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Message from the President



Kelly Bhatnagar

Greetings Colleagues! It is truly an honor to serve as the 2023-2024 AED President. I want to express my heartfelt appreciation to our AED Immediate Past President Jennifer Thomas for her exceptional leadership and for successfully steering the AED through numerous obstacles.

I am thrilled to announce that the ICED 2023 in Washington, DC was a remarkable success, thanks to the outstanding efforts of the Scientific Planning Committee, co-chaired by Karen Jennings-Mathis and Sandra Mulken. We had just under 1,000 attendees and the feedback from the meeting was overwhelmingly positive. After three years of virtual meetings, it was wonderful to connect in-person again. Remember to mark your calendars for the ICED 2024, scheduled for March 14-16, 2024, in New York, New York! Let's make this meeting another resounding success.



The AED has undeniably met difficulties recently. The pandemic's convergence with shifts in the AED management structure caused many unprecedented issues. During her 2021-2022 term as AED President, Jennifer Lundgren appointed a committee to develop a comprehensive five-year strategic plan to tackle these challenges and to guide our organization toward success.

Message from the President *continued*



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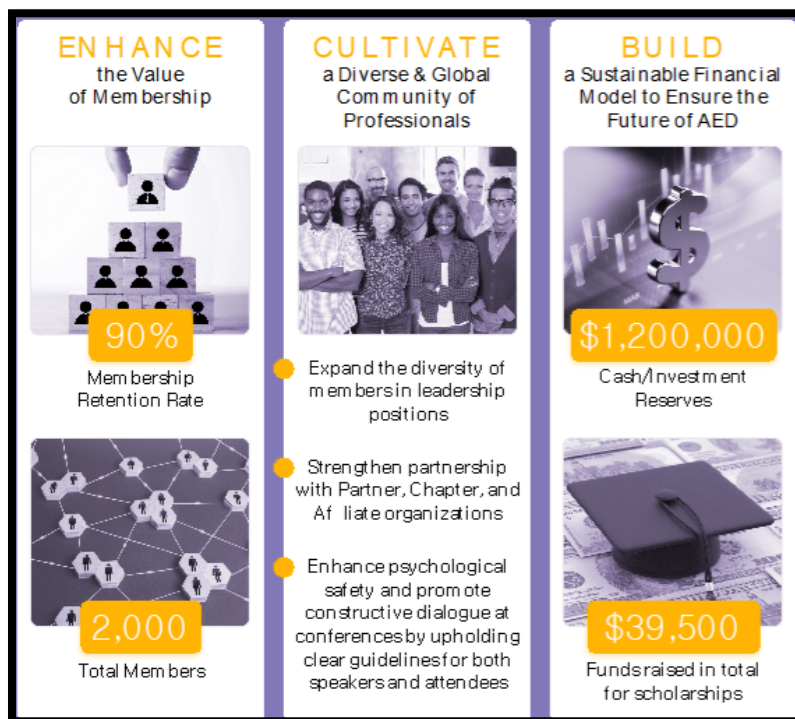
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Karen Jennings Mathis, PhD, RN, APRN, FAED
Providence, RI, USA

Director for Standards of Excellence

Renee D. Rienecke, PhD, FAED
Chicago, IL, USA



We have made noteworthy progress during year one of the strategic plan, but we are not out of the woods yet. It is not unusual for a new AED president to want to introduce novel, exciting ideas -- I very much hold that passion for change and innovation. That said, I feel strongly that aligning with our organizational mission and strategic plan is critical to secure the AED's future. Year two, therefore, will be dedicated to staying on course by prioritizing the goals outlined in our strategic plan, including:

- Enhancing the value of membership
- Cultivating a diverse and global community of professionals
- Building a sustainable financial model

Pursuing these priorities will require focus and dedication. We aspire to increase our member retention rate to a minimum of 80% while concurrently expanding our membership, with a specific focus on early career professionals and non-United States based members. A newly appointed task force will design and implement a training and certification program in psychological therapies for eating disorders, which is sure to be a major member benefit, a new revenue source, and most importantly, a bridge in the research-practice gap. A plan to revise the AED website has been outlined, which aims to improve member and volunteer experiences. Measures to increase diversity and inclusion at all levels of AED leadership will also be adopted. These activities will be done while simultaneously building a sustainable financial model for the AED. Therefore, we must continue our efforts to manage costs, to find immediate and long-term savings opportunities, and to support the AED Board of Directors in their role as fiduciary stewards of our organization. We have a busy and exciting year ahead!

