



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

### **Mission 1: Advocacy**

#### **Eating Disorder Coalition Spring Lobby Day is this month!**

IFEDD Student Member Caitlin Royster has joined the IFEDD delegation to EDC Lobby Day! Caitlin is doing her internship at the National Institutes of Health in Maryland and will be representing IFEDD to on Capitol Hill along with dietitians April Winslow, Elizabeth Holm, Erin Wolf Barnett, and Sandra Pinney. We are really making a splash by sending 5 members in only our second year to participate! Thank you volunteers and look for updates next month!

### **Mission 2: Education & Awareness**

You know how your attending always liked your idea better when he ‘came up’ with it himself? And how badly you wanted to scream, I told you that two weeks (five years, 10 minutes) ago!!! ?

Your fellow IFEDD members know that it can be lonely out here ahead of the curve. Sometimes we don’t know whether to laugh or cry when the world finally makes it around the bend. But in the spirit of Better Late than Never, check out this quote from the Eating Recovery Center Newsletter:

*“Weight is a proxy for nutritional health, but not a determinant of health. We all need to begin to think about weight recovery as approximating toward a healthy state. We can’t say someone is healthy or not, solely on what they weigh.” - Ovidio Bermudez, MD, FAAP, FSAHM, FAED, CEDS; Chief Medical Officer and Medical Director of Child and Adolescent Services*

So while we desperately want to say, I told you so, It’s about time, and other less mature offerings, we will instead take a deep breath and say, Thank you, Dr. Bermudez. We wholeheartedly agree.

## **Treatment Finder – Please check your listing**

**We use the information from PayPal as the default info for your IFEDD Treatment Finder listing.**

If you prefer that we use different info (e.g. PayPal has your home address and you want to list your business address; we don't have your phone number listed and you would like it included), send a quick email to [Info@EDDietitians.com](mailto:Info@EDDietitians.com) and we are happy to add it.

We continue to update the as new members join us. But we have no dietitians listed in the following states: Alabama, Alaska, Arkansas, Delaware, Indiana, Louisiana, New Mexico, North Dakota, West Virginia... If we can reach EDDs in New Zealand, Australia, England and Belgium, there has to be a way to reach the EDDs in those 9 states!

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.

## **IFEDD's "Dietitians Change Lives Campaign" Update**

This month we heard praise for IFEDD Founding Members Marci Anderson, Lisa Pearl and Laura May-Roelse, plus a dietitian named Jenn Murphy who is not a member (yet!). Does anyone know Jenn or how to reach her to tell her she has been added to the campaign.

If any of your patients are willing to share their experience, point them to the IFEDD website: <http://www.eddietitians.com/a-dietitian-changed-my-life/>. And let them know that although many of the participants have used their full names, submissions may also be left anonymously.

## **Educating the Next Generation of EDDs**

Part of IFEDD's Awareness Mission is to encourage students and interns to learn more about our field. Although many of us were limited to a 50-mile radius of campus, the next generation has no qualms about driving or flying across the country for an internship experience. If you accept interns or are willing to take one on, we would love to help them find you.

Option 1: We are often contacted directly by students who have had trouble finding anyone in their area who is accepting interns. For example, we have an about-to-graduate student in Michigan who would like to observe a dietitian who counsels eating disorder patients even though it is not required by his program. We would really like to find an IFEDD member who will allow him to sit in on a day or two of sessions in any location or level of care.

Option 2: EatingDisorderJobs.com is offering free job listings to any IFEDD member who has a position available for students (does not have to be a paid job – can be a volunteer opportunity), either virtual or on-site. Email [Info@EatingDisorderJobs.com](mailto:Info@EatingDisorderJobs.com) for more info.

Option 3: Academy members can use this link to register as a preceptor so that interns can find you: <http://www.eatright.org/ACEND/content.aspx?id=6442464994>

### **Mission 3: Research**

IFEDD research continues! Two grad students we have mentored are submitting their work to major journals. As soon as they are published we will let you know! We are adding the work of EDDs to the evidence base! And should you need references about the EDD role, remember that there is a whole page on the IFEDD website with downloadable pdfs for you.

