

BOARD OF DIRECTORS

Session 120

Date *March 4th, 2021*

*Submitted by Mustapha Samateh,
Senate Vice Speaker.*



**ASSOCIATED STUDENTS OF THE
UNIVERSITY OF WASHINGTON**

BOARD BILL 5.07: Resolution on Hiring a Dietitian at Hall Health

Sponsors: Andrea Scallon, Sydney Dahiyat, Jacob Yehling

Senate Vote: 53-0-6

WHEREAS, the change in eating habits during college years is significant due to the transition in living situations which, for most, changes access to adequate nutrition.

WHEREAS, eating disorders typically begin between the ages of 18-21, the age range of most college undergraduates [1]

WHEREAS, for many individuals during the COVID-19 pandemic, eating disorders symptoms have resurfaced or worsened due to reasons such as isolation, disruption to daily routine, and stigma involved in weight gain during the pandemic, [8]

WHEREAS, the prevalence of eating disorders among college undergraduates range from 8-17% of students which corresponds to 2,492 to 5,297 undergraduate students enrolled at the University of Washington, Seattle as of Autumn 2020 [2, 3]

WHEREAS, Dietitians are “qualified and regulated health professionals that assess, diagnose and treat dietary and nutritional problems ... [by providing] practical guidance to enable people to make appropriate lifestyle and food choices” [4]

WHEREAS, Dietitians work with individuals to create nutritional and lifestyle plans for disordered eating, conditions such as irritable-bowel syndrome (IBS) and inflammatory bowel diseases (IB), chronic diseases (e.g. hypertension, type 1 and 2 diabetes, high cholesterol, high triglycerides), cardio-vascular related conditions, and other conditions that require counselling for exercise, food, and body management,

WHEREAS, Health services does not have any hired counsellors, psychologists, psychiatrists, or dietitians who specialize in eating disorders or body image issues,

WHEREAS, Health Services lacks internal services to support students with general health conditions that requires tailored nutrition,

WHEREAS, UW has one hired HFS dietitian, Joyce Bumgarner (RDN), who covers students on a dining plan, and primarily helps provide on-campus meal plans for students with diabetes, allergies, and IBS,

WHEREAS, Bumgarner is not hired to counsel for eating disorders,

WHEREAS, Bumgarner is not hired to provide services for students who do not have a UW HFS dining plan, including but not limited to: sorority and fraternity students, commuter students, and off-campus students. [5]

WHEREAS, students in need of a dietitian are referred to various off-campus clinics where dietitians are often booked and inaccessible,

WHEREAS, off-campus dietitians are not necessarily tailored to serve college-aged students,

WHEREAS, students should not have to be referred off campus to receive nutrition counselling,

WHEREAS, students specifically in need of eating disorder treatment are referred by Hall Health to off-campus treatment programs such as Opal or The Emily Program which are not covered by Medicare or Medicaid,

WHEREAS, these limited options unequally serve UW students and contribute to inequitable systems,

WHEREAS, hiring a dietitian Within Health Services would increase accessibility to nutrition counselling services for all students,

WHEREAS, Washington State University (WSU) has one hired registered dietician, Julie Keller (RDN), that supports students with any health condition related to diet, [6]

WHEREAS, WSU provides students with unlimited free visits to the registered dietician due to the “popularity of the program”, [6, 12]

WHEREAS, Oregon State University (OSU) has two hired registered dietitians,

WHEREAS, OSU dietitians provide one-on-one nutrition counselling services for students free of charge to support students improve eating habits, eat on a budget, plan meals, and address medical concerns, food allergies, vegetarian/vegan nutrition, and emotional and disordered eating. [9]

WHEREAS, the University of California, Berkeley (UCB) has six registered dietitians, [13]

WHEREAS, UCB offers students a flat rate of \$25 for dietitian services specific to eating disorders and body image regardless of the student’s insurance, [11]

WHEREAS, the National Eating Disorder Association identifies campus wellness centers as pivotal in providing resources, education, and support to student bodies [10]

WHEREAS, Dietitian services are a fundamental health service for students in college that is currently not comprehensively being met by University of Washington Hall Health.

THEREFORE, BE IT ENACTED BY THE ASSOCIATED STUDENTS OF THE UNIVERSITY

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THAT the University of Washington hires a registered dietitian within Hall Health that focuses on comprehensive health problems related to food, nutrition, and eating.

THAT the hired registered dietitian provides one-on-one counselling to students on a non-weight-loss basis (health at every size lens) to help with issues that are currently not being addressed by Hall Health, such as eating disorders.

THAT, a copy of this resolution be forwarded to the Camille Hattwig (ASUW President), Waleed Khan (ASUW Director of Campus Partnerships), Joyce Bumgarner (RDN), Judy Simon (RDN), Sara Mussa (RDN), Dr. Lisa Erlanger, Dr. Lili Church (Interim Director of Hall Health), Patricia Atwater (Director of Health Promotion), and Samia Ali (Director of ASUW Student Health Consortium) Glenna Chang (AVP for Student Life), Shannon Bailie (Director of Livewell), Nina Cao (SAF Committee Chair).

End

Sources

- 1: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1892232/>
- 2: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3721327/>
3. https://studentdata.washington.edu/wp-content/uploads/sites/3/2020/10/Quick_Stats_Seattle_Autumn_2020-1.pdf
4. <https://www.bda.uk.com/about-dietetics/what-is-dietitian.html>
5. <https://hfs.uw.edu/About/Facts-Figures>
6. <https://cougarhealth.wsu.edu/medical-clinic/services/#NUTRITION>
7. <https://onlinelibrary.wiley.com/doi/full/10.1002/eat.23374>
8. <https://www.frontiersin.org/articles/10.3389/fpsy.2020.589225/full>
9. <https://studenthealth.oregonstate.edu/wellness/nutrition#:~:text=To%20make%20an%20appointment%2C%20call.and%20last%20approximately%2050%20minutes.>
10. <https://www.nationaleatingdisorders.org/sites/default/files/CollegeSurvey/CollegiateSurveyProject.pdf>

11.

<https://uhs.berkeley.edu/counseling/social-services/specialty-counseling/eating-disorder-and-body-image>

12. Called Julie Keller (RDN)

13.

<https://uhs.berkeley.edu/counseling/social-services/specialty-counseling/nutrition-therapy-or-education/meeet-registered>