



Academy for Eating Disorders
111 Deer Lake Road, Suite 100
Deerfield, IL 60015 USA
Tel +1-847-498-4274 / Fax +1-847-480-9282

President

Debra K. Katzman, MD, FAED
Toronto, ON, Canada

President-Elect

Anne E. Becker, MD, PhD, ScM, FAED
Boston, MA

Treasurer

Pam Keel, PhD, FAED
Tallahassee, FL

Secretary

Dasha Nicholls, MBBS, MD, FAED
London, United Kingdom

Immediate Past President

Susan Paxton, PhD, FAED
Melbourne, Victoria, Australia

Directors

Annual Meeting

Anna Keski-Rahkonen, MD, PhD
Lago Sul DF, Brazil

Electronic Media

Rebecca Ringham, PhD
Pittsburgh, PA

Membership

Eva Maria Trujillo, MD, FAED
Garza Garcia NL, Mexico

Print Media

Debbie Franko, PhD, FAED
Boston, MA

Professional Development

Glenn Waller, DPhil, FAED
London, United Kingdom

Public Education & Advocacy

Stephanie Bauer, PhD
Heidelberg, Germany

Executive Director

Debbie Trueblood, MSW, IOM, CAE
Deerfield, IL

Dear editor,

The Academy for Eating Disorders (AED) is a global professional association committed to leadership in eating disorders research, education, treatment and prevention. In keeping with our mission, we are writing to express our concern with your article entitled "Fat to Fab," where 10 well-known elite cyclists report on their weight loss practices.

We find these weight loss practices comparable to some of the practices seen among those suffering with an eating disorder and lament that they are promoted under the guise of sport and fitness. An example is where an elite cyclist comments: "Even after a huge day of training...I can usually get away with eating just some salad or steamed or grilled vegetables with a small amount of lean protein." Another states: "I find in many cases, I just chew some gum and I don't really need food." A third states: "As soon as I notice that I've gained a couple pounds, I immediately adjust what I'm eating and increase my exercise."

These are examples of rigid food and weight control behaviors that are anything but healthy. The fact that they are put forth by people who the readership may regard as role models and that weight loss is purported to account for their enhanced sport performance makes the magazine's responsible reporting all the more important. Even if the intention is not to promote unhealthy food or weight preoccupation, the information may have this effect on some readers. In future publications, we hope that you will carefully reconsider publishing articles that contain dieting testimonials or extreme weight loss advice so as to avoid unintended consequences.

Bicycling is a revered magazine and has an important role to play in reporting and recommending healthy behaviors that are based on evidence. We ask for your support of public health by discouraging an unhealthful focus on food and weight, and instead encouraging a focus on healthful living and respect for body size diversity.

Respectfully,
Debra Katzman, President
The Academy for Eating Disorders

Jennifer Carter, President
Exercise and Sport Psychology Division of the American Psychological Association