

# EATING DISORDERS ON THE COLLEGE CAMPUS

A NATIONAL SURVEY OF PROGRAMS AND RESOURCES

MARCH 2013

Availability and Frequency of Eating Disorder-Related Services  
and Programs on College and University Campuses

Study Approved by the Pace University Institutional Review Board

All survey responses were checked for accuracy, as of the time of publication. Updates will be made on an ongoing basis. If you are a staff member of any of the institutions represented and are aware of changes to the service/program availability, please email [ymerwede@myneda.org](mailto:ymerwede@myneda.org) to alert NEDA staff.

The frequency and availability of programs and resources is only provided for those schools that opted into this survey. Other colleges and universities may offer programs and resources, and can request to be added to this listing. Please email [ymerwede@myneda.org](mailto:ymerwede@myneda.org) for additional details.



National Eating Disorders Association

Category Abbreviation Key	Campus Events, Programs, Workshops				Therapy/Counseling Services				Academic Classes/Programs				Residence Life /Peer Advisors			Athlete Services			Informational Resources						
	NED Awareness/Workshops	ED Screenings	Awareness Programs through Greek Council Groups	Bl or "Making Peace with Food" Programs/ Workshops on ED & BI Issues	ED Therapy Groups	Counselor or Psychologist with ED specialty	Individual Psychotherapy for ED & BI	Individual Psychotherapy	Nutritionist with ED Specialty	ED Education Coordinator	ED Courses Offered (Patch, Public Health, Women's Studies)	Faculty-Led Research with Students as Collaborators or Research Assistants	Training for Dietitians & Therapists to Identify & Refer for ED symptoms	Residence Life Programs- 1st Year Students	Residence Life Programs- Training Resident Advisors & Community	Residence Life Programs- Peer Advisors to Identify & Refer/Disordered Eating	Athletic Department & Athletic Trainers	Athletic Dept Screening & Referral Programs via Sports Medicine/Physiologists	Prevention/ Education Programs for Athletes in High-Risk Sports (Gymnastics, Wrestling, Rowing, Synchronized Swimming, etc.)	Articles in Alumni Magazines, Newsletters or Web	ED Info on Campus health & Counseling Center Web Sites	Printed Resources via Health or Counseling Center	Articles in Campus Newspaper - Ed & Treatment	ED Collections in Campus Library	Other programs and services available on campus
<b>ALABAMA</b>																									
Auburn University	1/S	1/S	1/S	1/S	1/S	M	D	D	D	D	N/A	U	1/Yr	1/Yr	1/Yr	1/Yr	1/S	1/S	1/Yr	D	D	1/S	D		
<b>ARKANSAS</b>																									
Harding University	1/Yr	N/A	N/A	N/A	1/Yr	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1/Yr	D	^
University of Arkansas	N/A	N/A	U	U	U	U	N/A	U	N/A	U	U	U	U	U	U	N/A	N/A	U	N/A	D	D	N/A	U		
<b>ARIZONA</b>																									
Arizona State University	1/Yr	N/A	1/Yr	1/S	1/Yr	1/S	D	D	W	N/A	U	U	N/A	N/A	N/A	N/A	U	U	N/A	D	D	N/A	D	^	
University of Arizona	1/Yr	D	D	W	2/S	W	D	D	D	D	U	U	D	1/Yr	1/S	1/Yr	D	*D	N/A	D	D	1/Yr	D	^	
<b>CALIFORNIA</b>																									
California State University, Sacramento	1/Yr	N/A	N/A	N/A	M	D	D	D	D	D	U	U	U	U	1/S	D	N/A	N/A	M	D	D	M	N/A		
<b>COLORADO</b>																									
Adams State College	1/Yr	N/A	N/A	N/A	N/A	N/A	N/A	D	N/A	N/A	N/A	N/A	N/A	1/Yr	1/Yr	1/Yr	1/Yr	N/A	N/A	D	D	N/A	N/A		
University of Colorado at Boulder	1/Yr	D	1/S	W	1/S	W	D	D	D	M	1/S	1/S	1/S	U	1/S	U	U	U	U	D	D	1/S	U		
<b>CONNECTICUT</b>																									
University of Hartford	1/Yr	N/A	1/Yr	N/A	1/Yr	D	U	U	U	N/A	1/Yr	D	U	D	D	N/A	U	U	N/A	D	D	N/A	N/A		
<b>DISTRICT OF COLUMBIA, WASHINGTON</b>																									
American University	1/Yr	N/A	W	1/S	W	N/A	D	D	N/A	D	N/A	1/S	1/Yr	1/S	1/S	1/S	N/A	N/A	1/Yr	D	D	1/Yr	N/A		
<b>FLORIDA</b>																									
University of Florida	1/Yr	D	U	W	M	W	D	D	D	U	D	D	D	U	U	D	U	U	U	D	D	U	U		
<b>GEORGIA</b>																									
Clayton State University	1/Yr	1/S	U	N/A	N/A	N/A	D	D	N/A	N/A	N/A	U	U	N/A	N/A	N/A	U	N/A	N/A	D	D	1/S	D		
University of Georgia	N/A	N/A	U	U	1/S	W	D	D	D	U	U	D	U		U	U	U	U	U	D	D	N/A	U		
<b>IOWA</b>																									
Luther College	1/Yr	N/A	U	N/A	N/A	N/A	W		M	1/Yr	N/A	N/A	1/Yr	N/A	1/Yr	1/Yr	1/Yr	N/A	N/A	D	M	1/Yr	U		
University of Iowa	1/Yr	D	U	W	M	W	D	D	D	N/A	U	U	U	N/A		1/S	U	N/A	U	D	D	N/A	U		
University of Northern Iowa	1/Yr	D	U	D	D	1/Yr	D	D	D	D	N/A		D	N/A	1/Yr	D	N/A	N/A	N/A	D	D	1/Yr	N/A		



