

## **AED Climate Change Advisory Task Force Report and Strategic Recommendations**

### **Climate Change Advisory Task Force Members**

Susan Paxton – co-chair

Rachel Rodgers – co-chair

Allison Kelly – committee member

Therese Waterhous - committee member

Meg Salvia - committee member

Anne Becker - committee member

Jenny Lundgren – Board Liaison

Elissa Myers – Executive Director, AED

### **Executive Summary**

Climate change, largely due to carbon emissions, is a pressing and critical concern. As a professional organization committed to leadership in eating disorders research, education, treatment, and prevention, the AED holds a responsibility both to reduce the environmental impact resulting from its various activities, as well as to advance the understanding of how these changes are impacting eating disorders. Climate change is an urgent social justice issue, and as a large and global professional organization the AED's continued commitment to these issues is essential.

The AED Climate Change Advisory Task Force was formed in early 2020 and charged with the task of developing a strategic plan to meet these goals. Through various methodologies including a systematic review of the literature, the gathering of resources from other professional organizations and written sources, and the interviewing of strategic stakeholders, the task force has developed a strategic plan for the next 5 years with the goal of eliminating the carbon emissions related to AED activities and stimulating important research related to the impact of climate change on the etiology, presentation, and treatment of eating disorders.

The Task Force has made recommendations and developed a proposed strategic plan that addresses the following areas.

- Reducing the carbon footprint of AED
  - International conference: format, location, venue, organization
  - AED administration: AED headquarters, AED investment policy
- Encouraging AED member activities
  - AED public statements and commitments to climate action
  - Online information and tip sheets
- Understanding the impact of climate change on eating disorders
  - Establishment of Special Interest Group
  - Encouragement of research: ICED Wildcard Plenary, small grant for research

## Background

### 1. Goals of Task Force

The AED Board established the Climate Change Advisory Task Force in February 2020 in response to two major factors. The first was the widespread interest and distress among AED members about climate change and its devastating effects on the environment with resulting humanitarian and ecological disasters. The Board wished to know how it could find ways in which AED could minimize its negative impact on the environment whilst still meeting the needs of its members. The second was in recognition of AED's mission to be a global professional association committed to leadership in eating disorders research, education, treatment, and prevention. In this respect, the Board requested suggestions as to how it could take a leadership role in developing an understanding about how climate change will impact eating disorders.

In light of these concerns, the Task Force was asked to consider the following questions:

- How can AED as a professional society have the least possible negative impact on the physical environment in ways that won't materially damage AED's capacity to serve its mission and acknowledging how vital our in-person annual, global conference is to our mission?
  - What changes could be made to the way in which the International Conference on Eating Disorders (ICED) and other AED events operate that would reduce our carbon footprint?
  - What have other associations/conventions done that we might emulate?
- What environmentally friendly practices should AED consider adopting for use in the AED headquarters offices and suggest for use in the offices and workplaces of our members?
- Are there other ways within the scope of our mission that AED should address climate change, such as clinical care for eating disorders in populations severely affected by climate change-related population displacement, etc.?

Having reviewed information gleaned from the various sources including an updated systematic review conducted for this purpose, the Task Force was requested to create a strategic plan for presentation to the AED Board of Directors to guide AED's efforts to become a more environmentally responsible organization both to minimize the negative impact AED has on the physical environment and to anticipate ways within the scope of its mission that climate change may impact on eating disorders.

## **2. Information Gathering**

This report draws on information gathered in a number of ways described below.

### 2.1. Systematic review

With the support of the AED, a systematic review was conducted in Fall 2020 to identify the extant literature examining the relationship between professional events such as conferences and meetings, and carbon emissions. The goal was both to gather information regarding the ways in which these activities contribute to the environmental impact of professional organizations and to identify solutions.

A total of  $n = 40$  published articles were identified, including commentaries as well as simulation studies, retrospective data analyses, and reviews. The majority of these ( $n = 33$ ) were published over the last five years, highlighting the emergence of this as a pressing issue within academic and scientific fields.

The findings from the systematic review will be submitted for publication, so that they are available to the broader AED membership. However, they serve to inform the recommendations presented here.

### 2.2. Gathering of resources from other professional organizations and written sources

A wealth of written material is becoming available to support organisations take climate action, including resources on sustainable event management, sustainable investment strategies and tip sheets to guide personal action. In addition to drawing on these in the report, we have brought a range of these together as appendices in a Resource Folder.