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Message from the President *continued*

To ensure accessibility, collaboration, and transparency within our organization, I am excited to introduce monthly presidential “office hours.” I welcome you to connect with me to share your thoughts, ask questions, or to simply say hello on the first Monday of each month from 3-4 pm ET (United States). Virtual appointments can be scheduled [here](#).

In closing, we are ready to face the challenges that still lie ahead. The journey may be arduous, but it is also fulfilling and necessary. By aligning our efforts with the AED Strategic Plan and by keeping our mission in focus, we can overcome any obstacle. Let us stand united in our quest to build a world without eating disorders through science and practice. Thank you for your unwavering commitment to the AED. Here’s to another year of solidarity, success, and progress!

Messaggio del Presidente

Kelly Bhatnagar (Translated into Italian by Cristina Segura)

Saluti Colleghi! È davvero un onore servire come presidente dell'AED 2023-2024. Desidero esprimere il mio sincero apprezzamento alla nostra Immediata Past Presidente dell'AED Jennifer Thomas per la sua eccezionale leadership e per aver guidato con successo l'AED attraverso numerosi ostacoli.

Sono entusiasta di annunciare che l'ICED 2023 a Washington, DC è stato un notevole successo grazie agli eccezionali sforzi del Comitato di pianificazione scientifica del 2023, co-presieduto da Karen Jennings-Mathis e Sandra Mulkens. Abbiamo avuto poco meno di 1.000 partecipanti e il feedback sulla riunione è stato straordinariamente positivo. Dopo tre anni di riunioni virtuali, è stato meraviglioso riconnettersi di persona. Ricordate di segnare nei vostri calendari ICED 2024, in programma dal 14 al 16 marzo 2024 a New York, NY! Facciamo di questo incontro un altro clamoroso successo.

L'AED ha innegabilmente incontrato difficoltà negli ultimi tempi, poiché la convergenza della pandemia e i cambiamenti nella nostra struttura di gestione hanno dato origine a una moltitudine di problemi senza precedenti. Durante il suo mandato come presidente di AED 2021-2022, Jennifer Lundgren ha nominato un comitato per sviluppare un piano strategico quinquennale completo per affrontare queste sfide e guidare la nostra organizzazione verso il successo.

Sebbene abbiamo compiuto notevoli progressi durante il primo anno del piano strategico, non siamo ancora fuori pericolo. Non è insolito che un nuovo presidente di AED voglia introdurre idee nuove ed entusiasmanti: nutro molto la passione per il cambiamento e l'innovazione. Detto questo, sono fermamente convinto che l'allineamento con la missione e il piano strategico dell'AED sia fondamentale per garantire il futuro dell'AED. Il secondo anno, quindi, sarà dedicato a mantenere la rotta dando la priorità agli obiettivi delineati nel nostro piano strategico:

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- Accrescere il valore dell'appartenenza
- Coltivare una comunità diversificata e globale di professionisti
- Costruire un modello finanziario sostenibile

Perseguire queste priorità richiede concentrazione e dedizione. Aspiriamo ad aumentare il nostro tasso di fidelizzazione dei membri a un minimo dell'80%, espandendo contemporaneamente la nostra adesione, con un'attenzione specifica ai professionisti all'inizio della carriera e ai membri non residenti negli Stati Uniti. Una task force appena nominata progetterà e implementerà un programma di formazione e certificazione in terapie psicologiche per i disturbi alimentari, che sarà sicuramente un importante vantaggio per i membri, una nuova fonte di entrate e, soprattutto, un ponte nel unione tra ricerca e pratica. È stato anche delineato un piano per rivedere il sito web dell'AED, che mira a migliorare le esperienze dei membri e dei volontari. Saranno adottate misure per aumentare la diversità e l'inclusione a tutti i livelli della leadership dell'AED. Queste attività verranno svolte costruendo contemporaneamente un modello finanziario sostenibile per il futuro dell'AED. Pertanto, dobbiamo continuare i nostri sforzi per gestire i costi, trovare opportunità di risparmio immediate e a lungo termine e sostenere il Consiglio di amministrazione di AED nel suo ruolo di amministratori fiduciari della nostra organizzazione. Quindi, ci aspetta un anno impegnativo ed emozionante!

