

Parent Association Grant Impact Statement

The UNL Eating Disorders Treatment is incredibly grateful for the grant we received from the Parent Association.

1. We utilized our funds to purchase training for The Body Project Collaborative. We received a grant to receive the training at a reduced fee of \$500. The Parent Association Grant nearly funded the entire cost of the training. During the training 8 professional staff members and 16 students receive training on a dissonance based body image and eating disorder prevention program. Following the training, those receiving training will be certified to conduct 4 and 6 session professional groups on body image and eating disorder prevention and 2 and 4 session peer-led dissonance based body image groups. The trainees will also be trained as trainers, to allow the program to continue to thrive at UNL.
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3. Sixteen students participated in the training, but hundreds and potentially thousands of UNL students will benefit from the training by participating in the professional and peer led groups.
4. It is estimated that 20-25% of college students struggle with an eating disorder and that 75% of college students are dissatisfied with their weight (ACHA, 2010). The Body Project Collaborative is an evidence-based program that has been proven to reduce body dissatisfaction and reduce the changes of individuals progressing from body dissatisfaction to an eating disorder. Bringing this program to UNL will continue to benefit UNL students for years to come. We plan to collect data on the effectiveness of the program and certainly hope that the Parent Association will continue to fund this and other initiatives targeted at assisting us in increasing body satisfaction and reducing eating disorders on our campus.