

International Federation of Eating Disorder Dietitians February 2013



The sole purpose of IFEDD is to **improve the quality of care** of individuals with eating disorders by **improving their access** to eating disorder dietitians.

We accomplish this through our Four Core Missions:

Advocacy – Equal Rights and Insurance Coverage for Our Services

Education & Awareness – Demonstrating the Value of Our Work

Research – Advancing the Evidence Base for Our Work

Resources – To Support IFEDD Members and Our Patients

As of this month, we are one year old and 175 members strong.

Read on for our latest achievements,
and submit your info for our newsletter to info@EDDietitians.com.

Not a member yet? Join at www.EDDietitians.com/join-IFEDD.

\$25 for 1-year RD Membership.

\$10 for 1-year Dietitian Student Membership.

\$1 for Friend of IFEDD (does not expire).

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Featured on the IFEDD website this month:

IFEDD Founding Member Caryn Honig,
owner of The Healthy Weigh in Houston, Texas.

Read about Caryn's variety of projects, what keeps her motivated,
and the best advice she's ever received, at

www.eddietitians.com/featured-dietitians/.

Previously featured profiles of IFEDD Founding Members Marci Anderson
& Kathryn Fink are also available for an extra dose of inspiration!

Mission 1: Advocacy

Eating Disorder Coalition Spring Lobby Day

IFEDD has renewed our membership in The Eating Disorder Coalition, giving EDDs a voice at the legislative level. Eating Disorder Coalition Spring Lobby Day is coming up Wednesday, April 17th in Washington, DC. If you are already planning to attend or would like to attend as an IFEDD representative, please email info@EDDietitians.com ASAP. We may be able to drum up some funding for travel to DC if needed. Let's give EDDs a voice in the EDC! Can't attend in April? The next Lobby Day will be September 18th. It's not too early to let us know if you would like to be IFEDD's representative this fall.

Mission 2: Education & Awareness

Thank you to Kenneth L. Weiner, MD, FAED, CEDS, for support of the role of the EDD in his article “Protecting Eating Disorders Recovery During the Holiday Season.” Published in the Eating Recovery Center newsletter, Dr. Weiner included this bullet point of advice for individuals in recovery:

“5. Continue working with your outpatient dietitian. Ongoing nutrition counseling with a Registered Dietitian provides powerful guidance, support and education to help patients overcome their fear of food and normalize eating behaviors, particularly during times of stress. If holiday travel keeps you from keeping your regularly-scheduled appointments, consider speaking with your dietitian by phone for a brief check-in or corresponding by email about your experiences and dietary challenges.”

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New Website Section: Members in the Media

IFEDD Founding Members Sara Upson and Cathy Leman were both featured recently in their local media in substantial, in-depth profiles describing their excellent work and explaining the role of an EDD. Links to online versions of both articles: <http://www.eddietitians.com/members-in-the-media/>.

Have you or another EDD been in the news? Submit a link to info@EDDietitians.com.

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IFEDD’s “Dietitians Change Lives Campaign” Update

New additions to the campaign include testimonials about IFEDD Founding Members Leslie Schilling and Natalie Harris. How about you? We know you are changing lives out there! Your patients can contribute to the campaign by sharing their success story at <http://www.eddietitians.com/a-dietitian-changed-my-life/>.

Mission 3: Research

IFEDD’s first research report accepted for publication!

Thank you to all those EDDs who completed IFEDD Student Member Rachel Englander’s online survey regarding making referrals to mental health care. Rachel received 40 responses, and results of her research will be published in the Research DPG Newsletter as **“Trends among Dietitians Treating Eating Disorders: When Do You Make Referrals to Mental Health Care?”** co-authored by April Winslow and Jessica Setnick. This article is the first ever of its kind, and it was made possible by your participation! Rachel is reviewing guidelines for submission to other publications. If you have a suggestion or contact of an appropriate publication, please email info@EDDietitians.com. The article will be made available as soon as it is published. Hooray!