There is also a growing research addressing the impacts of climate change on mental health which have helped to inform our recommendations in relation to specific impacts of climate change on eating disorders. A number of these are also included as appendices in the Resources Folder.

### 2.3. Interviewing of strategic stakeholders

To assist us in our understanding of how professional organisations with similar goals as AED are addressing climate change, we contacted a large number of organisations and requested information about their climate change policies. Two were especially responsive and helpful. We are grateful for the extremely valuable information and insights provided by Professor Ann Sanson (Australian Psychological Society, Climate Change Reference Group) and Dr Tony Wainwright (British Psychological Society, Environment and Climate Crisis Steering Group).

### **3. Reducing Carbon Footprint of AED**

Climate change, in particular global warming, is having devastating human and environmental effects resulting from increases in severity of extreme weather events, (including floods, droughts and bushfires), rising sea levels and loss of icecaps, reductions in arable land and changes in growing seasons (IPCC, 2014). Climate change is occurring as a result of an increase in greenhouse gases, such as carbon dioxide, in the atmosphere. It is essential to identify how AED contributes to greenhouse gas emissions so that strategies can be put in place to mitigate this effect. In addition, although there is evidence that individuals, including researchers and clinicians, hold some awareness of the impacts of climate change on the environment, converging data show that relying on individuals to implement behavioral change is not a viable solution, and that organizations and institutions need to lead by example (e.g. (Nursey-Bray, Palmer, Meyer-Mclean, Wanner, & Birzer, 2019). We have identified three major areas in which AED contributes to greenhouse emissions: (1) our annual conference, the International Conference on Eating Disorders (ICED); (2) administration activities; and (3) activities of our members. We address each of these below.

#### **3.1. Reducing Carbon Footprint of International Conference on Eating Disorders (ICED)**

Although the exact number will vary from conference to conference, together the existing data suggest that a single conference can cause several thousands of tons of CO<sub>2</sub> emissions (Storz, 2019). For example, by one group's calculations, the emissions from a 2019 conference, drawing international attendees, was equal to the weekly emissions of just under 10,000 average American households (Bousema et al., 2020).

ICED is central to the identity and activities of AED. As stated on our website (<https://www.aedweb.org/about-aed/who-we-are>) "... the Academy for Eating Disorders (AED) helps physicians, psychiatrists, psychologists, nutritionists, academic researchers, students and experts through lived experience connect and collaborate with each other and keep abreast of recent developments in eating disorders research. AED's main event is the annual International Conference on Eating Disorders (ICED), a scientific conference that spans research and education from basic science to cutting edge emerging research in the field. ICED is attended by both leaders and future leaders in the field of Eating Disorders from around the world."

ICED has most frequently been held in North America but has also been held in Europe – and almost in Mexico and Australia. Decisions about the location and venue of ICED have taken numerous considerations into account including an attractive location to members, geographic variability to increase access to different members, appropriateness of facilities, and cost considerations. We are not aware that issues related to climate change and sustainability have been widely considered. However, the location and venue of ICED most likely make the most significant contributions to our carbon footprint. Jones (2018) points out that travel of participants and the transport of related materials to the conference location typically makes

the largest environmental impact for an event, and while the environmental impact of different aspects of academic meetings varies, transportation robustly accounts for the majority. Estimates of the contribution to carbon emissions of different aspects of professional conferences are presented in Table 1.

Table 1. Main contributions to carbon emissions from academic and professional conferences (Kitamura, Karkour, Ichisugi, & Itsubo, 2020)

Contributing factor	Percentage carbon emissions
1. Transportation	>50%
2. Planning , social events, tourism	22.5%
3. Accommodation	13%
4. Food and beverage	12%

Greenhouse contributions due to travel are influenced by conference format. In addition, conference venues vary in terms of their contributions to greenhouse gases and ‘green’ credentials. Finally, there are factors specific to the conference organisation that influence the sustainability of a conference. We consider each of these in relation to ICED below.

### 3.1.1. Conference Format

#### (i) Alternative formats

One way to reduce emissions resulting from travel to a conference is implement the conference in an alternative format. Alternate formats are described in Table 2 but may broadly be considered to be virtual meetings or variations on face-to-face meetings.

