

## Presenter Bio

### **Dana Rofey, PhD, FTOS, FAED (she/her/hers)**

Director of the Pittsburgh Obesity, Weight,  
and Emotion Research for Gender Diverse Youth (POWER-G) Lab  
Associate Professor, Department of Psychiatry, Pediatrics, Psychology, and CTSI  
University of Pittsburgh Medical School  
Pittsburgh, PA

Dana L. Rofey, PhD, is an Associate Professor in the Department of Psychiatry, Pediatrics, Psychology, and Clinical and Translational Science Institute. She brings a strong background in clinical care and research focused on the relationships among weight and eating, psychological well-being and health, especially in minority adolescents and young adults.

Dr. Rofey earned a bachelor's degree in psychology at Bucknell University and her clinical psychology degree at the University of Cincinnati. She completed her pre-doctoral internship at the VA Pittsburgh Healthcare System and UPMC Children's Hospital of Pittsburgh and her postdoctoral training at Children's Hospital and UPMC Western Psychiatric Hospital.

Dr. Rofey has conducted studies that focus on psychosocial aspects of adolescent and young adult health, with an emphasis on regulatory processes in diverse populations. Recently, she has spent her time working on federally- and foundation-funded grants focusing on: Developing group-based care models for transgender youth; devising more user-friendly actigraphy for adolescents with obesity, substance use, and partner violence; community-partnered, stakeholder-engaged obesity work within primary care; developing an evidence-based transition program for adolescents moving from pediatric to adult care; ameliorating obesity and depression in adolescents with PCOS and diabetes; increasing health promotion in high-risk adolescents; and investigating the effect that pediatric weight management can have on cognitive, functional, and structural brain-based changes in adolescents with and without diabetes. Most recently, she has received foundation support to develop support groups for transgender adolescents, as well as groups for parents and children who are gender fluid and gender expansive with a focus on optimizing mental and physical health. She is the author and co-author of numerous articles that have been published in peer-reviewed scientific journals. She is a reviewer for several journals and serves on boards for the Academy for Eating Disorders, the Association for Behavioral and Cognitive Therapies, and The Obesity Society.

### **Emil K. Smith, MSW, LCSW (they/them/theirs)**

PhD Student and Graduate Student Assistant  
University of Pittsburgh | School of Social Work  
Pittsburgh, PA

Emil K. Smith, MSW, LCSW, is a doctoral student in the School of Social Work. Their work to support access to mental health care for LGBTQ youth in Minneapolis, MN led them to pursue an MSW at Smith College School for Social Work. After graduation, they worked as a behavioral health consultant in Springfield, MA and Philadelphia, PA, where they developed an interest in enhancing the understanding of eating disorders among trans affirming medical and mental health providers. They went on to start an LGBTQ+ specific mental health intensive outpatient program and have worked as an outpatient therapist in private practice.

Their research interests include developing a deeper understanding of eating disorders, unsafe weight manipulation, and weight stigma in trans and gender diverse populations, anti-carceral approaches to reducing violence against marginalized groups, and trauma-informed, client centered approaches to mental health crisis assessment and intervention. Their work is informed by their passion for relational psychoanalytic theory and their experience as mental health clinician.

## Name and Narrative Description of your Presentation

### EATING DISORDERS IN TRANS AND NON-BINARY YOUTH AND YOUNG ADULTS- INTERMEDIATE

This presentation will briefly review terminology related to gender identity and sex intended to improve participants' competence in working with transgender and gender diverse populations. We will also engage case material to discuss the impacts of gender affirming hormone replacement therapy (HRT) on cardiovascular risk, body image, and disordered eating and explore the factors that put transgender and gender diverse youth and young adults at a heightened risk for developing eating disorders. We will conclude with a discussion about discussing body image and disordered eating with transgender and gender diverse youth and young adults.

#### Three (3) learning objectives

By the completion of this session, participants should be able to:

1. Develop competency in terminology for our transgender and non-binary youth (TGNB youth)
2. Identify additional questions that provide a basis for a gender competent service for eating disorders in TGNB youth.
3. Identify disparities in mental health for TGNB youth
4. Provide evidence-based recommendations for treatment paradigms in TGNB youth experiencing co-occurring mental health issues.

