%, 91%)
<i>I am very focused on burning calories when I exercise. (contains embedded skip logic)</i> Very like me/like me	53%	60%	43%	(49%, 56%)
<i>If I eat or drink something that could make me gain weight, I exercise to make up for this. (contains embedded skip logic)</i> Very like me/like me	35%	41%	28%	(32%, 39%)
<i>If I can't exercise, I feel out of control. (contains embedded skip logic)</i> Very like me/like me	35%	37%	32%	(32%, 39%)
<i>I exercise to build muscle. (contains embedded skip logic)</i> Very like me/like me	68%	58%	79%	(64%, 71%)

#### CAMPUS CLIMATE AND PEERS

MEASURE	ALL STUDENTS	FEMALES	MALES	95% CONFIDENCE INTERVAL
<i>At my school, I feel that students' mental and emotional well-being is a priority.</i> Strongly agree/agree	60%	59%	61%	(58%, 62%)
<i>At my school, I feel that the campus environment has a negative impact on students' eating and body image.</i> Strongly agree/agree	22%	22%	21%	(21%, 24%)

MEASURE	ALL STUDENTS	FEMALES	MALES	95% CONFIDENCE INTERVAL
<b>STIGMA</b>				
<i>Most students at my school would think less of a person with an eating disorder.</i> Completely true/mostly true	24%	22%	25%	(22%, 25%)
<i>My friends would think less of a person with an eating disorder.</i> Completely true/mostly true	16%	14%	18%	(14%, 17%)
<i>I would think less of a person with an eating disorder.</i> Completely true/mostly true	7%	5%	10%	(6%, 9%)

MEASURE	ALL STUDENTS	FEMALES	MALES	95% CONFIDENCE INTERVAL
<b>KNOWLEDGE</b>				
<i>I know the signs and symptoms of an eating disorder.</i> Strongly agree/agree	61%	70%	49%	(59%, 63%)
<i>Are you aware of eating disorder outreach efforts on your campus?</i> Yes	30%	32%	27%	(28%, 31%)
<i>I know where a student at my school could go on campus to receive support for problems related to eating and/or body image.</i> Strongly agree/agree	42%	45%	37%	(40%, 44%)
<i>Which of the following topics do you think are important for students at your school to know more about? (Select all that apply)</i>				
How to help a friend with eating and body image issues	48%	53%	41%	(46%, 50%)
Signs of an eating disorder (anorexia nervosa, bulimia nervosa, binge eating disorder, etc.)	48%	53%	42%	(46%, 50%)
Relationship between eating and mental health	58%	64%	49%	(56%, 59%)
Risks associated with unhealthy eating	47%	51%	43%	(45%, 49%)
Relationship between eating and alcohol/substance abuse	43%	46%	39%	(41%, 45%)
Healthy nutrition	67%	69%	65%	(66%, 69%)
Healthy exercise habits	68%	68%	67%	(66%, 70%)
Eating and body image resources available for students	50%	57%	40%	(48%, 52%)
None of these (mutually exclusive)	4%	2%	7%	(4%, 5%)

MEASURE

ALL STUDENTS

FEMALES

MALES

95% CONFIDENCE  
INTERVAL**HELP-SEEKING AND SUPPORT**

<i>In the last 12 months, I think I needed help such as counseling or therapy for issues related to eating and/or body image.</i> Strongly agree/agree	12%	14%	8%	(10%, 13%)
<i>Over the last 12 months, have you received counseling or therapy for issues related to eating and/or body image from a health professional (such as a psychiatrist, psychologist, therapist, social worker, nutritionist, or primary care doctor)?</i> Yes	5%	6%	4%	(4%, 6%)
<i>Are you currently receiving counseling or therapy for issues related to eating and/or body image? (contains embedded skip logic)</i> Yes	34%	38%	28%	(27%, 42%)
<i>Over the last 12 months, do you think you needed help such as counseling or medication for a mental or emotional health problem (NOT directly related to eating and/or body image) such as feeling sad or stressed?</i> Strongly agree/agree	35%	42%	25%	(33%, 37%)
<i>Over the last 12 months, have you received treatment (counseling, therapy, or medication) for a mental or emotional health problem (NOT directly related to eating and/or body image) from a health professional (such as a psychiatrist, psychologist, social worker, or primary care doctor)?</i> Yes	21%	25%	14%	(19%, 22%)

