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## Message from the President



Jennifer Lundgren  
PhD, FAED

Greetings Colleagues!

As an organization and as individuals, we have shown incredible resilience over the past year and a half of this global pandemic. Even with the constraints of our environment, our mission as a global professional association committed to leadership in eating disorders research, education, treatment, and prevention advanced through our recent International Conference on Eating Disorders (ICED). We were able to disseminate innovative research and offer excellent clinical training to 1,504 virtual attendees across 56 countries. Although I am sure we all missed the opportunity to catch up with old friends and meet new colleagues in person, the past two virtual ICEDs have taught us much about how we can hybridize in the future. We will be able to offer the best of both types of conference experiences to increase access to eating disorders research and education -- critical to improving treatment and prevention worldwide.

I want to thank Emilio Compte, Jason Lavender, Ross Crosby, and the entire 2021 [ICED Scientific Program committee](#) for a thoughtful and relevant scientific program. I know first-hand how much work goes into planning the content of the ICED, and it is probably the most intense, yet fulfilling volunteer leadership role within the AED. I also want to thank each of our presenters and our keynote speaker, Anne Becker, who shared their experiences, passion, and wisdom for the betterment of the field and the professional development of each of us. Lastly, I want to thank our amazing AED staff for working throughout the year to ensure that our second virtual ICED was a success!

If you were unable to participate in all of the sessions, no worries because you have until December 31, 2021 to access the [recorded presentations and workshops and earn continuing education credits](#). If your schedule is like mine, between work and family obligations (as well as time zone differences), I am sure you are grateful to have access to the conference on demand. One thing I miss most about our in-person ICED meetings, however, is the opportunity for "protected" time for personal and professional development -- a handful of days to be present, reflective, and energized about my work and ability to make a positive contribution to our field.

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## Message from the President *continued*



### **Officers**

#### **President**

Jennifer Lundgren, PhD, FAED  
Kansas City, MO, USA

#### **President-Elect**

Jennifer J. Thomas, PhD, FAED  
Boston, MA, USA

#### **Immediate Past-President**

Ursula Bailer, MD, FAED  
Vienna, Austria

#### **Secretary**

Unna Danner, PhD  
Zeist, The Netherlands

#### **Treasurer**

Rachel Bachner-Melman, PhD, FAED  
Jerusalem, Israel

#### **Diversity, Equity, & Inclusion Officer**

Lesley L. Williams, MD, CEDS  
Scottsdale, AZ, USA

### **Board Members**

#### **Director for Annual Meetings**

Ross Crosby, PhD, FAED  
 Fargo, ND, USA

#### **Director for Experts by Experience Relations**

Suzanne Dooley-Hash, MD, FAED  
Chelsea, MI, USA

#### **Director for Membership**

Kelly Bhatnagar, PhD, FAED  
Beachwood, OH, USA

#### **Director for Online & Social Media**

Millie Plotkin, MLS  
Silver Spring, MD, USA

#### **Director for Outreach**

Gry Kjaersdam Telleus, PhD  
Aalborg, Denmark

#### **Director for Research-Practice Integration**

Karen Jennings-Mathis, PhD, RN, APRN, FAED  
Providence, RI, USA

#### **Director for Standards of Excellence**

Jerel Calzo, PhD, MPH, FAED  
San Diego, CA, USA

#### **CEO & Executive Director, Ex Officio**

Elissa M. Myers, CAE, IOM  
Springfield, VA

For this reason and many others, I am so excited about [ICED 2022](#) in Monterrey, Mexico next June. Be on the lookout for information about paper and poster submissions, as well as travel scholarships and grant opportunities in the coming months.

I want to offer a heartfelt congratulations to all of our AED award winners and honorees this year. We have several new AED Fellows, and we presented six awards for outstanding research, clinical, leadership, and advocacy achievements during our virtual annual business meeting. You can check out the [awardee videos](#) online!

Speaking of congratulations, I want to offer our executive director, Elissa Myers, a big cheer on her retirement at the end of this month. Elissa has been a champion of the AED and the eating disorders field since assuming the role of executive director in January 2015. Over the past several years, she has been instrumental in helping us advance as a global organization, including the growth of our worldwide partner, chapter, and affiliate organizations. You can always find Elissa trying to make and nurture connections among people and organizations, and I will forever think of her when I see her signature pose, a peace symbol. On behalf of the entire AED Board of Directors, current and past, I want to thank Elissa for her years of tireless and ardent service to the Academy and to the field. Elissa, we look forward to honoring you in person in Monterrey next June!



Lastly, I want to share with you the AED's strategic goals for the next year. These goals are in many ways a continuation of the work of my predecessors, Bryn Austin and Ursula Bailer, and they reflect our ICED 2022 theme, *Embracing Change and Extending Reach in a Transformed World*. First, we will focus on stability and infrastructure as we navigate our way through a world changed by COVID-19 and assess its impact on the AED, both in terms of opportunities for innovation and challenges, such as the impact on our financial resources. In this context, the AED Board of Directors, with opportunities for feedback from AED members, will be engaging in a five-year strategic planning process. We will also focus on opportunities for new revenue growth and cost savings.

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## Message from the President *continued*

Lastly, in support of our focus on stability and infrastructure, and consistent with our competitive bidding policy, we are putting out a request for proposals for association management companies. The last time the AED engaged in this process was 2014 when we contracted with Drohan Management Group (since acquired by Virtual, Inc.), and we are following a similar request for proposals process this time.