Per garantire l'accessibilità, la collaborazione e la trasparenza all'interno della nostra organizzazione, sono entusiasta di introdurre l'"orario d'ufficio" mensile del Presidente AED. Ti invito a connetterti con me per condividere i tuoi pensieri, porre domande o semplicemente salutarci il primo lunedì di ogni mese dalle 15:00 alle 16:00 ET (USA). Gli appuntamenti virtuali per l'orario d'ufficio possono essere programmati [qui](#).

Per chiudere, siamo pronti ad affrontare le sfide che ancora ci attendono. Il viaggio può essere arduo, ma è anche appagante e necessario. Allineando i nostri sforzi con il piano strategico AED e mantenendo la nostra missione focalizzata, possiamo superare qualsiasi ostacolo. Rimaniamo uniti nella nostra ricerca per costruire un mondo senza disturbi alimentari attraverso la scienza e la pratica. Grazie per il vostro incrollabile impegno nei confronti dell'AED. Brindiamo a un altro anno di solidarietà, successo e progresso!

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Message from the Editor



Abigail Matthews
Hamberg

This edition of the *Forum* begins with *Message from the President*, authored by Kelly Bhatnagar (United States), who began her term as our newest AED President following the ICED 2023. Welcome, Kelly! We look forward to the AED’s ongoing growth under your leadership. Further, please join me in expressing gratitude and appreciation to the AED Immediate Past President Jennifer Thomas (United States), for her unrelenting commitment to our organization. Thank you!

This latest *Forum* continues to highlight the diversity of our organization, with columns translated into Italian and Spanish. You will “meet” Wanqing Xu (China), an active member of the AED Advocacy and Communications Committee, and Karen Mathis Jennings (United States), AED Director for Research-Practice Integration. Another highlight is Bertha Winterman Hemilson’s (Mexico) latest book review, featuring *Being You: The Body Image Book for Boys*.

Your contributions to the AED *Forum* are immensely valued. Please consider volunteering to be featured in a future *Member’s Spotlight* column by completing this [link](#). We are also accepting blog posts for the *Forum*, that focus on timely and evidence-guided topics. Submissions for the next quarterly *Forum* are due on October 15, 2023. Please send your proposed articles, blog posts, special interest group and committee updates, and announcements -- of 250 words or less -- to Forum@aedweb.org.

Greetings from an AED Board Member



Karen Jennings
Mathis

As a psychiatric nurse, I am passionate about integrating clinical practice into research and vice versa. I provide evidence-based, holistic, and compassionate care to promote health and healing. Firsthand experiences of supporting high school and college friends with eating disorders prompted my interest in the field -- I didn’t know much about eating disorders and wanted to learn more. Post-baccalaureate, I became a community residence counselor at the Klarman Eating Disorders Center in Massachusetts (United States) -- sidenote -- where I met AED Immediate Past President, Jennifer Thomas! I saw firsthand the everyday challenges and wins for both clients and families, and how one size did not fit all. Based on my clinical experiences and daily interactions, plus my curious mind, I began asking questions that transformed into research ideas. Since then, I have striven to consider multiple perspectives and voices -- including my own as an African American and Puerto Rican woman -- to inform my research and clinical practice.

When I joined the AED and attended my first ICED, I was excited about the scientific content and clinical applications. I loved it! Unfortunately, as a psychiatric nurse with minimal connections in the eating disorder field, I felt like everyone knew each other and I did not belong. I returned to Boston (United States) and spoke with my friends, colleagues, and mentors about the disheartening experience. When a close friend reminded me that I love a challenge, I recognized that my experience at the ICED was an opportunity to be a leader of change and to bring a unique perspective to the AED. Challenge accepted! When I saw a call for AED committee

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volunteers, I applied to the Research Practice Committee (RPC) because it aligned with my career and passions. After joining the RPC and then serving as co-chair, I had the opportunity to join the AED Board in 2021 as the Director for Research-Practice Integration. In this role, I have had the honor and privilege of leading the AED in promoting the symbiotic relationship between research and practice, while connecting and expanding our community of professionals through both domains. I have also learned so much about the operational aspects of sustaining an international organization of professionals. Spoiler alert -- it is a lot of work and intense at times, but also extremely rewarding!

