

•**Title of project:** Social Media Consumption and Effects on Eating Habits

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•**Name of the college and department/program associated with the project:** Valparaiso University Department of Social Work

•**Biographical information about the author(s) — 75 or fewer words:** Chloe is a senior Social Work major from Mitchell, IN. Through her time at Valpo she has been involved in numerous student activities such as the Sisters in Spirit, Student Social Work Organization, and OMP Activities. After graduation, she will be working as an interim care specialist for Lawrence Hall in Chicago.

•**Information on whether you will be displaying a tabletop poster (tri-fold presentation board) or wall poster (printed on a large-scale printer), or if you will be making an oral presentation (NOTE: for SOURCE 2021 all presentations will be oral):** Oral Presentation

•**Abstract:** We live in a world where image means everything. There is an emphasis to look a certain way and to be the ideal woman. Beauty trends and expectations have evolved into the new age of social media where the world is at our fingertips. Within this single subject design, I tracked one individual's social media consumption correlation with their eating habits. The focus of the study was to see social media consumptions' effect on the subjects' relationship with food. The interventions include: photo focused apps such as Instagram, snapchat, and tik tok, News focused apps such as Buzzfeed and Apple News, and Achievement focused apps including Linkedin and Facebook. The participant utilized a daily tracker to track their time on different social media apps and their resulting eating habits. There is currently a wide range of literature surrounding the body positivity movement, the impact of social media, and eating disorders in the modern age.