A second overarching priority for the year is to advance the AED in the areas of representation, relevance, and access. This includes completion of our assessment and action planning for increased diversity, equity, and inclusion (DEI) within our organization, through consultation with Diversity Science. Upon the recommendation of our DEI committee and Diversity Science, and supported by our membership with a bylaws change, we have created a new position on the Board of Directors and Executive Committee for the AED DEI Officer. Lesley Williams has been appointed to this role. Also, in line with these goals, we will explore hybrid conference models to provide low-cost access to more eating disorders professionals globally and reduce barriers for students and those who have been historically marginalized in our community. We also aim to increase the AED's behavioral commitment to improving climate change and minimizing negative impact on the environment.

As has been the case for several years, research practice integration, capacity building for the next generation of eating disorders professionals, globalization, and partnerships, and expanding our impact and advocacy for eating disorders research and access to evidence-based treatment will remain priorities. As I conclude this column, I am also mindful that people are resilient, yet exhausted. Balancing our goals with realistic expectations for engagement and self-care for our amazing volunteer leaders across the AED will be important. Stay healthy and for those of you gearing up for a new academic year, I hope it is a great one!

## Mensaje de la Presidenta

*Jennifer Lundgren (traducido por Cristina Segura)*

¡Un saludo compañeros!

Tanto como organización que individualmente, hemos demostrado una resiliencia increíble durante el último año y medio de esta pandemia mundial. Incluso con las limitaciones de nuestro entorno, nuestra misión como asociación profesional global comprometida con el liderazgo en la investigación, educación, tratamiento y prevención de los trastornos alimentarios avanzó a través de nuestra reciente Conferencia Internacional sobre Trastornos Alimentarios (ICED). Pudimos difundir investigaciones innovadoras y ofrecer una excelente formación clínica a 1,504 asistentes virtuales en 56 países. Aunque estoy segura de que todos perdimos la oportunidad de ponernos al día con viejos amigos y conocer nuevos colegas en persona, las dos últimas conferencias ICED virtuales nos han enseñado mucho sobre cómo podemos hibridar en el futuro. Podremos ofrecer lo mejor de ambos tipos de experiencias de conferencia para ampliar el acceso a la investigación y la educación sobre los trastornos alimentarios, algo fundamental para mejorar el tratamiento y la prevención en todo el mundo.

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## Mensaje de la Presidenta *continued*

Quiero agradecer a Emilio Compte, Jason Lavender, Ross Crosby y [a todo el comité del Programa Científico ICED 2021](#) por un programa científico bien meditado y relevante. Sé de primera mano cuánto trabajo implica planificar el contenido del ICED, y es probablemente el papel de liderazgo voluntario más intenso y satisfactorio dentro del AED. También quiero agradecer a cada uno de nuestros presentadores y a nuestra oradora principal, Anne Becker, quienes compartieron sus experiencias, pasión y sabiduría para mejorar nuestro campo y el desarrollo profesional de cada uno de nosotros. Por último, quiero agradecer a nuestro increíble personal del AED por trabajar durante todo el año para asegurar que nuestro segundo ICED virtual fuera todo un éxito.

Si no pudiste participar en todas las sesiones, no te preocupes porque tienes hasta el 31 de diciembre de 2021 para acceder [a las presentaciones y los talleres grabados y obtener créditos de educación continua](#). Si tu horario es como el mío, entre trabajo y obligaciones familiares (y con la diferencia horaria), estoy segura de que agradecerás tener acceso a la conferencia a la carta. Sin embargo, una de las cosas que más extraño de nuestras reuniones presenciales del ICED es la oportunidad de tener un tiempo "protegido" para el desarrollo personal y profesional: unos cuantos días para estar presente, reflexionar y cargarme de energía sobre mi trabajo y mi capacidad para contribuir positivamente en nuestro campo. Por ésta y muchas otras razones, estoy muy emocionada con [ICED 2022](#) en Monterrey, México, el próximo mes de junio. Estate atento en los próximos meses a la información sobre el envío de ponencias y póster, así como sobre las becas de viaje y la oportunidad de subvenciones.

Quiero ofrecer mis más sinceras felicitaciones a todos los homenajeados y ganadores de nuestros premios AED de este año. Tenemos varios nuevos "fellows" AED y presentamos seis premios por logros sobresalientes en investigación, clínica, liderazgo y promoción durante nuestra reunión de negocios virtual anual. ¡Puedes ver [los videos de los ganadores](#) online!

Hablando de felicitaciones, quiero dedicar a nuestra directora ejecutiva, Elissa Myers, un gran aplauso por su jubilación a finales de este mes. Elissa ha sido una campeona del AED y en el campo de los trastornos alimentarios desde que asumió el cargo de directora ejecutiva en enero de 2015. Durante los últimos años, ha sido fundamental para ayudarnos a avanzar como organización global, incluyendo el crecimiento a nivel mundial de las sociedades, capítulos y organizaciones afiliadas al AED. Siempre puedes encontrar a Elissa tratando de establecer y fomentar conexiones entre personas y organizaciones, y siempre pensaré en ella cuando vea su pose característica, un símbolo de paz. En nombre de toda la Junta Directiva de AED, actual y pasada, quiero agradecer a Elissa por sus años de incansable y ardiente servicio a la Academia y a los trastornos de la alimentación. ¡Elissa, esperamos honrarte en persona en Monterrey el próximo mes de junio!