As co-chair of the Scientific Planning Committee, I was thrilled to be in-person at the recent ICED. I soaked in the excellent scientific content and witnessed lots of networking. I also remember what it was like to attend my first ICED and in hopes that other attendees felt welcomed, I purposefully said hello to and chatted with delegates who appeared solo. In doing so, I met some amazing clinicians from around the globe.

As an AED Board member, I will continue to advocate for inclusivity and opportunities that truly integrate practice into research and research into practice. I strongly encourage AED members to get involved -- by joining special interest groups and committees, submitting abstracts to the ICED, and volunteering at the conference. By accepting a challenge years ago, I have had the honor and privilege to serve the AED in various roles and am excited to see where the next decade takes me -- and the AED.

Special Interest Group and Committee Updates



Membership Retention/Recruitment *Committee Update*

Megan Parker

We would like to thank everyone who participated in the ICED 2023 Mentor/Mentee Breakfast event. This year was our most attended event yet, with 280 registrants! Immediately after the event, attendees were asked to complete a survey about ways to improve future Mentor/Mentee Breakfasts. Among 80 respondents, approximately 54% preferred to sign up for the event during standard ICED registration, while 46% preferred a separate e-mail notification, with the option to sign-up for the event. As a result, we plan to offer both registration options for the Mentor/Mentee Breakfast at the ICED 2024. Most respondents (56%) preferred the event to be held during a lunch break at the conference, while 35% preferred a morning event (e.g., before the opening address). Additional suggestions included using a larger space for the event to reduce noise levels, assigning fewer mentor/mentee groups per table, and providing attendees more time to connect. The Membership Retention/Recruitment Committee (MRRC) will work with ICED organizers and Virtual, Inc. to explore different options for the event's timing and venue at 2024 ICED.

We are also excited to welcome new MRRC members, Brittany Athmer (United States) and Samantha Hahn (United States). Both bring unique perspectives to help our committee better represent the AED's diverse membership. We are thrilled for them to join us!

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Research-Practice *Committee Update*

Kristen Anderson

Thank you to everyone who attended the ICED 2023 in Washington, DC. A special thanks to conference organizers for a vibrant and educational conference. The Research-Practice Committee (RPC) was thrilled to host an in-person Research-Practice Global Think Tank which included meaningful and thought-provoking discussions rooted in research-practice integration.

Participants of the event discussed how the ICED 2023 plenaries and workshops addressed research-practice integration, with main focal points including the continued need to build a culture of inclusivity throughout the AED community and the importance of learning from others' experiences within our international organization. Event moderators included RPC co-chairs Lauren Muhlheim (United States) and Rachel Presskreischer (United States), RPC members Kristen Anderson (United States) and Seena Grewal (Canada), and Scientific Program Committee co-chairs Karen Jennings Mathis (United States) and Sandra Mulken (Netherlands).

We hope to continue fostering these meaningful dialogues throughout the year and at annual conferences. Please stay tuned for our autumn and winter programming. Registration for upcoming webinars will be announced soon and we look forward to your participation! We also warmly invite AED members to apply for a position on the RPC during the annual AED call for volunteers.

Special Interest Group Oversight *Committee Update*

Heather Hower

Reflecting on the past year, the Special Interest Group Oversight Committee (SOC) would like to highlight some accomplishments of the AED Special Interest Groups (SIGs). The ICED 2023 included 9 panel presentations representing collaborations across 12 SIGs, with topics including: 1) assessment considerations among South Asians; 2) facilitating conversations between researchers and clinicians; 3) translating neuropsychology research to laypersons; 4) innovative applications of technology to improve outcomes; 5) co-occurring eating disorders and obsessive-compulsive disorder; 6) eating disorders in the military family; 7) addressing weight stigma in higher levels of care; 8) ethical dilemmas in eating disorder care; and 9) under-represented populations in eating disorder research.