#### References:

- Carter, E., Safir, M., DeLeon, A., Crane, C., & Santucci, R. (2022). Is a BMI cutoff for gender affirmation surgery scientifically supported? *Journal of Urology*, 207 (Supplement 5). <https://doi.org/10.1097/JU.0000000000002577.12>
- Coelho, J. S., Suen, J., Marshall, S., Burns, A., Geller, J., & Lam, P.-Y. (2021). Gender differences in symptom presentation and treatment outcome in children and youths with eating disorders. *Journal of Eating Disorders*, 9(1), 113. <https://doi.org/10.1186/s40337-021-00468-8>
- Donaldson, A. A., Hall, A., Neukirch, J., Kasper, V., Simones, S., Gagnon, S., Reich, S., & Forcier, M. (2018). Multidisciplinary care considerations for gender nonconforming adolescents with eating disorders: A case series. *International Journal of Eating Disorders*, 51(5), 475–479. <https://doi.org/10.1002/eat.22868>
- Garber, A. K., Cheng, J., Accurso, E. C., Adams, S. H., Buckelew, S. M., Kapphahn, C. J., Kreiter, A., Le Grange, D., Machen, V. I., Moscicki, A.-B., Saffran, K., Sy, A. F., Wilson, L., & Golden, N. H. (2019). Weight loss and illness severity in adolescents with atypical anorexia nervosa. *Pediatrics*, 144(6), e20192339. <https://doi.org/10.1542/peds.2019-2339>
- Goldhammer, H. B., Maston, E. D., & Keuroghlian, A. S. (2019). Addressing eating disorders and body dissatisfaction in sexual and gender minority youth. *American Journal of Preventive Medicine*, 56(2), 318–322. <https://doi.org/10.1016/j.amepre.2018.09.011>
- Hartman-Munick, S. M., Silverstein, S., Guss, C. E., Lopez, E., Calzo, J. P., & Gordon, A. R. (2021). Eating disorder screening and treatment experiences in transgender and gender diverse young adults. *Eating Behaviors*, 41. <https://doi.org/10.1016/j.eatbeh.2021.101517>
- Paine, E. A. (2021). “Fat broken arm syndrome”: Negotiating risk, stigma, and weight bias in LGBTQ healthcare. *Social Science & Medicine*, 270, 113609. <https://doi.org/10.1016/j.socscimed.2020.113609>
- Roberts, S. R., Salk, R. H., Thoma, B. C., Romito, M., Levine, M. D., & Choukas-Bradley, S. (2021). Disparities in disordered eating between gender minority and cisgender adolescents. *International Journal of Eating Disorders*, 54(7), 1135–1146. <https://doi.org/10.1002/eat.23494>
- Romito, M., Salk, R. H., Roberts, S. R., Thoma, B. C., Levine, M. D., & Choukas-Bradley, S. (2021). Exploring transgender adolescents' body image concerns and disordered eating: Semi-structured interviews with nine gender minority youth. *Body Image*, 37, 50–62. <https://doi.org/10.1016/j.bodyim.2021.01.008>
- Sawyer, S. M., Whitelaw, M., Le Grange, D., Yeo, M., & Hughes, E. K. (2016). Physical and psychological morbidity in adolescents with atypical anorexia nervosa. *Pediatrics*, 137(4), e20154080. <https://doi.org/10.1542/peds.2015-4080>
- Streed, C. G., Harfouch, O., Marvel, F., Blumenthal, R. S., Martin, S. S., & Mukherjee, M. (2017). Cardiovascular disease among transgender adults receiving hormone therapy: A narrative review. *Annals of Internal Medicine*, 167(4), 256. <https://doi.org/10.7326/M17-0577>
- Strings, S. (2019). *Fearing the black body: The racial origins of fat phobia*. New York University Press.
- Sutin, A. R., Stephan, Y., & Terracciano, A. (2015). Weight discrimination and risk of mortality. *Psychological Science*, 26(11), 1803–1811. <https://doi.org/10.1177/0956797615601103>

Tomiyama, A. J., Hunger, J. M., Nguyen-Cuu, J., & Wells, C. (2016). Misclassification of cardiometabolic health when using body mass index categories in NHANES 2005–2012. *International Journal of Obesity*, 40(5), 883–886.

<https://doi.org/10.1038/ijo.2016.17>

Watson, R. J., Veale, J. F., & Saewyc, E. M. (2017). Disordered eating behaviors among transgender youth: Probability profiles from risk and protective factors. *International Journal of Eating Disorders*, 50(5), 515–522.

<https://doi.org/10.1002/eat.22627>