Por último, quiero compartir con ustedes los objetivos estratégicos del AED para el próximo año. Estos objetivos son, en gran parte, una continuación del trabajo de mis predecesoras, Bryn Austin y Ursula Bailer, y reflejan nuestro tema ICED 2022, *Abrazar el cambio y extender el alcance en un mundo transformado*. Primero, nos centraremos en la estabilidad y la infraestructura mientras navegamos por un mundo cambiado por la COVID-19 y evaluamos su impacto en el AED, tanto en términos de oportunidades de innovación como de desafíos, tal como el impacto en nuestros recursos financieros. En este contexto, la Junta Directiva de la AED, con la oportunidad de recibir las opiniones de los miembros de la AED, participará en un proceso de planificación estratégica de cinco años. También nos centraremos en la oportunidad de crecimiento de nuevos ingresos y ahorro de costes. Por último, en apoyo de nuestra atención a la estabilidad y a las infraestructuras, y coherentemente con nuestra política de licitaciones competitivas, presentamos una solicitud de propuestas para empresas de gestión de sociedades. La última vez que la AED participó en este proceso fue en 2014 cuando contratamos a Drohan Management Group (adquirida desde entonces por Virtual, Inc.), y esta vez estamos siguiendo un proceso de solicitud de propuestas similar.

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## Mensaje de la Presidenta *continued*

Una segunda prioridad general para este año es promover el AED en las áreas de representación, relevancia y acceso. Ello incluye completar nuestra evaluación y planificación de actividades para aumentar la diversidad, equidad e inclusión (DEI) dentro de nuestra organización, a través de consultas con Diversity Science. Por recomendación de nuestro comité DEI y de Diversity Science, y con el apoyo de nuestros miembros mediante un cambio de estatutos, hemos creado un nuevo puesto en el Consejo de Administración y Comité Ejecutivo para el Responsable de DEI de la AED. Lesley Williams ha sido nombrada para esta función. También, de acuerdo con estos objetivos, exploraremos modelos de conferencias híbridas para facilitar el acceso a bajo costo a más profesionales de los trastornos de la alimentación a nivel mundial y reducir las barreras para los estudiantes y aquellos que han sido históricamente marginados en nuestra comunidad. También pretendemos aumentar el compromiso del comportamiento del AED para mejorar el cambio climático y minimizar el impacto negativo en el medio ambiente.

Como desde hace varios años, seguirán siendo prioritarias la integración de la investigación y de la clínica, el fomento de competencias para la próxima generación de profesionales de los trastornos alimentarios, la globalización y el partenariado, la ampliación de nuestro impacto, y la promoción de la investigación de los trastornos alimentarios y el acceso a los tratamientos basados en la evidencia.

Concluyendo, soy consciente de que las personas son resilientes, pero también que están agotadas. Será importante equilibrar nuestros objetivos con expectativas realistas de compromiso y autocuidado para nuestros increíbles líderes voluntarios en todo el AED. Manteneos sanos y, para aquellos que se están preparando para un nuevo año académico, ¡espero que sea estupendo!

## Message from the Editor



**Melissa  
Munn-Chernoff**

Welcome to the post-International Conference on Eating Disorders (ICED) edition of the *AED Forum*. This issue begins with a message from President Jennifer Lundgren, who provides an overall summary of the conference and discusses the AED's strategic goals for the upcoming year. Next, in her final column as Executive Director, Elissa Myers highlights the value in being involved in the AED and gives a heartfelt message about her time in the Academy. You will also find updates from multiple committees and a book review by Martha Peaslee Levine on *The Eating Disorder Trap: A Guide for Clinicians and Loved Ones*, written by Robyn L. Goldberg. We also welcome new AED members, have a discussion with Rachel Levine, and include additional announcements you will not want to miss.

Beginning with this issue, the *Forum* will translate the President's message into additional languages. We will also translate additional contributions when possible. You will find that the President's message is available in Spanish, and a recap of the Italian Society on Eating Disorders Conference (SISDCA) is available in Italian.

Thank you to everyone who submitted articles to this issue of the *Forum*. Please submit your articles, letters, announcements, and suggestions (no more than 250 words per entry) for the next issue of the *Forum* by **October 15, 2021** to Melissa Munn-Chernoff at [Forum@aedweb.org](mailto:Forum@aedweb.org).

# Greetings from the Executive Director



Elissa Myers  
MA, CAE, IOM

In a wonderful [essay](#) titled, “Are you helping your employees fulfill their higher purpose?,” internationally acclaimed leadership expert Tanveer Naseer wrote, “It’s no longer sufficient for leaders to advise their team on how they can accomplish a goal, but that they need to communicate **why that accomplishment matters beyond their organization** to those who are meant to benefit from their efforts.”

Naseer was talking about employees, but the principles apply equally -- or perhaps more so -- to associations and their members. Why does it matter that you volunteer to help build membership for the AED? Why do board members take significant time out of their already busy schedules to serve in a leadership role? What difference does it make if members show up to committees they have volunteered to join?

Does it matter? Yes, it does!