Meanwhile, if you have a great research idea that we can help you implement, let us know at [info@EDDietitians.com](mailto:info@EDDietitians.com). Now that we have a research consultant we are really cooking, and we would love to match you up with a student who wants to do the legwork!

### **Seeking Evidence Analysis Volunteer**

The Academy of Nutrition and Dietetics periodically conducts literature reviews in order to deduce the 'Evidence Base' for the efficacy of Medical Nutrition Therapy. As we know all too well, the role of the EDD is not strong in the literature, something IFEDD is working diligently on your behalf to correct. Equally important, we are looking for one or more IFEDD members willing to apply for the workgroup to ensure that EDDs are appropriately represented. The volunteer position includes reviewing research and two conference calls per month, and requires a Master's Degree and 5 years experience as an RD. The deadline to apply is Friday, April 19<sup>th</sup>, so if you are interested, please email [Info@EDDietitians.com](mailto:Info@EDDietitians.com) ASAP and we will provide you with the application information.

### **Survey Link**

A graduate student (not affiliated with IFEDD) is conducting a study on gender and eating disorders. If willing to complete his brief survey, click here [http://stthomassocialwork.qualtrics.com/SE/?SID=SV\\_eywKYkdUxYqqGN](http://stthomassocialwork.qualtrics.com/SE/?SID=SV_eywKYkdUxYqqGN).

### **Mission 4: Resources**

#### **Support Group and Retreat Planned for Family and Friends of Patients with Eating Disorders**

Friend of IFEDD Becky Henry is planning a Caregiver Retreat and Caregiver Phone Support Group for family members and significant others of individuals with eating disorders. To refer a patient's family or for more information, call Becky at 952-451-5663, or simply pass on her name and number to the right person.

### **Looking for a job?**

If you like SNOW: RD position in Utah

If you like SUN: Nutrition Therapist position in Florida

If you like RESEARCH and EDUCATION: Numerous Nutrition Professor positions nationwide

For more details about both of these jobs, visit [www.tinyurl.com/eatingdisorderjobs](http://www.tinyurl.com/eatingdisorderjobs)

Know of a job opening for an EDD? Give us the scoop and we will help spread the word!

## **Tools for Practice: Book Review**

This month's book is "Beyond the Refrigerator: Navigating Life After Bariatric Surgery, reviewed by IFEDD Founding Member Kathryn Fink. Read the review at <http://www.eddietitians.com/members-only/tools-for-practice/>.

## **Ambassador Recruitment**

Welcome Julie Dillon, IFEDD Ambassador to San Diego and Adrien Paczosa, IFEDD Ambassador to Austin, Texas! Would you like to be an IFEDD Ambassador in your area? The only requirement is a willingness to reach out to other EDDs in your hometown and at events in the larger community to share the news about joining IFEDD! Email [info@EDDietitians.com](mailto:info@EDDietitians.com).

## **IFEDD Recruiting Dinners Spread Across the Nation!**

IFEDD Founding Member and Maryland Ambassador Faye Berger Mitchell and IFEDD Founding Member Marsha Hudnall organized a dinner for IFEDD members and other EDDs attending the Binge Eating Disorder Association Conference in March. Thank you Faye!

With the help of IFEDD Founding Member Tammy Beasley, IFEDD Founding Member Beth Harrell gathered IFEDD members and potential members attending the IAEDP Conference in Lake Las Vegas. Thank you Beth, and thank you to IAEDP for spreading the word to all dietitians who were registered for the conference!

Thanks again to Jennifer Hamm with The Victorian ED Treatment Residence for sponsoring a third DFW IFEDD Get-together! We continue to bring in new members each time we have an event!

Does your town or local conference need an IFEDD event? Email [Info@EDDietitians.com](mailto:Info@EDDietitians.com) and we will help you with all the details!

