

AED

Academy for Eating Disorders

Newsletter

Promoting excellence in research, treatment, and prevention of eating disorders.

Message from the President

Michael J. Devlin, MD, FAED

We've Only Just Begun

Thinking over the past few months at AED and searching for the appropriate inspiration, I realized that, perhaps fittingly, the

lyric that best expresses where we are right now comes from someone who, were it not for the devastating illnesses we have all dedicated ourselves to preventing and treating, would surely have gone on to sing memorable songs for many more years. In any case, as we begin to settle into our new home, the strangeness of transition has given way to the optimism and excitement of a new start. Much of the credit for this goes to our directors at The Sherwood Group, Greg Schultz and Brian Maddox, who have provided the support and inspiration to sustain us through the move.

One important aspect of our nesting process is setting up the structures, in our case the policies and procedures, that will provide a sound foundation for our work in the years ahead. Since the staff at Sherwood, particularly Judy DeAcetis, have taken over some of the routine administrative tasks, AED Secretary Kelly Klump, PhD has been freed up to focus on policies and procedures. Kelly has moved ahead with zeal, organizing our existing policies and procedures, identifying gaps, and coordinating the process of developing new policies to fill these gaps. For example, we now have clarified the term limits associated with the various AED council and committee positions and, with input from the Membership Council, are working on a new and more open process for tracking, publicizing, and filling vacancies. While in the past candidates for AED council and committee openings were identified and recruited via a process of informal networking, the increasing size and diversity of our organization has rendered this sort of process obsolete. In order to

move forward, we now need active participation from all sectors of AED's membership, not just those who have traditionally served, and we need to open up the process so that all who are interested, particularly those who have not yet been involved in AED committee work, can be considered for these important positions.

Stay tuned for more on this; by the time of the next newsletter, we should have a new process up and running.

Along with council and committee positions, AED is faced each year with the important task of selecting individuals to serve in AED's top leadership positions: the Board and its officers, and the Nominating Committee. Thanks to all of you who responded to Past President and Nominating Committee Chair Cindy Bulik's, PhD, FAED requests for nominees. As this newsletter goes to press, the Nominating Committee will be moving into its active phase of reviewing the nominees, assessing AED's needs at this time, and identifying those individuals most suited to these needs. Cindy and the committee have laid the groundwork for this year's process to set a new standard for thorough information-based decision making, and I appreciate the entire committee's hard work and dedication to this task.

No review of AED's progress would be complete without mention of the tireless work of Treasurer Eric van Furth, PhD, FAED. In addition to his ongoing stewardship, Eric has taken the opportunity, as we move into our new home, to spearhead a review of some of the "givens" like dues structure, conference tuition, etc., to determine whether they are appropriate and equitable at this point in our organizational development. Given the diversity of our membership in seniority, discipline, and geographic location, this is by no means a simple task, and we appreciate the wisdom and perspective of our AED headquarters staff in helping us to sort through this.

On the Education and Training Front, Co-Chairs Debra Katzman, MD, FAED and Kathy Pike, PhD, FAED continue to develop our

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Message from the Editor

Debbie Franko, PhD

In preparing this issue of the Newsletter, I am once again overwhelmed with the depth and breadth of activities of the AED. The work of two of the councils (Education and Training; Membership) are highlighted in this issue, and their reports clearly reflect two important goals of the AED: creating a truly global organization and encouraging greater member activity. The request for new members from both the Public Affairs Council and the Membership Council further emphasize the priority of the AED to increase member involvement. Several of our regular features, notably Junior Researcher Standouts and Global Spotlight, are well worth reading in this issue. Don't forget to get your abstracts ready to submit for the exciting 2005 International conference in Montreal—as a graduate of McGill University, I can tell you that this is one great city to visit! The deadline for online submission is October 31. Finally, I think our newsletter needs a name, so we're starting a "Name the Newsletter" contest. Please submit

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Presidents Message continued

upcoming educational program, overseeing our major conferences as well as smaller-scale teaching days. Mimi Israel, MD, FRCP, Eric van Furth, PhD, FAED and the 2005 conference program committee have put together a remarkable plenary program for the upcoming Montreal meeting, and, as we enter the fall, the committee is preparing to receive abstract and workshop proposals. Thanks to our Information Technology Task Force and our support staff at Sherwood, online submission will be easier than ever this year. For those of you who may be aware of opportunities for AED to sponsor or co-sponsor teaching activities outside North America, the International Teaching Day Task Force headed by Fernando Fernandez-Aranda, PhD, FAED and Howard Steiger, PhD, FAED would love to hear from you about these possibilities. And thanks to all who participated in the recent survey regarding the 2006 conference. Liz Freyn, our expert conference planner at Sherwood, is working actively with the Education and Training Council and with the Board to select the venue that will best serve our needs, and the feedback we've received via the survey regarding what's desirable and what's affordable has been extremely helpful.