There is a story making the rounds on Facebook that in one way tries to explain:

“A wise teacher once brought balloons to school, told her pupils to blow them up and write their name on one. After the children tossed their balloons into the hall, the teacher moved through the hall mixing them all up. The kids were given five minutes to find the balloon with their name on it, but though they searched frantically, no one found their own balloon. Then the teacher told them to take the balloon closest to them and give it to the person whose name was on it. In less than two minutes, everyone was holding their own balloon. The teacher said to the children, ‘These balloons are like happiness. We won’t find it when we’re only searching for our own. But if we care about someone else’s happiness...it will ultimately help us find our own.’”

I will say that the AED community brought me so much happiness for these past six years where I have had the privilege of working for you as your Executive Director! You are a great community with an extremely important purpose -- saving lives and making lives bearable through evidence-based research and practice. I am so proud of every one of you!

Effective September 1, I will be retiring from my position with the AED.

Serving the AED through DMG and then Virtual has been one of the highlights of what will be, in the next year, a 50-year career in the association management profession. I can honestly say that I have never had a job I did not love. I have been so lucky to meet, work with, and interact with amazing, brilliant people making a difference in the world, for 50 years! My six-year assignment as Executive Director of the very international AED was a perfect capstone on a string of astonishingly educational, moving, and joyful positions. I feel that everything I learned before joining the AED armed me to provide you with some strong and, I hope, helpful leadership. I did not achieve everything I had hoped we would achieve for the AED, but I know we moved so much ahead, working with each of you and the many other tireless AED volunteers and members.

I am confident that I am leaving AED in very capable hands, with a well-fortified volunteer structure supported by comprehensive policies and procedures, training vehicles for the Board and committees, a solid international orientation, and a strong ethical perspective -- and a great on-going team. I cannot express adequately how much I have learned and how many deep and, I hope, life-long friendships I have forged. I will always think of you as friends whom I had the honor of serving in helping you achieve the extraordinarily important work of the Academy.

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## Greetings from the Executive Director *continued*

I particularly appreciate your internationality. It is a big world, and we have more work to do, but the AED is a model of uniting the world around an important common issue and sharing worldwide expertise and experience.

Although I am retiring from my formal full-time role with the AED and Virtual, I will literally always be there for both organizations as a friend and advisor if needed. I have asked to remain a member and will be cheering your progress from the sidelines. I will be doing some external consulting for other associations on strategic direction and on building great boards and leadership teams and will continue to teach and write about association management.

However, the most important message I want to convey today is THANK YOU! Thank you for the opportunity to serve you and learn from you. Thank you for your very hard work and hours of time you invest in the AED. Thank you for inspiring and educating me. Finally, thank you for the fun and laughter along the way.

Hope to see you in Monterrey!

*As a tribute to Lisa's contribution to the AED and the eating disorders community, as well as her passion for uniting the field around the world and bringing cutting edge knowledge to those who do not have the financial ability to tap into the AED's resources normally, we are launching a **fundraising campaign** in her honor for something near and dear to her: global access to the ICED through the **AED scholarship for individuals from low-income countries**. This scholarship provides \$1,500 per person for up to five (5) individuals to attend the conference each year.*

*To celebrate Lisa's retirement, [please consider supporting this scholarship through a tax-deductible donation](#). The fundraiser will remain open through September 30, 2021. No matter how much you choose to contribute, all donations are appreciated. Thank you!*

## Special Interest Group and Committee Updates

### Electronic Media *Committee Update*

*Danyale McCurdy-McKinnon*

We hope that everyone is having a wonderful summer! We enjoyed seeing both new and familiar faces at ICED 2021. Congratulations to everyone involved on another successful virtual conference. We had hoped to debut the new AED website; however, there is still a little work to be done. This means that you can still offer feedback on the website. We are welcoming any feedback including that on visual aesthetics and user-friendliness. If you have any observations, please email feedback to us at [info@AEDweb.org](mailto:info@AEDweb.org) or [webmaster@AEDweb.org](mailto:webmaster@AEDweb.org). We would love to hear from you!

One important update that has gone live is the new [AED Online Community Standards](#). This includes rules for posting on all discussion boards, as well as guidance on advertising and job posting opportunities on our new [Job Board](#). Please take time to read this and to visit the Job Board. Also, mark your calendars now for a Virtual Job Fair October 29-31, 2021. More information will be posted very soon!

As always, please be sure your member profile is current. Your profile information may be updated from the *My AED* tab on the homepage. Our ["how to" tutorials](#) are there for additional assistance.



## Membership Recruitment and Retention *Committee Update*

*Angela Derrick*

We are pleased to see an 8% increase in membership retention in 2021 after our numbers dipped the previous year, likely due to the global pandemic. To encourage this positive trend, we wanted to make members aware of an existing membership perk called the “Ambassador Program.” Under this program, you are eligible for one-year of free membership when, in a one-year period, you refer five new members to join, and they list you as their referral source when completing registration. We believe this could be a great way to get new faces in the door at the AED! Another exciting development from our committee is our creation of a Letter of Appreciation. This is a recognition our current members can offer to trusted physicians in their community who are treating individuals with eating disorders. With this letter, we are honoring physicians with a one-year discounted membership and conference registration fee as a way to encourage them to join the AED and contribute positively to our culture and community. A copy of this letter is available at the AED upon request to Dawn Gannon at [dgannon@aedweb.org](mailto:dgannon@aedweb.org). Please stay tuned to hear more from us next quarter, as we are working on other exciting initiatives at this time.