Virtual conferences, and variations, will likely emerge as the most robustly effective ways of limiting carbon emissions related to academic and scientific conferences. Simulations across different combinations of solutions have clearly revealed that a robust reduction of carbon emissions by 50% is only achieved through virtual conferences (van Ewijk & Hoekman, 2020).

Other scientific associations, in particular those with memberships displaying the highest levels of expertise in technological solutions, are focusing on innovative solutions such as using an array of technologies (Crowdcast, Zoom, Quire, Slack; NMI, 2020) in combination with machine learning and “mind matching” to recreate networking in the virtual space.

Table 2. Definitions of different types of meetings and considerations (Rubinger et al., 2020; van Ewijk & Hoekman, 2020)

Meeting Type	Definition	Considerations
<b>Virtual meetings</b>		
Asynchronous meeting	Asynchronous published papers and pre-recorded videos and interaction through asynchronous question and answer segments.	Eliminates time zone considerations, large gains in terms of environmental impact
Augmented conference	Similar to a face to face meeting but with video links available for those furthest from the venue	Need to identify such attendees, only small gains in terms of impact
Hybrid meeting	Many small conventional sub-conferences locally, combined with virtual conferencing from, with all participants viewing and interacting with the same virtual content	Organizational needs, and time zone considerations
Full virtual meeting	Organized, viewed, and participated in, by attendees remotely with no face to face events	Time zone considerations, large gains in terms of environmental impact
<b>Variations on face-to-face meetings</b>		
Multisite conference	Simultaneous video-linked regional conferences in the main academic hubs. This enables all attendees to travel to the nearest conference and cuts out many of the long-haul flights.	Time zone considerations, gains in terms of environmental impact vary depending on travel needs.
Pooled conferences	More than one conference, ideally with overlapping attendance, are held simultaneously or consecutively in an identical venue	Gains in terms of environmental impact vary depending on overlap of attendance and travel.

In 2020, ICED was held in a virtual format due to COVID-19 and it will again be virtual in 2021. As the 2020 conference was a last-minute adaptation, it was most likely not representative of the full implications of a virtual conference for AED, including in relation to satisfaction and financial viability. The 2021 conference is likely to provide a better indicator of this. It will be essential to gauge which aspects of the 2021 conference meet members' needs best to identify whether a virtual conference is feasible in future as a way of meeting the mission of AED. The Task Force recommends that members are surveyed to assess the extent to which different needs are met through the virtual format. This will also assist AED to be nimble in adapting to different formats if required.

(ii) Adaptations of the traditional format – frequency and format

Frequency: Until 2020 and the outbreak of the pandemic, ICED was held as a face-to-face conference every year. Adaptation to the pandemic has demonstrated the viability of an online conference. In light of these developments, the frequency of face-to-face conferences could be reviewed, perhaps every two years, to reduce conference related emission (e.g. Yakar & Kwee, 2020), or even more sparse.

Hybrid formats and regional hubs: In addition to reducing greenhouse gases, online conferences are accessible to a greater number of AED members. However, arguably, the goals of AED are better met when those working in the eating disorder field can meet face-to-face in a manner that enhances the exchange of ideas. Having online components to face-to-face meetings may both reduce travel to the conference and extend access. Another possibility is to have aspects of the conference delivered to a regional hub where there is a group of conference registrants in attendance who can discuss material presented and network within this group. In addition, researchers have recommended interspersing face-to-face conferences with virtual ones to maximize engagement yet reduce environmental impact (Bousema et al., 2020). As conferences adopt hybrid formats post pandemic, the Task Force recommends tracking outcomes and surveying acceptability to gauge viability of different formats.

Pooling conferences: Co-locating conferences is another potentially advantageous strategy, that has previously been successfully implemented by the AED. In 2017, ICED was held in Prague in collaboration with the 5th Annual International Weight Stigma Conference. This substantially reduced travel needs and other conference related impacts for those attending both of these events.

### 3.1.2. Conference Location

Air travel is a major contributor to greenhouse emissions, and as ICED is an international conference, the great majority of participants fly to the venue. A number of strategies can be considered to minimize the impact of travel to the ICED.

#### (i) Central location

Holding ICED in venues which are close to the majority of participants reduces the airmiles travelled by participants. In light of AED's substantial US-based membership, we would, therefore, recommend holding ICED in a North American city which is central and ideally one in which there is easy train and ground access, and an airline hub to minimize the need for forward travel whenever possible. This recommendation will need to be weighed up against the need to ensure access to ICED of participants wishing to come from other regions including Europe, the Middle East and the Asia-Pacific.