We would also like to thank our outgoing SIG co-chairs who have completed their terms and to welcome our incoming SIG co-chairs! The list below highlights SIGs with leadership transitions in June 2023, including outgoing and incoming co-chairs for each. Of note, we would also like to highlight the new AED Private Practice SIG which seeks to provide support, education, and resources for clinicians across disciplines to establish and run a private practice and to meet the needs of people with eating disorders in their communities.

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| SIG | Outgoing Co-Chair | Incoming Co-Chair |
|---|--------------------------|--------------------------|
| Assessment and Diagnosis | K. Jean Forney | Neha Goel |
| Body Image and Prevention | Danyale McCurdy-McKinnon | Ashley Dunford |
| Cognitive-Behavioral Therapy | Suzanne Staebler | Catherine Drury |
| Early Career | Erin Reilly | Megan Parker |
| Early Intervention | Karina Allen | Nicole Obeid |
| Epidemiology and Public Health Practice | Samantha Hahn | Monique Santoso |
| Family-Based Treatment | Rachel Kramer | Kristen Anderson |
| Genes and Environment | Christopher Hubel | Clara Moreau |
| Males and Eating Disorder | Emilio Compte | Jonathan Dang |
| Neuroimaging | Kendra Baker | Sasha Gorrell |
| Private Practice | Lauren Mulheim | Lauren Anton |
| Residential and Inpatient | Eva Schoen | Julia Cassidy |

We encourage you to visit the [SIG website](#) to join a SIG and learn about upcoming events.

Substance-Related and Addictive Disorders *Special Interest Group Update*

Sydney Greene

The co-occurrence of eating disorders and substance use disorders is high, and often providers feel overwhelmed with what to treat first. To deliver the best care, providers must recognize shared risk factors and characteristics in both disorders. The AED Substance-Related and Addictive Disorders (SRAD) SIG is a multidisciplinary network of clinicians and researchers with interest and expertise in preventing and treating co-occurring eating disorders and substance use disorders. Our group meets monthly, with lively gatherings full of rich information from clinicians and front-line researchers in the field. We extend a warm welcome and invite you to join the SRAD SIG.

Educational Programming *Committee Update*

Linda Booij and Yaohui Wei

The Educational Programming Committee (EPC) organizes educational opportunities for international AED members that focus on the most recent clinical and research developments in eating disorders. The EPC Research Gap webinar series features international eating disorder researchers who provide an overview of eating disorder research in a given country, highlight associated gaps and challenges, and provide insight into future directions to tackle these obstacles.

At the latest EPC webinar, Dr. Jue Chen discussed the state of eating disorder research in China, including the latest findings in eating disorder epidemiology, prevention, caregiver, and qualitative studies. Causes of eating disorders were also reviewed, including genetics, psychosocial, and neurobiological factors (e.g., serotonin, chemokines, appetite-regulating hormones, and the intestinal microbiome), and their role in eating disorder maintenance. Dr. Chen outlined standard eating disorder treatments used in China, including pharmacological (primarily a combination of olanzapine and fluoxetine), psychotherapeutic (cognitive behavioral therapy, dialectical behavior therapy, and family-based therapy), and neuromodulation (transcranial magnetic stimulation (rTMS), transcranial direct-current stimulation (tDCS), and deep-brain stimulation (DBS)).

You can watch Dr. Chen's webinar [here](#). To learn more about previous educational initiatives within the AED, please visit our [online library](#). A schedule of upcoming webinars is available [here](#).

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Other News

Book Review Corner

Bertha Winterman Hemilson, AED Book Reviewer

Being You: The Body Image Book for Boys by Charlotte Markey, Daniel Hart, and Douglas Zacher (Cambridge, 2022, 162 pages)

Being You identifies sociocultural body ideals held about males in the United States and highlights the associated challenges. A comprehensive and valuable resource, the book combines personal testimonies with evidence-based tools to improve body image in males. Appropriate language, drawings, and colorful touches throughout *Being You* make it a dynamic, understandable, and attractive tool for young people.

Each book chapter focuses on a specific topic, with updated scientific evidence, questions and answers, testimonials from young people with similar experiences, information from experts, and helpful resources. Myths about body image are debunked throughout the book, generating greater awareness among readers. For example, authors provide evidence against commonly held beliefs, like the belief that negative body image is exclusive to females and the belief that males restrain from showing their feelings to look “macho” or “masculine.”