## Research-Practice *Committee Update*

*Ashlie Watters*

Thank you to everyone who attended ICED 2021. We especially thank those who tuned into the Research-Practice Global Think Tank on the Economics of Research and Practice in Eating Disorders. We had an engaging live discussion between Janet Lowndes (Australia), Laura Thornton (United States), and Lucene Wisniewski (United States), which was moderated by Rachel Presskreischer (United States). The panelists shared their personal experiences regarding financial constraints of research and practice in eating disorders and answered questions from our live audience.

We hope to continue this important discussion about economics and research practice throughout the year. If you have not viewed the Global Think Tank, you still can through December 31, 2021. In addition, if you have not already completed the Global Think Tank survey examining your experiences with financing and funding and how these processes influence the implementation of research into clinical practice in eating disorders, please click the link [here](#). Your responses are helpful to us in guiding further discussion to help bridge gaps in financial constraints at the intersection of economics and eating disorders treatment.

Again, we thank all of our panelists for their time discussing their experiences in the role of economics in research and/or practice including cost constraints, cost effectiveness, and/or how economics impact the implementation of research into practice.



## Special Interest Group (SIG) Oversight *Committee Update*

*Megan Parker*

The SIG Oversight Committee (SOC) is looking forward to a new year of continuing its mission of ensuring that the SIGs are actively engaged in activities that are compatible with the aims, purposes, and practices of the Academy. The Academy’s SIG community has gained a number of new members that all bring renewed energy and novel ideas for how best to achieve this mission.

First, we are excited to welcome Melissa Atkinson and Jennifer Campbell to the SOC committee. They will support numerous SIG co-chairs in their efforts to provide educational and networking events for the AED’s membership.

It is also our honor to announce the new **Experts by Experience** SIG that will be chaired by Ellen Bennett and Shannon Calvert. We encourage everyone to visit their [webpage](#) and learn more about this SIG’s goals.

Lastly, we are pleased to introduce the many new SIG co-chairs whose three-year terms started following ICED 2021.

<b>SIG</b>	<b>New Co-Chair</b>
<i>Assessment</i>	Christina Ralph-Nearman
<i>Bariatric Surgery</i>	Valentina Ivezaj
<i>Body Image &amp; Prevention</i>	Savannah Roberts
<i>Child &amp; Adolescent Eating Disorders</i>	Sarah Eckhardt
<i>DBT &amp; Suicide</i>	Shelly Hindle
<i>Early Career</i>	Phillip Aouad
<i>Early Intervention</i>	Vicki Mountford
<i>Epidemiology and Public Health</i>	Ariel Beccia
<i>FBT</i>	Lindsey Bruett
<i>Genes &amp; Environment</i>	Caitlin Lloyd
<i>Males &amp; Eating Disorders</i>	Kyle Ganson
<i>Neuropsychology</i>	Meghan Byrne
<i>Nutrition</i>	Melainie Rogers
<i>Professionals &amp; Recovery</i>	Karin Lewis
<i>Residential &amp; Inpatient</i>	Jennifer Campbell
<i>Sport &amp; Exercise</i>	Emily Matheson
<i>Technology and Innovations</i>	Caitlin Shepherd
<i>Trauma &amp; Eating Disorders</i>	Theresa Fassihi
<i>Universities</i>	Patricia O'Malley
<i>Weight Stigma &amp; Social Justice</i>	Shira Rosenbluth

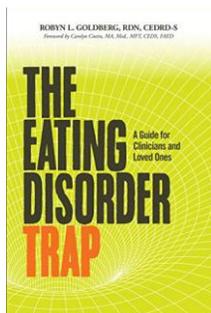
Be sure to update the SIG tab in your AED member profile so you do not miss this year’s SIG sponsored events!



# Other News



## Book Review Corner



*Martha Peaslee Levine, AED Book Reviewer*

*The Eating Disorder Trap: A Guide for Clinicians and Loved Ones* written by Robyn L. Goldberg (Booklogix, 2020, 151 pages)

This book is easy to read and approachable. Each chapter begins with a small drawing that condenses the theme of the chapter into a visual image, which allows the reader to connect with the material in different ways.

From the beginning, the author emphasizes the seriousness of eating disorders. She reminds the reader about the deadliness of eating disorders and the increasing prevalence. Although those in the eating disorder treatment community are already aware of these facts, often primary care physicians or family members do not recognize how serious eating disorders can be. This book provides a clearer understanding of nutrition and eating disorders. Too often, the message from healthcare workers and other institutions of authority are to tell individuals when their body mass index is too high or that they need to lose weight. Concern is rarely given to whether an individual is providing the necessary fuel for their body to operate in a healthy manner. The author highlights the minimal training that physicians and other healthcare professionals receive about eating disorders. It is important that they pursue, at the very least, a basic understanding of eating disorders so that they can help steer their patients for treatment and if they cannot help their patients directly, they, at least, do no harm with faulty advice.

The book is broken down into four parts.

Part I (Chapters 1 – 3) reviews the types of eating disorders and their incidence. Within this part, the author provides five simple questions that can be used as a screening tool. These questions should be asked in any health evaluation to help determine if an individual is struggling with an eating disorder. The author demonstrates how it takes a community to recognize an eating disorder and help with recovery. At any portion of the process, the individual could be steered away from treatment or left with the belief that they are not really ill. Delayed treatment can lead to more health complications and more entrenched eating disorder symptoms. This part reminds clinicians to consider how they approach discussions about weight and eating disorder symptoms.