#### (ii) Carbon offsetting

One way to counter the impacts of large volumes of event-related travel is to support and encourage the uptake of carbon offsetting by conference participants (Jones, 2018). Creative ways could be devised to do this. One possibility would be to enter all those who can demonstrate carbon offsetting into a meaningful conference related lottery prize (e.g., a registration). Of note, it has been highlighted that careful consideration should be given to the ways in which this is done to avoid "greenwashing." One option might be Gold Standard Carbon Credits (<https://www.goldstandard.org/impact-quantification/carbon-markets>) a system founded in 2003 by a small group of NGOs.

#### (iii) Event sustainability readiness

Another factor to consider is the sustainability credentials of the venue location, or the 'event sustainability readiness' indicated by level of engagement, commitment, solutions and supply chain of the event industry in that location (Jones, 2018). Jones (2018) points out that countries or cities with existing and evident sustainability strategies are likely to have a conference planning eco-system that supports a green conference event, whilst those that don't are unlikely to have such an eco-system. She has identified a list of things to look for to gauge readiness., e.g., a green city policy, reusable energy power supply, effective waste recovery and good urban connectivity, (Jones, 2018), and a set of criteria against which a location can be judged (Jones, 2018). These criteria can be used to guide choice of ICED location (See Appendix 1 and 2).

In addition, the International Congress and Convention Association (ICCA) has developed the Global Destination Sustainability Index (GDS-Index) which is a sustainability ranking for event destinations worldwide, created specifically to help destinations, event planners and suppliers

to evaluate the sustainability strategies of destinations and their events industry (International Congress and Convention Association, 2019a; 2019b) (see Appendix 3 and 4). Destinations which have a high rating on the GDS-Index or an equivalent rating scale should be favoured in destination selection.

### 3.1.3. Conference Venue

As fitting the size of the ICED conference, it is usually held in a large hotel with conference facilities or at a convention centre with readily available hotel accommodation. Not only do locations vary, but conference venues vary on their sustainability credentials. Fortunately, many conference venues now have excellent credentials in this regard and easy ways in which these venues may be identified. Some strategies for choice of conference venue are outlined below.

#### (i) Conference venue sustainability rating systems

The U.S Green Building Council has a building rating system for sustainable buildings, Leadership in Energy and Environmental Design (LEED) (<https://www.usgbc.org/leed/why-leed>). It is widely used to rate the sustainability of hotels and conference venues. LEED independently certifies buildings on a range of areas for energy efficiency, including: location; water efficiency; energy and atmosphere; material selection and resources used; indoor environmental quality; and innovative design and strategy (Mathis, 2018, [sigearth.com/go-to-green-meeting](http://sigearth.com/go-to-green-meeting)). A building may be given a basic, silver, gold or platinum rating. Importantly, many conference hotels and convention centres have a LEED rating or a rating on an equivalent scale, such as the Green Building Council of Australia's Green Star Communities certification.

Numerous authors have posted helpful checklists for identification of green conference venues. We recommend that a checklist of this kind be used to guide conference venue planning (e.g., Jones, 2018; United States Environmental Protection Agency, 2012). (Examples of these are included in Appendix 2, 5, 6, 7, 8 and 9).

It is fortunate that a number of the hotel chains in which ICED has been held have clearly articulated and implemented sustainability programs, although this has not been specifically used as a criterion for selection. The Task Force recommends that when a conference venue is being considered that information about the LEED rating or other similar environmental certification be taken into account and that it is made clear that the hotels green credentials are an important criterion for selection.

#### 3.1.4. Conference Organisation

There are many factors within ICED itself that can contribute to reducing our carbon footprint. These include having a paperless conference, facilitating the use of reusable water bottles, encouraging rideshare arrangements, having food from locally grown sources and minimizing packaging. It should be noted that AED has been intentional about reducing paper copies of meeting materials at ICED for a number of years and this appears to have been well received and further efforts in this direction are logical extensions of these pioneering efforts.

Details of conference arrangements of this kind are also listed in the checklists and guidelines described above and the Task Force recommends that as many as possible of these strategies should be implemented.