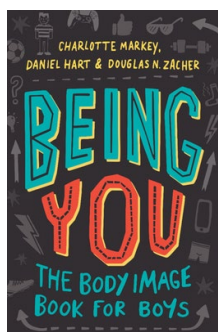
The first step to improving body image is provided -- moving from a negative body image to body neutrality. Associated strategies are given, including focusing on body functionality versus physical appearance, increasing gratitude for what the body is capable of (e.g., walking, crying, jumping, breathing, digesting, talking, etc.), and “zooming out” from negatively perceived aspects of the body.

The topics of eating and exercise are approached from an intuitive and balanced point of view. For example, the reader is encouraged to listen to hunger and satiety signals when eating, versus using fad diets or falling into restriction-binge cycles. Exercising for the benefit of body movement versus body change is also encouraged. A chapter about male body change during puberty is also included, with interactive explanatory images. This is important because puberty is an identified risk period for developing negative body image.

It is well known that body shape is genetically influenced, and that all bodies are diverse and beautiful. *Being You* discusses how the media can undermine this by “selling” an image of how males should look. For example, superheroes idealize a muscular body type in males. Muscularity is pronounced in many superheroes and is associated with desirable characteristics, like success, bravery, reverence, and strength. Young children are vulnerable to internalizing these false messages, which can prompt body dissatisfaction. Another example is the frequent retouching or altering of media-based photos, despite the potential impact on the general population, especially those most vulnerable to social comparisons. The book provides strategies to “unlearn” harmful media messages, like the F.A.C.E. (Filter, Avoid, be careful with Comparisons and Evaluate) tool and by viewing helpful social media accounts.

Overall, *Being You* is a comprehensive, easy-to-understand resource that sheds light on an underrecognized topic -- body image in males. The book successfully conveys the magnitude of harm perpetuated by male beauty standards, weight stigma, and the diet culture, and provides evidence-based strategies to navigate associated challenges.

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Rincón de Reseñas de Libros

Bertha Winterman Hemilson, Revisor de libros AED (Translated into Spanish by the author)

Being You: The Body Image Book for Boys por Charlotte Markey, Daniel Hart, y Douglas Zacher (Cambridge, 2022, 162 páginas)

Being You se centra en los ideales corporales socioculturales estadounidenses que se tienen de los hombres y proporciona estrategias para fortalecer la imagen corporal en los chicos. El libro, que es un recurso completo y valioso, combina testimonios personales de varones con herramientas basadas en la evidencia para mejorar la imagen corporal. El contenido es fácil de entender, y la imagen corporal se describe de forma dinámica, con ejemplos de la vida real. El lenguaje apropiado, los dibujos y los toques de color lo convierten en una herramienta atractiva para los jóvenes.

Cada capítulo consta de pruebas científicas actualizadas sobre el tema, preguntas y respuestas, testimonios con mensajes para jóvenes con experiencias similares, información de expertos y una lista de recursos útiles con más información sobre el tema. A lo largo del libro también se desmienten mitos sobre la imagen corporal, lo que genera una mayor concienciación entre los lectores. Por ejemplo, los autores citan evidencias en contra de las creencias de que la imagen corporal negativa es un problema exclusivo de las mujeres y que los hombres se privan de mostrar sus sentimientos para parecer "machos" o "masculinos".

El libro presenta el primer paso para mejorar la imagen corporal: pasar de una imagen corporal negativa a la neutralidad corporal. Se ofrecen estrategias asociadas, como centrarse en la funcionalidad corporal frente a la apariencia física, aumentar la gratitud por lo que el cuerpo es capaz de hacer (por ejemplo, caminar, llorar, saltar, respirar, digerir, hablar, etc.) y "alejarse" de los aspectos del cuerpo percibidos negativamente.