Part II (Chapters 4 – 7) covers more technical aspects of eating disorder assessment and provides information about how an individual's body is affected by an eating disorder. The author deconstructs body mass index and how it is defined. She discusses other tools that are more useful to assess an individual's relationship to food and describes the challenges in trying to define "normal". She reviews the role of a dietitian and offers clear guidelines for completing a nutritional evaluation. She then reviews the significant impact eating disorders have on an individual's body and life.

Part III (Chapters 8 – 11) describes micronutrients, and the ways different categories of food fuel the body. The author takes the reader through the importance of carbohydrates, protein, fat, and water.

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## Book Review Corner *continued*



Part IV (Chapters 12 – 13) highlights the recovery process. It offers questions to consider as an individual moves forward in treatment. These chapters are shorter, and the reader may need to turn to other books to delve more deeply into the recovery process.

This book would be quite useful for any healthcare professional, including students, who wish to develop a better understanding of eating disorders. It is a quick read that gives valuable information to healthcare professionals as they approach their patients. It is important that they approach weight and food discussions from a position of knowledge. Currently, many patients are approached from a position of weight-bias or poor understanding of eating disorders. It was scary to read how other patients have been told the exact same thing that some of my patients have heard from healthcare providers, “I wish I had a little bit of what you have.” Many frontline providers are inadvertently making recovery more difficult for our patients. Many times, they do not offer treatment referrals or are not even aware that an individual has an eating disorder.

This small book does not offer comprehensive information, but for its size, it offers some important points. As the title describes, it is a guide for clinicians and loved ones so that they do not fall into the eating disorder trap and make life worse for the individual who is struggling with an eating disorder.

## New Members Corner

*Melissa Munn-Chernoff*

Welcome new AED members! Our membership is increasing, and we would like to take a moment to recognize all of the new AED members. Below are the 92 new members from April 2021 to June 2021, who represent 14 countries. Please join me in welcoming them to the AED!

<b>New Member</b>	<b>Country</b>	<b>New Member</b>	<b>Country</b>
Dimitra Anastasiadou	Spain	Ellen Klaver	Canada
Carolina Anaya	United States	Maya Krek	United States
Alejandra Armas Garcia	Mexico	Victoria Kupiec	United States
Danielle Battaglia	Canada	Loreana La Civita	Canada
Georgia Black	United States	Patricia Lopez	United States
Brenna Bray	United States	Jenny Loudon	United States
Mackenzie Brown	United States	Janna Lyons	United States
Georgie Buckley	Australia	Shannon Marhan	United States
Ellen Carpenter	United States	Sharon Mathiason	United States
Piper Carroll	United States	Katherine McCormick	United States
Sara Casey	United States	Megan McDermett	United States
Lyvia Chriki	United States	Renee McGregor	Ireland
Connie Clark	United States	Katelyn Mehlhaus	United States
Amanda Courter	United States	Rebecca Mendoza	United States
Francesca Cuzzocrea	Italy	Jan Miller	United States
Agustina Czaban	Argentina	Helen Missen	United Kingdom
Lauren Davis	United States	Cate Morales	United States

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<b>New Member</b>	<b>Country</b>	<b>New Member</b>	<b>Country</b>
Roberta Davis	United States	David Newton	United States
Ana Raquel De Lima	Brazil	Kirsten Nielsen	United States
Helen Dean	Australia	Pamela Olfert	Canada
Lucy Di Santo	Canada	Richard Palmer	United Kingdom
Christine Doherty	United States	Romina Pardo	Mexico
Nikki DuBose	United States	Elizabeth Parker	Australia
Kim Duffy	Canada	Marissa Parsons	United States
Cliff Duncalf	Canada	Mary Peddell	United Kingdom
Eimear Dunne	Ireland	Humberto Persano	Argentina
Gary Elliot	South Africa	Margaret Ramsay	United States
Maria Figueroa Sgro	Chile	Jodie Richardson	Canada
Kristine Flanigan	United States	Shaun Riebl	United States
Katherine Funk	United States	Rosita Rodriguez	United States
Kimberly Genuario	United States	Monali Sharma	India
Katherine Goldsich	United States	Joanna Smith	United States
Julieanna Gonsalves	United States	Rosella Soriano	Mexico
Tessa Gordon	United States	Kyle Stephens	United States
Vivian Grout	United States	Amanda Tierney	United States
Tauri Hall	United States	Rosana Toimil	Brazil
Denise Hamburger	United States	Julie Tucker-Ponder	United States
Kerri Heckert	United States	Katherine Tyson	United States
Laura Hernangomez	Spain	Ana Vazquez	United States
Jessica Jensen	United States	Yaohui Wei	China
Hanna Jones	United States	Britney Wilkinson	United States
Maegan Jones	United States	Anne Williams	Canada
Foujan Kafri	United States	Camille Williams	United States
Samantha Kallberg	United States	Kara Woodbury Fladland	United States
Rebecca Kaminsky	United States	Wanqing Xu	United States
Shuchang Kang	United States	Terry Jean Yonker	United States

Connect with your peers from all around the globe to exchange ideas and information as we work together to continue vital and life-saving work in the field of eating disorders.



**STAY  
CONNECTED!**

Renew or Join AED Today!

