



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

Grassroots Success in Texas with Eating Disorder Bill

IFEDD worked together with NEDA, TAND and the Austin ED Coalition to bombard our state insurance committee members with the message that Eating Disorders must be added to the list of mental illnesses required by law to be covered under mental health parity – and we were a success! The steps to get this from idea stage to law are many, but we passed the first one, thanks to many professionals and individuals in recovery who went to Austin to speak at a hearing. The committee voted unanimously (7-0) to send the bill to the next level! The Austin ED Coalition went to the capitol again to meet with members of the calendars committee, because they are the ones who have the power to put the bill on the calendar for a vote. We have heard from members that other states are going through similar processes – please keep IFEDD informed as we have information that we can provide to you on a moment's notice.

Mission 2: Education & Awareness

Advice to patients and families from Richard E. Kreipe, MD, FAAP, FSAHM, FAED, Medical Director, Western New York Comprehensive Care Center for Eating Disorders:

“At the end of treatment, you will realize that an eating disorder is not about food or nutrition or weight. However, at the beginning of treatment, it's all about food and nutrition and giving your body and brain what's needed for them to be restored to health. So, healthy eating, weight restoration and maintenance is the *beginning*, not the *end*, of treatment. They form the foundation for a solid recovery.”

Thank you Dr. Kreipe for your ongoing support of the role of the EDD!

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 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, 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

IFEDD Founding Member Garalynne Binford came up with a genius idea! She put a link to IFEDD's Dietitians Change Lives Campaign in her email signature! That way anyone who communicates with her via email can easily share their experience on the IFEDD website. You too can hyperlink to <http://www.eddietitians.com/a-dietitian-changed-my-life/> to give your contacts an easy way to submit a testimonial.

Mission 3: Research

IFEDD research continues! Watch this space for details of our forthcoming partnership with The Academy of Nutrition and Dietetics Research Network. Meanwhile, if you have a great research idea that we can help you implement, let us know at 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!

Mission 4: Resources

Looking for a job?

Openings for dietitians across the nation are listed at EatingDisorderJobs.com. For more details, search for Dietitian positions, or go straight to all job listings at 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 **Spiritual Approaches in the Treatment of Women with Eating Disorders**, reviewed by IFEDD Founding Member Garalynne Binford. Read the review at <http://www.eddietitians.com/members-only/tools-for-practice/>.

IFEDD Dines Across the Nation!

IFEDD members and friends enjoyed a lovely dinner in Chicago in conjunction with the SCAN Symposium. Several new members were recruited that evening, after an update on IFEDD achievements.

Thank you to IFEDD Founding Member and Houston Ambassador Caryn Honig, for highlighting IFEDD in her Healthy Weigh Newsletter.

Thank you to IFEDD Founding Member and Austin Ambassador Adrien Paczosa for hosting an IFEDD dinner during TAND FNCE in Austin. Adrien's company, iLiveWell Nutrition Therapy, sponsored the dinner – thank you Adrien for your generosity!

Thank you to IFEDD Founding Member Sarah Kuykendall for organizing dinner for IFEDD members and colleagues attending the Weight Management DPG Symposium in Indianapolis.

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

IFEDD Takes St. Louis May 23rd and YOU're invited!

McCallum Place is sponsoring our St. Louis IFEDD dinner May 23rd! If you are based in Missouri or will be in town for either CPSDA or Eating Disorders Boot Camp, please plan to join us. Email Info@EDDietitians.com to RSVP. Also, dinner is not limited to IFEDD members, so if you know an EDD or interested student in St. Louis, pass on the info to them – we would love to introduce them to our group!

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!

Ellen Glovsky's Motivational Interviewing Workshop Date Location
\$15 OFF for IFEDD members! Contact 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!

Barbara Birsinger's [Decoding Disordered Eating and Weight-Related Behaviors online course](#)
[25% OFF for IFEDD members! Contact Research@BarbaraBirsinger.com.](#)

Jessica Setnick's Eating Disorders Boot Camp May 23-24, St. Louis
\$25 OFF for IFEDD members! Contact Info@UnderstandingNutrition.com.

Online Webinar May 17: Adolescents, and families, and eating disorders, oh my! Exploring ways RDs can support families in eating disorder recovery.

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

New IFEDD Partner Organizations:

Joie Meal Support - Joie Meal Support is a company that provides meal support to clients who struggle following their meal plans. Meal support is provided by meal companions who are trained professionals that come to the home, school and office to prepare and eat a meal with the client. Their meal companions are natural, confident eaters who eat alongside the client to simulate real life eating. Meal companions are thoroughly trained to deal with clients struggling with anorexia, bulimia, binge eating, and compulsive overeating.

Joie Meal Support offers extra support to clients who may be struggling in outpatient therapy to avoid the disruption of going into 24 hour residential treatment. Joie also serves as continued meal support after discharge from an eating disorder program. Joie meal companions are an extension and adjunctive to the existing treatment team, helping put therapeutic work into practice, as meal support is often the missing link to outpatient care.

Joie Meal Support was founded by Melissa Javaherian, eating disorder therapist, and IFEDD Member Brooke Glazer, RD, counseling nutritionist and this month's Featured Dietitian! Both have worked at Monte Nido and Affiliates (EDCC) since 2009. Melissa and Brooke are recovered from their own eating disorders and are passionate about helping others recover too.

To learn more about Joie Meal Support, please visit www.JoieMealSupport.com

Hope Network – Hope Network is run by Friend of IFEDD Becky Henry, a tireless advocate for family members of individuals with eating disorders. Hope Network is planning a first-of-its-kind Caregiver Retreat in October for family members and significant others of individuals with eating disorders. Hope Network also offers a Caregiver Phone Support Group, next round starting June 12. To sign up or get more information about either program, call 952-451-5663 or email becky@hopenetwork.info.

Do you know of an organization that shares the goals of IFEDD? We are open to your suggestions and would be happy to reach out. Just email info@EDDietitians.com and give us the scoop!

Featured IFEDD Member



Featured on the IFEDD website this month:
IFEDD Member Brooke Glazer, co-founder of Joie Meal Support.
Read more at www.eddietitians.com/featured-dietitians/.

Profiles of IFEDD Founding Members Caryn Honig, Marci Anderson, Kathryn Fink, Leanne Johnson & Garalynne Binford are also available for an extra dose of inspiration!

Food for Thought:

Fear sometimes stops you from doing stupid things. But it can also stop you from doing creative or exciting or experimental things. It can cloud your judgment of others and lead to all kinds of evil. The control and understanding of our personal fears is one of the most important undertakings of our lives.

-- Helen Mirren

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.

\$25 for 1-year RD Membership.

\$10 for 1-year Dietitian Student Membership.

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