Meanwhile IFEDD has teamed up with Mandy Golman, PhD, a Health Studies researcher at Texas Woman’s University with a special interest in eating disorders. Mandy has agreed to join our next research projects to lend the weight and resources of a research institution. We hope to have our next study design soon and will of course let you know when we are recruiting participants.

Another advocate for adding the impact of nutrition counseling on eating disorder recovery to the evidence base is Doug Bunnell, PhD, of the Renfrew Center. His presentation “Bridging the Research/Practice Gap,” detailed the difficulties in translating the benefits of treatment into research study protocol. As this is one of IFEDD’s main obstacles to research, we consulted with Dr. Bunnell regarding our goal for a system of data entry that would capture the improvements in medical, nutritional, and emotional status due to nutrition counseling sessions. He suggested that we use the EDE-Q as our research instrument, guidance we greatly appreciate. If you would like to view Dr. Bunnell’s presentation slides, [they are on the IFEDD website here](#).

Do you have a great research idea that we can help you implement? IFEDD has been contacted by several student volunteers who must complete research to graduate and have a special interest in eating disorders. These students have energy to spare, so if you have a research project languishing on your desk or in your mind because you simply don’t have the time, let us know at info@EDDietitians.com. We would love to match you up with a student who wants to do the legwork!

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If you are interested in participating in an Academy of Eating Disorders online survey about eating disorder professionals with an eating disorder history, it is available here: https://umichumhs.qualtrics.com/SE/?SID=SV_aWsyP6tczHug3Gd.

Mission 4: Resources

Treatment Finder

The [IFEDD Treatment Finder](#) has been updated and is getting tons of hits. Recently a mom emailed IFEDD to find an EDD in her area. We had three members to recommend! But in many parts of the country, we have no one! Please review your [Treatment Finder listing](#) to make sure that your contact information is correct. Email any changes to info@UnderstandingNutrition.com. And there HAVE to be EDDs in some of these unlisted areas... if you know someone in an unlisted city or state, let them know that we will spread the word about their practice – all they have to do is join IFEDD at <http://www.eddietitians.com/join-ifedd/> to be listed automatically. It’s the best \$25 an EDD can spend.

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Member question

IFEDD Founding Member Carrie Lutter asks if anyone has knowledge or experience with pelvic floor damage caused by chronic malnutrition with AN. She is working with an individual who experiences bowel and urinary incontinence when running. Any comments or recommendations for information? Feel free to email Carrie: carrielutter@hotmail.com.

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Office Space Brea, California

Leslie Maul, a CEDS therapist in Brea, California, is looking for an EDD to share her office. Email Leslie directly: lamaul@sbcglobal.net.

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Tools for Practice: Book Review

Read IFEDD Founding Member Meagan Rothschild's review of [The Emotional Eater's Repair Manual](#) [here](#). Have you written a book for dietitians or individuals with eating disorders that you would like reviewed? Email info@EDDietitians.com. If you are reading a book that you would like to review for the IFEDD site, guidelines are [here](#). Or if you would like us to send you one of the many books that we receive, or request a book you would like to review, please let us know.

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CEDRD

IFEDD members continue to receive the CEDRD credential! Thinking about certification but have some questions? Click [here](#) for answers to the 5 most frequent questions answered by Julie Holland, the certification chair. Plus all of the other application paperwork you'll need is also on this page. And remember that if you have been in practice for 5 years or more, you may be eligible for equivalency certification (i.e. no tests or courses). If you have other questions, feel free to email info@EDDietitians.com. The more CEDRDs the merrier!

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Upcoming Events and Opportunities to Meet Up!

[Southeastern Eating Disorder Conference \(SEED\) – February 21-22, Birmingham, Alabama \(click for registration info\)](#)

IFEDD Members Presenting at SEED:

Leslie Schilling - Binge Eating Disorder: From Discovery to Recovery

Jessica Setnick - Eating Disorder Recovery Protection: Preparing patients for Life after Treatment

Will you be attending SEED or are you in the Birmingham area? Email info@EDDietitians.com and let's meet up!