## Member Highlight



### **Conversation with Rachel Levine, Assistant Secretary of Health for the United States** *Martha Peaslee Levine*

This July 4<sup>th</sup>, I spent part of the day on the porch of my cottage talking with Rachel Levine. Many know Rachel now that she is our Assistant Secretary of Health of the United States. Some may have known her when she was Physician General and then Secretary of Health for Pennsylvania. Others knew her when she was Chief of the Division of Adolescent Medicine and Eating Disorders at Penn State Health. I have known her since medical school. I worked with her in the field of eating disorders (we actually planned Penn State's eating disorders programs over brunch), was married to her for 30 years, and remain her good friend.

Our conversation started about COVID-19 vaccines. In addition to being a vital public health issue, vaccine distribution is personal to us both as our daughter is in Thailand and is the only family member who has not yet been vaccinated. COVID-19 and the vaccination rate is very much on Rachel's mind these days. One of her priorities is to address vaccine hesitancy, especially in the hardest group to engage in vaccine efforts -- young adults aged 18 to 27. They are often complacent, less worried about the virus, and more worried about the safety of the vaccine. With the new Delta variant being more transmissible and virulent, it is extremely important to have as many people vaccinated as possible. Rachel and others in the Biden administration in the United States have taken to the airways to help improve acceptance of the vaccine by stressing that vaccines are very safe and effective.

Rachel described that another large issue is healthcare equity in the United States, both related to accessibility of the vaccine and the availability of care for individuals who contract COVID-19. Those of us in the mental healthcare field know that equity is an ongoing discussion. Many individuals who have access to care for physical illnesses do not have the same access for mental health care. Rachel is actively involved in behavioral and mental health issues, with a focus on many challenges including substance abuse treatment. The opioid crisis was a large priority for her when she was Secretary of Health of Pennsylvania, and she describes that the crisis is proving even more difficult since available treatment was limited by COVID-19. Between November 2019 and November 2020, over 90,000 people died from an overdose in the United States.

To ensure ongoing access to care for many with mental health diseases, there is a push to keep telehealth available since it has been vital to improving treatment options. Rachel describes that the Biden Administration is working to ensure that audio-health appointments are adequately reimbursed. Yet even with telehealth, there are health equity issues with technology access that limit access for all individuals.

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Member Highlight *continued*

One aspect of the conversation I found particularly interesting was when we reflected on the design of our Eating Disorders Clinic and how this could impact future care. Rachel is very interested in the intersection of mental and physical health. Eating disorders clearly sit at that crossroads. Within Penn State’s Division with its partial hospitalization, intensive outpatient program, and outpatient psychotherapy, the medical team is actually embedded in a mental health clinic rather than the other way around. Currently, there is a push to embed psychiatrists within primary care clinics. What if we embed primary care physicians in psychiatric clinics? For patients with serious mental issues, their main point of contact with the healthcare system is through their psychiatric care. What if they could get medical treatment for any physical illness there as well? The more we silo treatment, the harder it is for patients to participate in unified healthcare.

Rachel has always valued the opportunity to help people, first through individual care and now through the public health perspective. The same energy that she brought to developing the Division of Adolescent Medicine and Eating Disorders at Penn State, she is putting towards helping larger groups of individuals find acceptance, have access to healthcare, and be valued within our society. Health equity concerns extend to our physical world. Rachel and the Biden Administration are focused on the challenges that climate change poses to our health. No part of the world is immune. The heat wave in the Northwest has endangered people’s lives. Wildfires affect mental health and physical health, such as triggering asthma. Droughts across the United States and elsewhere affect available water resources. These issues impact us all but can disproportionately affect marginalized populations. The need for health equity not only relates to access of treatment, but also to access to healthy living conditions.

Rachel provides fabulous inspiration of the impact we can and must make in people’s lives. Whether we are working on a smaller level, changing lives through therapy and treatment, or shifting whole institutions to make them more equitable, we are all part of an important service. Everyone working in the field of eating disorders helps individuals gain independence from their illness so they can pursue full lives. Let us continue to strive to provide this care and make healthcare accessible to all.

### Get Social with AED

Follow AED on **Facebook, Twitter, LinkedIn, Instagram,**  
and **YouTube**  
and add your voice to dynamic discussions.

Visit **www.aedweb.org** and access our social media  
channels at the links at the bottom of the homepage

*We look forward to tweeting with you soon!*



## Announcements

### **Update from the Italian Society on Eating Disorders Conference**

*Umberto Nizzoli*

On July 3<sup>rd</sup>, we celebrated the 30th anniversary of the Italian Society on Eating Disorders, or SISDCA, with a virtual all-day seminar (on-demand sessions are [here](#)). The conference was an update on the prevention, intervention, and treatment of eating disorders that involves patients, family members, territories, and health decision makers. A large portion of Italy's leading eating disorders researchers and clinicians participated. Topics included epidemiology, health planning, genetics, epigenetics, methods of early interception, diagnostic systems, care pathways, therapeutic models and their evaluation of effectiveness, and the involvement of caregivers. Furthermore, the Under Secretary of the Presidency of the Council for the Italian government, Presidents of the other Italian societies on eating disorders, and family (Consult@noi) and patient associations (Fiocchetto Verde) also gave important presentations.