Los temas de la alimentación y el ejercicio se abordan desde un punto de vista intuitivo y equilibrado. Por ejemplo, se anima al lector a escuchar las señales de hambre y saciedad al comer, en lugar de seguir dietas de moda o caer en ciclos de restricción y atracones. También se anima a hacer ejercicio para experimentar los beneficios del movimiento del cuerpo frente al cambio corporal. El libro también incluye un capítulo que se centra exclusivamente en los cambios corporales masculinos durante la pubertad, con imágenes explicativas interactivas. Esto es importante porque la pubertad es un periodo de riesgo identificado para desarrollar una imagen corporal negativa.

Es bien conocido que la forma del cuerpo está influenciada genéticamente, y que todos los cuerpos son diversos y bellos. *Being You* analiza cómo los medios de comunicación pueden socavar esto "vendiendo" una imagen de cómo deben ser los hombres. Por ejemplo, los superhéroes promueven un tipo de cuerpo musculoso idealizado en los varones. La musculatura es pronunciada en muchos superhéroes y se asocia con características deseables, como el éxito, la valentía, la admiración y la fuerza. Los niños pequeños son vulnerables a la internalización de estos falsos mensajes, que pueden provocar insatisfacción corporal y percibir la presión de cambiar sus cuerpos. Otro ejemplo es el frecuente retoque o alteración de las fotos en los medios de comunicación, sin tener en cuenta el impacto potencial en la población en general, especialmente en aquellos más vulnerables a las comparaciones sociales. Los adolescentes, en particular, pueden tener dificultades para discernir qué mensajes de los medios de comunicación deben consumir o descartar. El libro ofrece formas de "desaprender" mensajes poco útiles, como la herramienta F.A.C.E. (Filtrar, Evitar, Tener Cuidado con las Comparaciones y Evaluar) y una lista de cuentas útiles en las redes sociales.

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En general, *Being You* es un recurso completo y fácil de entender que arroja luz sobre un tema poco reconocido: los hombres y la imagen corporal. El libro presenta con éxito la magnitud del daño perpetuado en los hombres por los estándares de belleza, el estigma del peso y la cultura de la dieta, y proporciona importantes estrategias basadas en la evidencia para superar los retos asociados.

Member's Spotlight: Wanqing Xu



Wanqing Xu

Abigail Matthews Hamberg

Please welcome Wanqing Xu, our featured AED member in this edition of the *Forum*. Wanqing has been an AED member since June 2021.

- **Welcome, Wanqing! Where do you live and what languages do you speak?** I live in Shanghai, China where I was born and raised. I attended college and graduate school in the United States. My mother tongue is Chinese -- Mandarin and Shanghaiese to be more specific. I am also fluent in English and Spanish (Castellano) and spent some time learning Brazilian Portuguese and Cantonese.
- **Tell us a bit about yourself.** Shanghai is the most populous city in the world, but I am always interested in traveling to expand my horizons. Sometimes, well-developed areas constrain me from noticing underrepresented groups and with advanced technology, I can take "convenience" living for granted. Although it can be challenging to interact with people who have different backgrounds from me, I enjoy and prioritize these experiences. Looking back, my interest in eating disorders was predestined. When growing up, I was considered a "big" girl and experienced strong weight stigma and body shaming, both of which are important social risk factors of eating disorders. My educational background also converged to the eating disorder field. I originally intended to be a nutritionist and received a bachelor's degree in biochemistry and a master's degree in nutritional epidemiology. I first conducted research on bacteria, then on mice, and eventually, on populations. Over time, I came to believe that the "true" application of health-related science is in communities.

Currently, I work on a social media account called Eating Disorder Healer in China, which aims to raise eating disorder awareness and to connect potential patients with medical resources. In the future, I hope to manage a nonprofit organization in China with similar goals. Eating disorders are close to my heart, and I am excited to continue working in this field.

- **Why are you an AED member?** The AED is a tremendously open and inclusive platform for eating disorder professionals. It means a lot for me to be in a community where everyone cares about eating disorders, since most people around me have never even heard of them.

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Member's Spotlight *continued*

- **What is one thing you are passionate about in the eating disorder field?** I am passionate about eating disorder prevention through social factors, especially in regions with low eating disorder awareness and few resources, and the potential for high prevalence rates. It can take decades for a country to improve eating disorder resources so my initial hope is that eating disorder prevention among adolescents can be improved by increasing awareness, introducing advanced interventions, and promoting health policies against weight stigma.
- **In your region, what is one thing that is working well in eating disorder treatment and/or research? What is one thing that can be improved?** China is a country open to advanced experiences from around the globe. Its vast population allows researchers to profoundly study eating disorder epidemiology and treatment. However, medical resources for individuals with eating disorders are only available in a handful of cities and eating disorders are often overlooked by mental health professionals.