### **3.2. AED Headquarters and Administration**

#### 3.2.1. AED Headquarters

AED contracts for management and administrative services from a company called Virtualinc. Our Executive Director, Elissa Myers and Dawn Gannon work full-time for AED but numerous others provide additional support including in meeting organization, IT needs, financial management, and membership. Virtual has offices in three primary locations, Wakefield MA, Reston VA and Nashville TN. Even before the pandemic, much work for AED was conducted virtually; however, since March 2020, all staff have been working remotely eliminating on average 60 minutes of commuting time per employee per day. In addition, there is a much lower use of paper as almost all communications are electronic. Virtual has established a “staff go green task force” and both Elissa and Dawn are on this task force. They have identified a range of ways to support green organisations and meetings. In light of these activities we recommend a continuation of these positive steps.

In particular, the Task Force notes that in the future, Virtualinc will be supporting a wider range of work from home opportunities and we support this initiative. In addition, we recommend a continuation of use of limited printed materials. Finally, we support Virtualinc’s clear focus on providing support to AED and other organisations to implement policies that will help address climate change.

#### 3.2.2. AED Investment Policy

AED has, over the years, accumulated significant funds which are essential in case of unforeseen expenses and to ensure that AED events and activities can be appropriately financed. A proportion of these funds have been invested both to ensure their security and to optimize returns within acceptable risk parameters. The details of the investment strategy to be used are described in AED’s Investment Policy (reviewed in 2016) (Appendix 10). The Treasurer

and Finance Committee work with the finance team of VirtualInc, most notably Tom Pappas and Angela Gottfried, to ensure AED's investment goals are met.

Of particular relevance to the Task Force is the policy as it relates to Long Term Investment Funds. It is noted that "In general, AED has a preference for investing in socially responsive funds where available." However, we note that there is no explicit policy to indicate a requirement for sustainable investment. A policy for fossil fuel divestment and re-investment in socially responsible funds will be key for AED to actualize its desire to mitigate the climate crisis. Not only will such a plan be consistent with AED's commitment to preventing the catastrophic consequences of climate change, it also promises to improve AED's financial position. There is growing consensus that rapid divestment will allow organizations to avoid the negative financial consequences of stranded fossil fuel assets (Hunt & Weber, 2019). Furthermore, there is increasing evidence that sustainable investing is a financially sound way to invest (Hunt & Weber, 2019).

Thus, The Task Force recommends that the Investment Policy be updated to require a sustainable investment strategy in relation to Long Term Investment Funds. We recommend that AED divest its funds completely from fossil fuels (oil, gas, and coal) and associated infrastructure and re-invest in socially responsible, low-carbon assets.

### 3.2.3. International Journal of Eating Disorders (IJED)

The Task Force recognizes that publication format of IJED is not directly under the control of AED, but it is important to acknowledge that IJED has converted to an electronic version, and that AED members have been willing to make this change.

## **4. Stimulate Member Activities to Climate Change**

### **4.1. Leadership Role in Raising Awareness, and Influencing Attitudes and Behaviours**

AED can play a role in promoting climate change actions by its members in a range of additional ways that highlight how crucially important the AED Board views the issue of climate change. By playing a leadership role in widely communicating beliefs and attitudes about the need for climate action, AED can help create social norms that shape individual behaviour in relation to climate change (Swim et al., 2011). A number of ways in which AED could take such a leadership role have been identified.

#### 4.1.1. Make a Visible Commitment to Climate Change Action

Rehr and Perkowski (Rehr & Perkowski, 2019) suggest that one way to inspire change is for an organization to make a visible commitment to climate change action (see also Appendix 11). They propose that this encourages community members to get involved and to support climate change efforts. This can be achieved by:

- (i) Featuring AED’s commitment to solutions on our website, social media, and in public.
- (ii) Making a visible commitment by signing US “Call to Action on Climate Health and Equity: A policy action agenda” (See Appendix 12)
- (iii) Support a regular Forum article to assist in dissemination of climate change information.

#### **4.2. Establishment of a Special Interest Group of AED Members for Climate Action.**

This SIG could explore further actions that AED could take to support climate action. It could be a conduit of information about ways members could engage in climate action by disseminating online tip sheets to encourage personal climate action on topics such as how to advocate for relevant changes within their own organisations, actions that can be taken within the home, and divestment tips. (See for example Appendix 13). The SIG could invite feedback and suggestions from members. In addition, as noted in more detail below the SIG could explore ways in which climate change will impact eating disorders.