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<b>MINNESOTA</b>																									
University of St. Thomas	1/Yr	D	U	1/Yr	1/Yr	1/Yr	D	D	W	N/A	U	U	U	N/A	1/Yr	N/A	U	U	U	D	D	1/Yr	U		
<b>MISSOURI</b>																									
University of Central Missouri	1/Yr	D	U	1/Yr	1/Yr	N/A	D	D	N/A	N/A	U	U	U	U	U	N/A	U	U	U	D	D	1/Yr	U		
University of Missouri-Kansas City	1/Yr	D	U	N/A	1/S	N/A	D	D	N/A	N/A	U	U	U	N/A	N/A	U	U	U	1/S	D	D	1/S	U		
<b>MONTANA</b>																									
Montana State University	1/Yr	N/A	U	N/A	1/S	W	D	D	D	N/A	U	U	U	N/A	1/S	N/A	N/A	U	U	D	D	1/Yr	U		^
<b>NEBRASKA</b>																									
Clarkson College	N/A	N/A	N/A	N/A	N/A	N/A	D	D	N/A	N/A	N/A	D	N/A	N/A	N/A	N/A	N/A	N/A	D	D	D	N/A	N/A		
Creighton University	U	D	U	N/A	N/A	N/A	D	D	D	D	U	U	M	N/A	1/Yr	U	U	U	M	N/A	N/A	1/Yr	D		^
Wayne State College	1/Yr	1/S	N/A	N/A	1/S	1/Yr	W	D	W	N/A	N/A	N/A	1/Yr	N/A	1/Yr	N/A	N/A	1/Yr	N/A	D	D	1/Yr	D		^
<b>NEVADA</b>																									
University of Nevada, Reno	1/Yr	N/A	1/Yr	D	1/Yr	D	D	D	D	D	N/A	N/A	N/A	N/A	N/A	N/A	D	1/S	N/A	D	D	1/Yr	U		
<b>NEW HAMPSHIRE</b>																									
Dartmouth College	1/Yr	1/Yr	1/Yr	N/A	1/Term	W/ongoing	D	D	W	N/A	N/A	D	N/A	1/Yr	1/Yr	D	1/Yr	*1/Yr	N/A	D	D	Once per term	N/A		^
University of New Hampshire	1/Yr	D	D	1/S	1/S	N/A	U	D	D	N/A	D	D	D	D	D	D	D	1/S	1/S	D	D	U	D		^
<b>NEW JERSEY</b>																									
Drew University	1/Yr	D	U	1/S	1/Yr	1/Yr	D	D	N/A	N/A	U	U	U	U	1/Yr	1/Yr	N/A	N/A	U	D	D	1/Yr	U		
Monmouth University	1/Yr	D	1/Yr	N/A	1/Yr	N/A	D	D	N/A	N/A	1/Yr	D	D	1/Yr	D	D	1/Yr	1/Yr	D	D	D	M	U		
Princeton University	1/Yr	N/A	U	1/Yr	1/Yr	1/S	D	D		N/A	U	U	U	1/Yr	1/Yr	D	1/Yr	1/Yr	N/A	D	D	1/Yr	U		
Rowan University	1/Yr	1/S	1/Yr		1/S	W	W	W	N/A	N/A	1/Yr	U	U	N/A	1/Yr	N/A	N/A	N/A	U	D	D	1/Yr	U		^
<b>NEW YORK</b>																									
Hunter College	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	U	U	N/A	U	N/A	N/A	N/A	N/A	D	D	N/A	N/A		
SUNY Oneonta	1/Yr	1/Yr	N/A	1/S	1/S	N/A	N/A	N/A	N/A	N/A	U	U	U	1/Yr	N/A	N/A	U	N/A	N/A	D	D	N/A	U		
<b>NORTH CAROLINA</b>																									
Appalachian State University	1/S	D	1/S	W	1/S	W	D	D	D	D	U	U	N/A	U	1/Yr	N/A	U	U	D	D	D	N/A	U		