## **Upcoming IFEDD Events:**

Going to the Texas AND FNCE this week in Austin? IFEDD Austin Ambassador Adrien Paczosa is organizing dinner Friday night! Email [apaczosa@gmail.com](mailto:apaczosa@gmail.com) for info.

Indianapolis area IFEDD Members and Weight Management Symposium attendees: How about dinner Friday, April 12<sup>th</sup>? Email [Info@EDDietitians.com](mailto:Info@EDDietitians.com) if you are interested or if you know any EDDs that we need to invite!

Chicago area IFEDD Members and SCAN attendees: Join IFEDD Friday, April 26<sup>th</sup> for dinner (location TBD – email [Info@EDDietitians.com](mailto:Info@EDDietitians.com) and we will keep you in the loop!) It is not necessary to be a member to attend, so spread the word to your colleagues who are also going to SCAN!

And how about Wednesday, May 22<sup>nd</sup> in St. Louis (in conjunction with CSPDA). Live nearby or attending CSPDA? Email [Info@EDDietitians.com](mailto:Info@EDDietitians.com) to let us know you will be available!

## Upcoming Educational Events

**Looking for CEUs? Look no further! Each of these workshops is the brainchild of an IFEDD member who knows exactly what the EDD needs to succeed!**

Marci Anderson's Nutrition Counseling for Eating Disorders Workshop April 27, Cambridge, Massachusetts

\$10 OFF for IFEDD members! Contact [Marci@MarciRD.com](mailto:Marci@MarciRD.com)

Ellen Glovsky's Motivational Interviewing Workshop Date Location

\$15 OFF for IFEDD members! Contact [Ellen@TrainingWithDrEllen.com](mailto:Ellen@TrainingWithDrEllen.com)

Molly Kellogg's Counseling Intensive Workshop – various dates and locations

10% OFF on live and on-line workshops using discount code IFEDD at [www.MollyKellogg.com](http://www.MollyKellogg.com)!

Barbara Birsinger's Decoding Disordered Eating and Weight-Related Behaviors online course

25% OFF for IFEDD members! Contact [Research@BarbaraBirsinger.com](mailto:Research@BarbaraBirsinger.com).

Jessica Setnick's Eating Disorders Boot Camp May 23-24, St. Louis

\$25 OFF for IFEDD members! Contact [Info@UnderstandingNutrition.com](mailto:Info@UnderstandingNutrition.com).

For information on these and other educational events, visit the IFEDD Continuing Education Calendar at <http://www.eddietitians.com/members-only/continuing-education-calendar/>.

## Free Webinar

What's Eating You?: The Doctor-Dietitian Alliance, Presented by Steven J. Karp, DO, FACN and Debbie Richardson, MA, RD on Friday, April 19, 2013 12:00 pm - 1:00 pm (AZ/PDT)

To register: <https://www3.gotomeeting.com/register/324148310>

PS, does anyone have contact info for Debbie? She needs to know about IFEDD!

**New IFEDD Partner Organization: NAMED** – The National Association for Males with Eating Disorders

You will see the NAMED logo on the right hand margin of the IFEDD website, and you can find out more about the organization and its goals at [www.NAMEDinc.org](http://www.NAMEDinc.org). NAMED has a Treatment Provider Directory that you can list your practice in if you are open to more male clients. The cost is \$50 per year for an individual listing and \$100 per year for a business (multiple practitioners).

## Featured IFEDD Member

Featured on the IFEDD website this month: IFEDD Founding Garalynne Binford who fills us in on ED issues in New Zealand! Read more at [www.eddietitians.com/featured-dietitians/](http://www.eddietitians.com/featured-dietitians/). Previously featured profiles of IFEDD Founding Members Caryn Honig, Marci Anderson, Kathryn Fink & Leanne Johnson are also available for an extra dose of inspiration!

**Food for Thought:** "People often say that 'beauty is in the eye of the beholder,' and I say that the most liberating thing about beauty is that you are the beholder. This empowers us to find beauty in places where others have not dared to look, including inside ourselves."

—*Salma Hayek*

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!

Not a member yet? Join at [www.EDDietitians.com/join-IFEDD](http://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).