MEASURE	ALL STUDENTS	FEMALES	MALES	95% CONFIDENCE INTERVAL
<b>OVERALL WELL-BEING AND LIFESTYLE</b>				
<i>PHQ-4 depression positive</i> Positive	17%	17%	15%	(15%, 18%)
<i>PHQ-4 anxiety positive</i> Positive	26%	31%	19%	(24%, 28%)
<i>Over the last 2 weeks, how often have you been bothered by the following problems? Feeling nervous, anxious, or on edge</i> Nearly every day/more than half the days	25%	29%	19%	(23%, 27%)
<i>Over the last 2 weeks, how often have you been bothered by the following problems? Not being able to stop or control worrying</i> Nearly every day/more than half the days	20%	24%	14%	(18%, 21%)
<i>Over the last 2 weeks, how often have you been bothered by the following problems? Little interest or pleasure in doing things</i> Nearly every day/more than half the days	15%	15%	14%	(13%, 16%)
<i>Over the last 2 weeks, how often have you been bothered by the following problems? Feeling down, depressed, or hopeless</i> Nearly every day/more than half the days	14%	15%	12%	(13%, 15%)
<i>In the last year, did you ever seriously think about attempting suicide?</i> Yes	9%	9%	8%	(8%, 10%)
<i>In the last year, did you make a plan for attempting suicide? (contains embedded skip logic)</i> Yes	38%	43%	32%	(32%, 44%)
<i>In the last year, did you attempt suicide? (contains embedded skip logic)</i> Yes	7%	9%	4%	(4%, 10%)
<i>Over the last 2 weeks, did you drink any alcohol?</i> Yes	68%	70%	65%	(66%, 70%)
<i>Over the last 2 weeks, about how many times did you have 4 (female)/5 (male)/4 or 5 (other gender) or more alcoholic drinks in a row? (contains embedded skip logic)</i> >1 time	65%	65%	65%	(63%, 67%)



MEASURE	ALL STUDENTS	FEMALES	MALES	95% CONFIDENCE INTERVAL
<i>If I know that I will be drinking alcohol, I skip meals or eat less on that day or the next day. (contains embedded skip logic)</i> Very like me/like me	9%	11%	7%	(8%, 10%)
<i>When I drink alcohol, I feel better about my body. (contains embedded skip logic)</i> Very like me/like me	7%	7%	7%	(6%, 8%)
<i>Over the last 2 weeks, about how many cigarettes did you smoke per day?</i> >0 cigarettes	10%	8%	12%	(9%, 11%)
<i>Compared to other reasons for smoking, how important is a desire to curb your appetite or control your weight? (contains embedded skip logic)</i> Very important/important	17%	24%	11%	(12%, 21%)
<i>Over the last 12 months, have you used any of the following drugs? (Select all that apply)</i>				
Marijuana	31%	29%	34%	(29%, 33%)
Cocaine	5%	4%	6%	(4%, 6%)
Heroin	0%	0%	0%	(0%, 0%)
Methamphetamines	0%	0%	1%	(0%, 1%)
Other stimulants without a prescription	5%	4%	5%	(4%, 5%)
Ecstasy	3%	3%	3%	(2%, 4%)
Other drugs without a prescription	3%	3%	3%	(2%, 4%)
No, none of these. (mutually exclusive)	66%	69%	63%	(64%, 68%)
<i>Over the last 12 months, have you experienced emotional, physical, or sexual abuse (either from someone you know or don't know)?</i> Yes	9%	12%	4%	(8%, 10%)