Along with considerable focus on the details of getting set up in our new home, the Board is dedicated to continuing its broader focus on the strategic plan as the roadmap for helping AED to achieve its full potential over the next four years. President-Elect Scott Crow, MD, FAED has taken on the task of overseeing the development and execution of the implementation plans by which we will transform the strategic planners' vision into reality. This process has actually already begun—I was delighted to see, on Scott's strategic planning roadmap, that some of our goals were already checked off as having been accomplished and several others were well underway.

As I finish writing this column, I am preparing to turn my attention to the various new beginnings (new classes, new projects, new clinical work) that always seem to come with September. In doing so, I'd like to wish all of you the very best for the new beginnings in your lives, and to thank you for being a part of AED's new start.

Editor's Message continued

your entries to me (d.franko@neu.edu)—the winner will receive not one, but two new books on eating disorders that have been recently published by our members. So take a break from all that creative work you do with patients, clients, subjects, and dissertations, and send in an entry!

AED 2005 International Conference on Eating Disorders

Mimi Israel, MD, FRCP and Eric van Furth, PhD, FAED, Conference Co-Chairs

The Academy for Eating Disorders is proud to announce that the 2005 International Conference on Eating Disorders will be held in Montreal, Canada, April 28th to May 1st, 2005, at the Hilton Bonaventure Hotel. This Penthouse hotel is situated in the heart of downtown with easy access to incredible shopping, restaurants and museums. The hotel is also within walking distance of the old city, the port and several well known cultural attractions.

The 2005 conference program committee chaired by Eric van Furth, PhD, FAED and Mimi Israel, MD is in the process of creating a stimulating and innovative program centered on the theme "Reaching New Frontiers: Global Advances in Eating Disorder Treatment, Prevention, and Research." We are also privileged to have as our keynote speaker Kelly D. Brownell, PhD, who is Professor and Chair of Psychology and Professor of Epidemiology and Public Health at Yale University as well as director of the Yale Center for Eating and Weight Disorders.

The Program Committee is well on its way to finalizing the program and will be preparing a more detailed description of the keynote address, plenaries, and SIG meetings and activities for the next newsletter. We can also look forward to novel and entertaining additions to the educational program as well as to Montreal style entertainment and social activities.

Abstract submissions will be welcomed as of September 1st, 2004 via the AED website (www.aedweb.org) and the deadline for submitting abstracts is October 31, 2004.

SIGs Developing Exciting Initiatives

Judith Banker, MA, FAED and Paulo Machado, PhD, SIG Oversight Committee Co-Chairs

Committee Members: Katharine Loeb, PhD and J. Armando Barriguete, MD, FAED

Since the AED 2004 Conference in Orlando, the Academy's 19 Special Interest Groups have been developing a variety of innovative and promising initiatives. More and more AED members are joining SIGs and are experiencing the benefits of belonging to these collegial, collaborative forums. It is our hope that before long all Academy members will be taking part in one or more SIGs. The opportunities for professional exchange, networking, and support provided through SIG membership are myriad and key to the AED membership experience.

One of the most exciting new developments taking place within the SIG program is the growth of collaboration between SIGs. For the first time, SIGs collaborated to present panel discussions for the AED 2004 Orlando Conference. Now more SIGs have begun collaborating on other projects as well as on presentations for the AED 2005 Montreal Conference. The SIGs have also been working with the 2005 Conference Program Committee as a resource for speakers and panel ideas.