If you would like to participate in the *Member's Spotlight* column, please click [here](#).

New Members Corner

Abigail Matthews Hamberg

Between April and June 2023, the AED welcomed 100 new members from around the world. Welcome!

See below for a list of new AED members!

continued on next page

| New Member | Country | New Member | Country |
|----------------------|----------------|-------------------|----------------|
| Donatella Agius | Malta | Holly Kapusinski | United States |
| Erin Akers | United States | Lillian King | United States |
| Jeanette Alonso | United States | Patricia Kirby | United States |
| Courtney Armstrong | United States | Heather Kitterman | United States |
| Lauren Barnes | United States | Taylor Larsen | United States |
| Katrina Baron | United States | Hannah Lee | United States |
| Brian Bauml | Canada | Dawn Lee-Akers | United States |
| Stephanie Beausoleil | Canada | Sharon Levi | United States |
| Laine Bermansohn | United States | Linda Limburg | United States |
| Emily Bitterman | United States | Luke Lindley | United States |
| Casey Boldt | United States | Jenna Line | United States |
| Shana Box | United States | Monica Lozano | United States |
| Amy Boyers | United States | Suania Maldonado | Puerto Rico |
| Madeleine Boyle | United States | Michele Markstein | United States |
| Yolanda Brannon | United States | Claire McGinnis | United States |
| Laura Briz | United States | Katelyn Melcher | United States |
| Ana Casillas Arias | Mexico | Caroline Merkel | United States |
| Yiyang Chen | United States | Marianne Miller | United States |
| Kheng Hui Chuah | Australia | Hannah Mitroff | United States |
| Lenore Clark | United States | Kara Moloney | United States |
| Amber Claudon | United States | Lauren Moody | United States |
| Stephanie Conrad | United States | Lori Morgan | United States |
| Chelsea Cooper | United States | Crystal Morrow | Canada |
| Sarah Costantini | Canada | Rachel Natvig | United States |
| Hassan Dashti | United States | Lauren Naughton | United States |
| Rachel Dies | Canada | Jenna Norris | United States |
| Lauren Donnally | United States | Margaret Novotny | United States |
| Pamela Dow | United States | Pari Patel | United States |
| Eva-Molly Dunbar | United States | Erin Patterson | United States |
| Scott Fatt | Australia | Emily Payton | United States |
| Kate Fisch | United States | Danielle Polland | United States |
| Diann Fletcher Jones | Ireland | Heather Rollins | United States |
| Kaitlyn Fredrick | United States | Emily Ruth | United States |
| María Garza | Mexico | Carla Saito | Brazil |
| Sarah Ghebraniou | Australia | Lauren Shabazian | United States |
| Jamie Glodowski | United States | Anjali Sharma | United States |
| Jennifer Gorrellick | United States | Kendall Sharp | United States |
| Emily Gotkiewicz | United States | Jeannine Smith | Canada |
| Leigh Ann Greenfield | United States | Leah Stiles | United States |
| Jessica Grove | United States | Jet Termorshuizen | Sweden |
| Audrey Grunst | United States | Caroline Touzeau | United States |
| Serena Gu | United States | Alexandria Turner | United States |
| May Harter | United States | Hilmar Wagner | United States |
| Taghreed Hassan | Canada | Peiyi Wang | United States |

| | | | |
|------------------|----------------|--------------------|----------------|
| Zoe Hill | United States | Lettie Wareing | United Kingdom |
| Trina Hobson | United Kingdom | Jennifer Webb | United States |
| Jeff Hooper | United States | Samantha Weiss | United States |
| Carli Howe | United States | Elisabeth Welch | Sweden |
| Jordan Jonson | United States | Isabelle Wilkinson | United States |
| Evelyna Kambanis | United States | Rachel Zubik | United States |



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- GROUNDED IN AN EVIDENCE-BASED FRAMEWORK
- 500 WORDS OR LESS

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