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<b>NORTH DAKOTA</b>																								
Bismarck State College	1/Yr	N/A	N/A	N/A	1/Yr	N/A	N/A	D	N/A	N/A	N/A	N/A	N/A	D	1/Yr	N/A	N/A	N/A	N/A	D	D	U	D	
University of North Dakota	1/Yr	M	1/S	N/A	1/S	N/A	D	W	D	U	N/A	D	N/A	1/Yr	1/S	W	U	U	U	D	D	N/A	U	
Valley City State University	N/A	D	1/Yr	N/A	1/Yr	N/A	D	N/A	N/A	N/A	U	U	U	1/Yr	N/A	N/A	U	U	1/S	D	D	1/Yr	D	
<b>OHIO</b>																								
Bowling Green State University	N/A	D	U	1/S	1/S	M	D	D	N/A	N/A	1/Yr	1/S	U	1/S	1/S	1/Yr	U	U	1/Yr	D	D	1/Yr	1/Yr	
Case Western Reserve University	N/A	U	U	U	U	U	M	D	U	N/A	1/Yr	1/S	U		1/S	U	U	U	1/S	D	D	U	U	
Cedarville University	1/Yr	N/A	N/A	N/A	1/Yr	1/Yr	D	D	N/A	N/A	N/A	N/A	N/A	N/A	1/Yr	N/A	N/A	1/Yr	D	D	N/A	1/Yr	D	
Ohio University	1/Yr	1/Yr	U	N/A	1/Yr	1/Yr	D	D	D	N/A	U	D	1/Yr	U	1/Yr	N/A	U	1/Yr	1/S	D	D	1/S	U	^
The Ohio State University	1/Yr	1/Yr	1/Yr	D	1/S	W	D	D	D	N/A	1/Yr	1/Yr	U	1/Yr	1/Yr	N/A	U	U	U	D	D	1/Yr	U	
<b>OKLAHOMA</b>																								
Oklahoma State University	1/S	D	N/A	1/S	1/Yr	1/Yr	1/S	D	D	N/A	N/A	U	1/Yr	N/A	N/A	N/A	D	1/Yr	U	D	D	N/A	N/A	
<b>PENNSYLVANIA</b>																								
Alvernia University	1/Yr	N/A	N/A	N/A	1/Yr	N/A	N/A	N/A	N/A	N/A	N/A	N/A	U	D	1/Yr	N/A	U	N/A	U	U	D	N/A	U	
Carnegie Mellon University	N/A	N/A	N/A	1/Yr	N/A	N/A	N/A	D	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	D	N/A	D	D	N/A	N/A	
Penn State University	1/S	D	U		M	W	D	D	D	U	U	U	1/S	1/S	1/S	D	D	1/S	D	D	D	1/S	D	
Shippensburg University	N/A	N/A	U	U	N/A	N/A	M	N/A	N/A	N/A	1/Yr	W	N/A	D	M	1/S	U	N/A	1/Yr	W	W	1/Yr	U	
West Chester University	N/A	U	M	1/S	M	U	D	D	D	U	1/Yr	D	U	U	U	D	U	U	U	D	D	1/Yr	U	
<b>SOUTH CAROLINA</b>																								
Furman University	U	U	U	U	1/Yr	W	D	D	U	U	1/Yr	N/A	N/A	U	U	U	U	U	U	D	U	N/A	U	
Medical University of South Carolina	1/Yr	D	U	N/A	1/Yr	N/A	N/A	D	N/A	N/A	U	U	U	U	U	U	U	U	N/A	D	D	U	U	^
<b>TEXAS</b>																								
Baylor University	1/Yr	N/A	D	N/A	D	N/A	D	W	W	1/S	U	U	U	U	U	U	N/A	1/Yr	U	D	D	N/A	N/A	^
Stephen F. Austin State University	1/Yr	N/A	U	N/A	N/A	N/A	D	D	D	N/A	N/A	N/A	1/Yr	N/A	N/A	U	D	1/S	N/A	D	N/A	N/A	N/A	
Texas A&M University	1/Yr	N/A	1/Yr	N/A	1/S	1/S	D	D	D	D	N/A	D	1/Yr	1/Yr	1/Yr	N/A	D	1/Yr	N/A	D	D	1/Yr	D	^
University of Texas at Austin	1/Yr	*U	*M	*M	3-6x/S	W	D	*Every 2-3/W	D	D	U	U	1/S-by request	U	1/S	D	U	*U	1/S	D	D	1/S	U	