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[Binge Eating Disorder Association Conference \(BEDA\) – March 8-10, Bethesda, Maryland \(click for registration info\)](#)

IFEDD Members Presenting:

Marci Anderson & Leslie Schilling – Binge Eating Disorder & Health at Every Size (Marci will also be giving a full-day workshop on eating disorders – stay tuned for more information!)

Marsha Hudnall & Rebecca Scritchfield – Dietitians Treating Binge Eating Disorder

Plus a panel discussion featuring all 4!

If you are attending the BEDA Conference or live in the DC/Maryland area, email info@EDDietitians.com so we can include you in the **IFEDD get-together** during the conference weekend.

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International Association of Eating Disorder Professionals Conference (IAEDP) – March 21-24, Lake Las Vegas (click for registration info)

IFEDD Members Presenting at IAEDP:

Barbara Birsinger – Pre-Conference Workshop on her Behavior Decoding Method (Interested but not attending IAEDP? Barbara also teaches an online course with a discount for IFEDD members - [Decoding Disordered Eating and Weight-Related Behaviors](#) – click here for info).

Sondra Kronberg – The Zen of Eating

Marsha Hudnall - How to Help a Binge Eater Become an Attuned Eater

We are working with IAEDP to plan an **IFEDD get-together** during the conference. Please email info@EDDietitians.com if you are attending IAEDP or live in the Las Vegas area and would like to join.

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[SCAN Symposium - April 26 – 28, Chicago, Illinois \(click for registration info\)](#)

IFEDD Members involved at SCAN:

Karen Wetherall – Symposium Planning Committee

Jessica Setnick - Promoting Recovery from Binge Eating Disorder

Attending SCAN or live in the Chicago area? Email info@EDDietitians.com so we can include you in the **IFEDD get-together** during the conference weekend.

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[Collegiate & Professional Sports Dietitian Association Conference \(CPSDA\) - May 20-23, St. Louis \(click for registration info\)](#)

IFEDD Members Presenting:

Molly Kellogg - They Won't Do What I Say!: Motivating for Health Behavior Change (Molly also teaches a Counseling Intensive Workshop – www.MollyKellogg.com for details)

Jessica Setnick – Post-Conference Workshop: Eating Disorders Boot Camp

Planning to attend CPSDA or in the St. Louis area? Let's get together! Email info@EDDietitians.com.

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IFEDD Founding Member Ellen Glovsky will be giving a one-day workshop on Motivational Interviewing – stay tuned for more information and a special discount for IFEDD members!

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Please let us know where you will be speaking or if you would like to hold an IFEDD gathering at a conference or event you are attending! Anyone going to the Weight Management DPG Conference in Indianapolis? Let us know at info@EDDietitians.com.

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Now Open for Proposals: The Renfrew Foundation Conference, November 8-10 in Philadelphia. To submit, click here: <http://renfrewcenter.com/news/now-accepting-proposals-for-23rd-annual-renfrew-center-foundation-conference>.

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New Website Section: Treatment Funding

Until all individuals with eating disorders have access to appropriate treatment, private funding options will fill a needed gap. A new page on IFEDD's website will provide information about such funding options. This month we highlight [Project HEAL on the Treatment Funding page](#). If you know of an organization that provides scholarships or other financial assistance for treatment, please let us know or ask them to contact us with information at info@EDDietitians.com.

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We are so proud of all the amazing work that EDDs are doing around the globe! Email us about what's happening in your corner and how we can support you!

We are currently 175 members strong. If you haven't joined us yet, what are you waiting for? Join today at www.EDDietitians.com!

"Do not go where the path may lead, go instead where there is no path and leave a trail."

-Ralph Waldo Emerson

