

International Federation of Eating Disorder Dietitians

Equal

Rights

for

Eating

Disorders

The sole purpose of IFEDD is to **improve the quality of care** for individuals with eating disorders by **improving their access** to eating disorder dietitians. We do this through our four core missions: Advocacy, Education & Awareness, Research, and Resources.

Mission 1: Advocacy – Equal Rights and Insurance Coverage for Our Services

The Latest Legal and Legislative Victories:

<http://eddietitians.com/members-only/advocacy-updates/>

Two Opportunities for Patients and Their Loved Ones to Be Heard

IFEDD Campaign 1: A Dietitian Changed my Life

IFEDD's "A Dietitian Changed my Life" campaign is up to 21 testimonials toward our goal of 100. We are planning a media campaign when we reach 100 submissions. Please forward/facebook/tweet <http://eddietitians.com/a-dietitian-changed-my-life/> so that your patients can also share their experiences. Check out these recent submissions:

"The dietician that i worked with when i was an inpatient in an eating disorder unit changed my life. as someone with trust issues, she was the first person that i was able to trust in a long time. rather than focus solely on the eating disorder symptoms she treated me like a whole person. she cared what i thought, what my fears were, and worked with me to help me challenge the issues i had with food and weight. she helped me understand that the issues that i developed with food were as a result of childhood sexual abuse, and helped me separate my issues with this from food and weight. thanks to her i can now eat pie, chocolate etc comfortably in the knowledge that eating things you enjoy is a positive thing: food should be something you eat to fuel your body, to give you pleasure, rather than something you punish yourself with."

“I am so grateful to have such a kind, healthy, beautiful, motivating person on my support team.”

“The dietician I see is a lifesaver (literally!) It's hard to count on therapy to "fix" everything, so this person is someone I'm so glad I have on my team because she gives me guidance and keeps me accountable. I can't imagine trying to recover without a dietician.”

“So many people told me not to expect to ever be free of the torturous thoughts that come with an eating disorder, but Carolyn let me know that full recovery *is* possible.”

Sometimes respondents use a dietitian's full name. When this happens, we get super excited and post a link on your facebook page so that you will know that you have been mentioned.

IFEDD Campaign 2: Stop Eating Disorder Discrimination

We have received our first submission to the Stop Eating Disorder Discrimination campaign via the IFEDD website! A dietitian identified her son's eating disorder and became a lifesaver for this mom – yet insurance refused to pay. If your patients have stories like this to share, direct them to www.EDDietitians.com. Once we compile a number of stories, we will send a press release out to the media.

Mission 2: Education & Awareness – Demonstrating the Value of Our Work

Academy of Eating Disorder Conference Follow up

Last month at the Academy of Eating Disorders international conference on eating disorders in Austin, speaker Glenn Waller caused a ruckus by suggesting that dietitians are not needed on the eating disorder treatment team except when a patient has diabetes or is pregnant. “Regular” eating disorder nutrition can be handled, he said, by therapists using CBT.

Needless to say, the tension was tangible. A impromptu meeting of IFEDD dietitians in attendance took place and the conversation has continued online. IFEDD member Marcia Herrin whose book, *Nutrition Counseling in*

the Treatment of Eating Disorders, was recommended by Dr. Waller, volunteered to contact him to express the groups concerns prior to his next presentation in Australia. Another volunteer offered to contact next years AED conference planners to suggest ways to make next years conference more EDD friendly and to include more EDDs as speakers.

IFEDD member Jillian Croll Lampert and Hilmar Wagner wrapped AED with a fantastic presentation that more than made up for Waller's remarks. A big thank you goes out to Dr. Waller for unknowingly galvanizing IFEDD members to support our profession.

Mission 3: Research – Advancing the Evidence Base for Our Work

It's Good to Be an EDD! - Demand for Dietitians to Grow Faster than All Other Jobs

The Bureau of Labor Statistics reports that employment of dietitians and nutritionists is expected to grow 20 percent faster than the average for all other occupations within the next eight years.

www.prnewswire.com/news-releases/demand-for-nutritionists-dietitians-to-grow-faster-than-all-other-jobs-155739585.html

IFEDD Research Leadership Team Formed

Four IFEDD members are working together to determine the best course of action for our outcome study on the effectiveness of the EDD in eating disorder recovery. Stay tuned, much more to come!

Groundbreaking Research Published

The first round of data from Jessica Setnick's survey of eating disorder patients and their experiences with an EDD was published in the Summer issue of the PULSE. This is the very first published article on the topic, with many more to come. The evidence base for our work is about to grow to a whole new level!

Mission 4: Resources – To Support IFEDD Members and Our Patients

Upcoming Webinars and Events for EDDs

August 8: NEDA Advocacy and Lobbying: Using Your Voice for Change
August 11: The New Intuitive Eating PRO Workshop 2.0 with Evelyn Tribole
August 24: Australia and New Zealand Eating Disorders Conference

And that's just a sampling of what's in store... Check the calendar of events in the Members-Only section of www.EDDietitians.com for extensive listings of conferences, events, and continuing education webinars for EDDs, many of which are free and on-demand.

International News – Australia is Fat-Phobic, too

<http://www.onlineopinion.com.au/view.asp?article=13830&page=2>

In Case You Weren't Convinced that Advertising's Purpose is to Make Us Feel Inadequate

<http://royacui.com/2012/06/28/i-dont-know-what-happens-next/>

Eating Disorder Hope Launches New Website to Educate

IFEDD member and staunch supporter Jacquelyn Ekern has been busy this year revamping the internet's premier website for individuals with eating disorders and their families, plus lots of info for students and professionals. Visit the new www.EatingDisorderHope.com and feel free to recommend it to anyone looking for additional info.

Recovery Buddies

Patients can get a handmade "Buddy" at no charge by visiting <http://recoverybuddies.blogspot.com/>. Buddies are made to encourage anyone with an eating disorder to continue fighting their disorder, help them be brave enough to enter a treatment center, be there for support and to wipe away tears. Please pass this info on to your patients who need a lift and to feel like someone out there cares.

Food for Thought

"Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world." *Harriet Tubman*

Haven't joined IFEDD yet? What are you waiting for! <http://eddietitians.com/join-ifedd/>

The Last Laugh