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<b>VIRGINIA</b>																											
College of William and Mary	1/Yr	D	1/S	W	1/S	W	W	W	N/A	N/A	1/S	1/S	N/A	1/Yr	N/A	M	1/S	1/S	D	D	D	N/A	1/Yr				
University of Virginia	1/Yr	D	1/Yr	N/A	1/S	W	D	D	D	D	1/Yr	N/A	1/S	M	1/Yr	N/A	1/Yr	1/Yr	1/Yr	D	D	N/A	D				^
Virginia Commonwealth University	1/Yr	N/A	1/Yr	1/S	M	D	D	D	D	D	U	D	U	1/Yr	1/Yr	D	U	1/S	U	D	D	U	D				
<b>WASHINGTON</b>																											
Seattle Pacific University	1/Yr	N/A	1/Yr	W	1/Yr	W	D	D	D	N/A	U	U	1/S	D	M	D	D	1/Yr	N/A	D	D	U	U				
Seattle University	N/A	1/Yr	1/Yr	W	1/S	W	D	D	N/A	N/A	U	M	U	M	1/Yr	D	U	U	N/A	D	D	U	U				^
Washington State University	1/Yr	N/A	N/A	W	1/S	N/A	D	D	W	N/A	U	U	U	1/Yr	1/Yr	U	N/A	1/Yr	N/A	D	D	1/Yr	D				

APPENDIX A | \* Further Information

<b>DARTMOUTH COLLEGE</b>	
Prevention/Education Programs for Athletes in High-Risk Sports (Gymnastics, Wrestling, Rowing, Synchronized Swimming, etc.)	*When requested
<b>INDIANA UNIVERSITY</b>	
Awareness Programs through Greek Council	*The Reflections Body Image program is happening in several of our sororities. Reflections is a 2-part workshop with optional monthly follow-up activities.
<b>NORTHERN ILLINOIS UNIVERSITY</b>	
Programs/Workshops on ED & BI Issues	*Varies based on need and requests from community
<b>UNIVERSITY OF ARIZONA</b>	
Prevention/Education Programs for Athletes in High-Risk Sports (Gymnastics, Wrestling, Rowing, Synchronized Swimming, etc.)	*Sports Psychologist
<b>UNIVERSITY OF MICHIGAN</b>	
Athletic Dept Screening & Referral Programs via Sports Medicine, Sports Psychologists, &/or Athletic Trainers	*Sports Nutritionist
<b>UNIVERSITY OF TEXAS AT AUSTIN</b>	
ED Screenings	*Screening available on counseling center website.
Awareness Programs through Greek Council	*Reflections (tri-delt) program may be implemented 2012/2013.
BI or "Making Peace with Food" Groups	*We offer "The Body Project" 4 - 6x a semester.
Individual Psychotherapy for ED & BI	*If clients need weekly therapy, they are referred off-campus.
Prevention/Education Programs for Athletes in High-Risk Sports (Gymnastics, Wrestling, Rowing, Synchronized Swimming, etc.)	*Contact Athletics Department