We received overwhelming satisfaction about the conference from the participants, indicating that SISDCA is a great “tool” that connects research to practice and disseminates evidence-based knowledge through training at various levels. We also thank Clio, who assisted with organizing the conference. To conclude, I will leave with a message from one of the founders of SISDCA, Ottavio Bosello:

*“Dear President, dear friends, and colleagues,  
The project was successful!*

*More than the 30th anniversary of the SISDCA, it seemed to me to be its baptism, because I felt its  
“freshness”, its relevance and its projection towards the future.*

*Thanks therefore to you, but above all to all participants, whose content of the interventions I appreciated,  
but especially the sincere enthusiasm.*

*Ad maiora.*

*Ottavio Bosello”*

### **Dal convegno per il trentennale della Società Italiana sui Disturbi Alimentari**

*Umberto Nizzoli*

Il 3 luglio abbiamo festeggiato il 30° anniversario della Società Italiana sui Disturbi Alimentari, SISDCA [www.sisdca.it](http://www.sisdca.it) con un seminario virtuale di un'intera giornata <https://www.sisdca.masteralimentazione.eu/eventi-bitmeeting/sisdca-30-anni>

La conferenza è stata un aggiornamento sulla prevenzione, la cura e il trattamento dei disturbi alimentari che coinvolgono pazienti, familiari, territori e decisori sanitari.

Ha partecipato una gran parte dei principali ricercatori e clinici italiani. Gli argomenti includevano l'epidemiologia, la pianificazione sanitaria, la genetica, l'epigenetica, i metodi di intercettazione precoce, i criteri diagnostici, i percorsi di cura, i modelli terapeutici e la loro valutazione di efficacia e il coinvolgimento dei caregiver.

Importanti interventi sono stati, inoltre, quello del Sottosegretario alla Presidenza del Consiglio dei Ministri del Governo italiano, i Presidenti delle altre Società italiane sui disturbi del comportamento alimentare e delle Associazioni dei familiari (Consult@noi) e dei malati (Fiocchetto Verde).

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## Announcements *continued*

Abbiamo rilevato una grande soddisfazione per la conferenza da parte dei partecipanti, dando evidenza che SISDCA è un grande "strumento" che collega la ricerca alla pratica e diffonde le conoscenze basate sull'evidenze attraverso la formazione a vari livelli. Ringraziamo anche Clio, che ha collaborato all'organizzazione della conferenza. Per concludere riporto il messaggio di uno dei fondatori di SISDCA, Ottavio Bosello:

*"Caro Presidente, cari amici, colleghi e colleghe,  
Il progetto è riuscito!*

*Più che l'anniversario dei 30anni della SISDCA, mi è sembrato il suo battesimo, perché ho sentito la sua "freschezza", la sua attualità e la sua proiezione verso il futuro.*

*Grazie quindi a te, ma soprattutto a tutti partecipanti, di cui ho apprezzato i contenuti degli interventi, ma in modo particolare il sincero entusiasmo.*

*Ad maiora.*

*Ottavio Bosello"*

## 19<sup>th</sup> Annual Conference for the Australia and New Zealand Academy for Eating Disorders

*Shannon Calvert and Olivia Carter*

ANZAED 2021 CONFERENCE Perth Convention & Exhibition Centre

IN-PERSON & ONLINE  
**HYBRID CONFERENCE**

A unique conference for professionals dedicated to the field of eating disorders.

*Theme:*  
**FROM RIPPLES TO RIVERS: HOW FAR WE'VE COME**

 <i>Keynote</i> <b>DR JENNIFER GAUDIANI</b> Founder and Medical Director Gaudiani Clinic, Denver, Colorado <b>Keynote Address</b> <i>And on Towards the Sea: Commitment to Weight- Inclusive Care Improves our Patients' Lives and Our Own</i>	 <i>Keynote</i> <b>DR BETH SHELTON</b> National Director National Eating Disorder Collaboration (NEDC) <b>Keynote Address</b> <i>If the System Could Talk: A Brief autobiography of the Eating Disorders Field in Australia, Past, Present, and Future.</i>	 <b>PLENARY</b> Two plenaries with a panel of experts from both within and outside of the field will be presented on hot button topics relating to eating disorders and social media, as well as trauma-informed care in the field of eating disorders.
<b>FRI 20 AUG</b> Fully hybrid conference day	<b>SAT 21 AUG</b> Online keynote workshop & research day	<b>REGISTRATIONS now open</b>

FIND OUT MORE & REGISTER AT: [WWW.CONFERENCE.2021.ANZAED.ORG.AU](http://WWW.CONFERENCE.2021.ANZAED.ORG.AU)

We warmly invite you to attend the [19th Annual Conference for the Australia and New Zealand Academy for Eating Disorders \(ANZAED\)](#). This unique event will be streamed live from Perth, Western Australia, on August 20-21, 2021.

Jennifer Gaudiani (founder and Medical Director of the Gaudiani Clinic in Denver, Colorado) and Beth Shelton of the National Eating Disorder Collaboration in Australia will give the keynote presentations. The dynamic line-up includes workshops, plenaries, and oral presentations delivered by some of the most influential minds in the field of eating disorders. There will also be an interactive post-conference online workshop entitled "Let's Talk: A Q&A Masterclass with Dr G". A copy of the program, which displays local time zones, is [here](#). Sessions will be recorded so that you can watch at your leisure.

Wherever you are in the world, we would love for you to join us. [Registrations](#) are now open!