

ANTI DIET ELON: A DIGITAL EATING DISORDER RECOVERY RESOURCE

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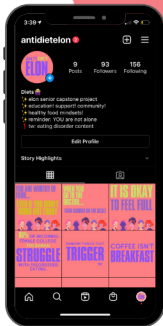
OVERVIEW

About **80% of students** who come into college have struggled with some sort of **disordered eating**, including myself. There are positive accounts and helpful information that promote health and recovery, but many people do not know how to access that information or are not actively searching to find it. This digital resource connects students to an **active community** and information on how to **support** people who have struggled with an eating disorder or disordered eating. It also uses community partnership to **connect** the campus .

METHODS

- **market research** of comparable accounts
- **usability test**
- **academic research** on eating disorders in the lives of college students
- academic research on what triggers eating disorders

DELIVERABLES



RESEARCH



RHETORICAL STRATEGIES

- ethos
- audience identification
- you attitude
- logos
- CRAP Design Principles

IMPACT

- creating a digital **community**
- **normalizing** eating disorders
- pointing college students to other helpful accounts
- providing **education** on how to support someone recovering from an eating disorder and information on how to **fight** triggers and continue in recovery
- **connecting** different areas of the Elon Community