Appendix B | ^ Other programs & services available on campus

<b>Arizona State University</b>	ASU Wellness created a body image bulletin board and this is posted on all of the residence halls floors, counseling centers, health center and recreation centers throughout the month of February.
<b>Baylor University</b>	Other programs and services include Eating Disorder Assessment Team, Body IQ Team
<b>Bentley University</b>	Our Physician Consultant is the Director of the Eating Disorder Program at Boston Children’s Hospital. We also have a team approach with bi-weekly team meetings to evaluate care and treatment plans.
<b>Bowdoin College</b>	Peer Health
<b>Creighton University</b>	Multidisciplinary Eating Disorder Treatment Team: meets weekly
<b>Dartmouth College</b>	Awareness events are planned each term and vary in approach. Some are movie screenings, others panel discussions, activity fairs, poster campaigns, displays in the student center or library, etc. Coordinated by Health Promotion Department and EDPAs (Eating Disorder Peer Advisors).
<b>Harding University</b>	Department Chairman, FCS, Education Coordinator with NEDA, Awareness, Referral
<b>Indiana Purdue University at Fort Wayne</b>	Health and Wellness Clinic, Student Assistance Program for counseling, Peer Educator Program
<b>Indiana University</b>	IU has multidisciplinary Coalition for Overcoming Problem with Eating/Exercise (COPE) team that meets monthly with goals of (1) Providing multidisciplinary treatment, (2) Providing educational programs, and (3) Examining university policies that impact our clients.
<b>Kansas State University</b>	Full of Ourselves ED Prevention Curriculum for Elementary Schools (coordinated by student health RD; led by peer leaders that she trains) Reflections Body Image Program (RD coordinates) Eating Disorders Treatment Team (RD is co-chair)
<b>Medical University of South Carolina</b>	Referral to nutritionist or community provider specializing in eating disorders - coordinated by mental health staff
<b>Montana State University</b>	Some of these programs are available as needed, for example athletic trainers certainly identify at-risk athletes and make appropriate referrals to Student Health and Counseling Services even though it’s not a formal screening process. Similarly, when there is interest from various campus groups for programming on eating disorders it is provided but it varies from year to year what the interest is in that.
<b>Northeastern University</b>	Newcope – an anonymous and confidential peer counseling group to provide students with support through resources and information as well as promoting awareness on issues related to eating disorders, weight, and body image.
<b>Northern Illinois University</b>	Active Minds – psychologist
<b>Ohio University</b>	Eating Disorder Treatment Team
<b>Purdue University</b>	RD
<b>Rowan University</b>	Treatment coordination with campus physician, nurse practitioner and psychiatrist
<b>Seattle University</b>	Eating Disorders Awareness Week activities
<b>Texas A &amp; M University</b>	Eating Disorder Interdisciplinary Team comprised of Psychologist, Physician, Psychiatrist, Dietician and Health Educator.
<b>University of Arizona</b>	Dean of Students Office and Student Affairs are aware of services and refer appropriate students
<b>University of Kentucky</b>	Eating Disorder Treatment Team
<b>University of Maryland</b>	Training of graduate students/psychology interns, done by Brenda Alpert Sigall, in the Counseling Center
<b>University of New Hampshire</b>	We have two eating disorders campus teams who meet regularly to discuss educational efforts and concerns, one devoted specifically to athletes. We have implemented “Reflections” in all of our sororities and are planning to implement in first year residence halls. Once a year, we produce a body image/eating disorders monologue based play titled Inner Beauty, produced, written and performed by students, faculty and staff.
<b>University of Virginia</b>	Student organization that conducts outreach programs/presentations (HOPE)
<b>Wayne State College</b>	Referrals from the campus to the Counseling Center are always welcome