### **5. Understanding the impact of climate change on eating disorders**

#### **5.1. Supporting Research into Ways in Which Climate Change Affect Eating Disorders**

To date, the impact of climate change on eating disorders and on our professional practice has rarely been considered. However, there is growing evidence of mental health problems in children and adults as a consequence of climate-related disasters (e.g., floods and bushfires) and displacement, including significant increases in posttraumatic stress, depression and anxiety and sleep problems along with increases in feelings of distress, grief and helplessness (Clayton, Manning, Krygsman, & Speiser, 2017; Dodgen et al., 2016; Rataj, Kunzweiler, & Garthus-Niegel, 2016; Sanson, Van Hoorn, & Burke, 2019). In addition, both high body mass index and undernutrition have been linked to the impact of climate change (Swinburn et al., 2019). In light of the comorbidity of eating disorders with other mental health problems and the links between climate change and other nutritional problems, it is very likely that climate change will impact the eating disorder field. AED needs to take a leadership role in investigating these impacts. Several approaches could be used to stimulate this activity. Topics that could be addressed by each of these approaches are described at the end of this section.

##### **5.1.1. ICED Wildcard Plenary**

To stimulate discussion and research, we recommend the presentation of an ICED Wildcard Plenary (2022 or 2023) to address the implications of climate change for eating disorders. In addition to research presentations on existing relevant research, a talk that identified

important areas of future research that brings together eating disorders and climate change. Potential topics are described at the end of this section.

#### 5.1.2. IJED Special Issue

AED could request that IJED prepares a Special Issue on the topic of potential impacts of climate change on eating disorders and its treatment.

#### 5.1.3. AED Small Research Grant

To encourage and promote research in this field AED could offer a small grant scheme.

#### 5.1.4. Potential Topics for Research and Presentation Activities.

##### (i) Food insecurity

Food insecurity is most frequently associated with poverty in the developed world. However, one of the consequences of climate change will be greater food insecurity and recent research highlights the association between food insecurity and high levels of binge eating disorder and eating disorder pathology (Becker, Middlemass, Taylor, Johnson, & Gomez, 2017; Becker, Middlemass, Gomez, & Martinez-Abrego, 2019; Lydecker & Grilo, 2019) and unhealthy weight control behaviours (Hooper, Telke, Larson, Mason, & Neumark-Sztainer, 2020; Masler, Palakshappa, Skinner, Skelton, & Brown, 2021; Middlemass et al., 2020).

##### (ii) Changes in air and water quality

Changes in air and water quality may lead to increased concerns about food safety which are associated with emerging forms of eating disorders such as orthorexia nervosa, in which the principle concerns do not centre on weight and shape but rather on the quality of foods and their capacity to affect health (Swinburn et al., 2019). Climate change is associated with legitimate concerns regarding food safety which may in turn increase orthorexic symptoms.

##### (iii) Assisting patients manage climate change world

A major contributor to carbon emissions is farming to produce meat and therefore individuals who are motivated to change their diet to reduce their carbon footprint may restrict their consumption of meat and other products. Although this may have a positive effect on the environment, in vulnerable individuals this can lead to unhealthy restrictions on food consumption. What strategies can treatment centres and dietitians use assist patients to navigate the balance between pressures to adopt low animal product/vegan diets/high fruit and vegetable diets to support the environment and reduce climate change and their own eating problems?

## 6. Strategic Plan

The review above has been used to guide a proposed strategic plan to guide AED's activities to reduce its carbon emissions and to stimulate research into the impact of climate change on eating disorders and its treatment over a five-year timeframe. It is presented in Table 3.

Table 3. Proposed five-year strategic plan.

	1 year	2 year	5 year
<b>Goal 1. Reduce Carbon Footprint of ICED</b>			
<u>Strategy 1.1.</u> Survey membership	Survey membership to identify conference needs and acceptable virtual and hybrid formats to meet needs.	Develop plan for ICED formats that reduce emissions	Fully implement revised ICED formats.  Resurvey members to assess endorsement of new strategies.
	Explore acceptable frequency of face-to-face ICED	Develop plan in relation to frequency of face-to-face ICED.	Endorse an emission neutral face-to-face conference plan
	Identify virtual communion strategies endorsed by members.	Leverage communication technologies to provide increased access to virtual content.	Evaluate success of virtual content delivery.
<u>Strategy 1.2.</u> Select face-to-face ICED location and venue to	Identify conference locations that are central to membership to	Select conference locations close to the maximum number of AED members to	Hold conferences at locations close to maximum number of AED members.

minimize carbon emissions	minimize total conference travel.	minimize total conference travel.	
	Identify ways to encourage carbon offsetting when travelling to ICED	Implement carbon offsetting scheme	Evaluate effectiveness of carbon offsetting scheme
	Identify locations with high rating on the GDS-Index or an equivalent rating scale for event sustainability readiness.	Include GDS-Index or equivalent in conference selection criteria.	
	Identify conference venues with a high LEED rating or equivalent	Include LEED rating or equivalent in conference venue criteria.	
		Develop comprehensive ICED conference location and venue selection criteria based on reduction of carbon emissions	Fully implement low emission conference location and venue selection criteria.
<u>Strategy 1.3.</u> Design within face-to-face ICED organization to minimize carbon emissions	Develop checklist and guidelines described above for within ICED organization to reduce emissions (e.g., paperless, reusable water bottles etc).	Implement checklist and guidelines for within ICED organization.	Evaluate use and adherence to checklist and guideline items.

<p><u>Strategy 1.4.</u> Monitor ICED carbon footprint so as to identify change.</p>	<p>Put in place a monitoring system to track approximate carbon emissions</p>	<p>Implement monitoring system to track approximate carbon emissions</p>	<p>Review data from past years; Identify successful strategies; Provide support for a working group to evaluate ongoing progress.</p>
<p><b>Goal 2. Reduce Emissions Associated with AED Headquarters and Administration</b></p>			
<p><u>Strategy 2.1.</u> Reduce emissions associated with AED management</p>	<p>Identify Virtualinc’s low carbon emissions strategies and continue to encourage their further development including continued work from home policies.</p>	<p>Monitor Virtualinc’s low carbon emissions policies to identify ways for further improvement with the aim of carbon neutrality.</p>	<p>Review Virtualinc’s low carbon emissions policies to ensure adherence to low carbon emissions policies.</p>
<p><u>Strategy 2.2.</u> Develop a 5-year plan for sustainable investment</p>	<p>Review financial assets and investments; Work with treasurer and management company for financial consultation; Develop new policies and procedures for AED regarding investments.</p>	<p>Successful divestment of funds from fossil fuels (oil, gas, and coal) and associated infrastructure and re-investment in socially responsible, low-carbon assets.</p>	<p>Full investment in socially responsible, low-carbon assets.</p>

<b>Goal 3. Stimulate Member Activities to Address Climate Change</b>			
<p><u>Strategy 3.1.</u></p> <p>Take a leadership role in raising awareness, and influencing attitudes and behaviours</p>	<p>Identify and implement ways to make a visible commitment to climate change action by featuring climate change action on our webpage, social media etc</p>	<p>Monitor approaches to promoting climate change action to AED members.</p>	<p>Review activities to promote climate change action to members and explore ways this can be enhanced.</p>
	<p>Become a signatory to US “Call to Action on Climate Health and Equity: A Policy Action Agenda” and promote to AED membership.</p>		
	<p>Support a regular Forum article to assist in dissemination of climate change information.</p>		
	<p>Establish Special Interest Group for Climate Change and Eating Disorders to assist AED to take action on climate change and also to examine the impact of climate change on eating disorders.</p>	<p>Monitor SIG to identify support it may need.</p>	<p>Review activities of Special Interest Group</p>

<b>Goal 4. Understanding the impact of climate change on eating disorders</b>			
<u>Strategy 4.1.</u> Support research into ways in which climate change will affect eating disorders	Identify members of the 2022 or 2023 scientific committee with the relevant expertise and interests and plan an ICED Wildcard Plenary (2022 or 2023) on ways in which climate change will affect eating disorders	Hold Wildcard Plenary and affirm AED commitment to this area.	Monitor and review research developments in this area.
		Drawing on Wildcard Plenary, work with AED affiliated scientific outlets (e.g., IJED) to increase scientific production in this area through special issues etc.	
	Design an AED Small Research Grant scheme to encourage and promote research into climate change and eating disorders.	Implement Small Grant Scheme	Review and present research derived from Small Grant Scheme.

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