The following are just some of the other new directions and initiatives the SIGs are developing:

- The new SIG listserv system is up and running. Each SIG has a listserv dedicated to providing a forum for member exchange between meetings. The new system provides a host of promising new capabilities including message archiving, member profile pages with the capacity to post member photos, along with biographical information, chat rooms and meeting scheduling and more. (See accompanying article for instructions on how to subscribe to a SIG listserv.)
- The Hispano Latino American SIG is preparing for the first Hispano Latino American Eating Disorder Congress to take place October 20–23, 2004, in Mexico City. The conference is sponsored by the AED HLASIG as well as over 25 other clinics, hospitals, universities and professional organizations throughout Mexico.

- The SIGs have joined with the Membership Recruitment and Retention Committee on a project to target groups, events, and organizations that would enhance the membership of the SIGs and also AED general membership.
- The Psychodynamic Psychotherapy SIG is sponsoring a workshop proposal for the London 2005 Eating Disorder Conference as well as for the AED 2005 Conference in Montreal. The PPSIG will be holding a membership meeting at the London Conference as will the Neuroimaging SIG, the Child and Adolescent SIG, and perhaps others. The Neuroimaging SIG held a meeting at the Eating Disorders Research Society meeting in Amsterdam in October.
- The Bariatric Surgery SIG held an informal meeting at the annual American Society for Bariatric Surgery in San Diego this summer.
- AED 2005 Montreal Conference Activities: A number of SIGs are submitting workshop and paper proposals for the Montreal 2005 conference. The SIGs are also submitting proposals to present discussion panels at the conference. A number of excellent proposals are under development which may lead to more discussion panels being offered at this conference. All 19 SIGs will be holding their annual meetings at the AED Montreal 2005 International Eating Disorder Conference.
- The Psychodynamic Psychotherapy SIG is collaborating with the CBT SIG and the Hispano Latino American SIG to distribute a survey aimed at gathering information about the types of interventions and approaches practiced by psychotherapists treating eating disorders. An online version is now available in English and in Spanish.
- The new Graduate Student SIG, chaired by Andie Ulrich, is growing its membership. This SIG is open to AED members from any discipline who are pursuing an advanced degree or advanced training in the field of eating disorders. Email Andie at andie_ulrich@hotmail.com for further information.
- The Males SIG has renewed activity under the leadership of Mark Warren, MD, MPH and co-chairs Thomas Hildebrandt, PsyM, and Rita Debate, PhD—see article below! To join this SIG email Mark Warren at markko@mac.com.

All of the SIGs are currently involved in many activities that are focused on professional education and development. We encourage all AED members to join a SIG!

Looking for new Members!

The following Councils and Committees are looking for energetic and enthusiastic new members—get involved!!!

The **Media Committee of the Public Affairs Council** is looking for people who are interested in and/or have experience with media of all kinds (print, radio, tv)—For more information, contact Ellen Rome, MD, Chair (ROME@ccf.org).

The **Position Paper Committee of the Public Affairs Council** encourages submissions for Position Papers by AED members. Go to www.aed.org for more information.

The **Membership Committee** is looking to recruit a new member who has student status. This person can be a student in any of the domains that AED usually accommodates. For more information, please contact the Co-Chairs, Dasha Nicholls, MRCPsych (D.Nicholls@ich.ucl.ac.uk) and Diann Ackard, PhD, FAED (diann_ackard@mindspring.com).

Join a SIG!

*Judith Banker, MA, LLP, FAED and Paulo Machado, PhD
SIG Oversight Committee Co-Chairs*

Some Academy members have expressed confusion about what a Special Interest Group is, how one becomes a member, and what membership entails. To help address these questions we offer the following:

What is a SIG?

"SIG" is an acronym for Special Interest Group. SIGs are formed by AED members around areas of special interest in the field of eating disorders. The purpose of a SIG is to provide a more intimate, interactive forum for professional activity around a particular issue.

Who can join a SIG?

Any AED member is encouraged to join any SIG in which s/he has an interest.

What does it cost to join a SIG?

SIG membership is a free benefit offered to any AED member. Join as many SIGs as you like—it is free!

How do I join a SIG?

You can join a SIG by contacting the SIG Chair or Co-Chair listed on the AED website or by contacting the AED Central Office. Your name, mailing address and email will be added to the membership list for the SIG(s) you wish to join. You will automatically be added to the SIG listserv membership.

What is the benefit of belonging to a SIG?

SIG membership provides access to groups of colleagues who have expertise in and/or interest in shared issues or areas of study. Each SIG has its own listserv, which offers members a unique opportunity for online discussion with colleagues from around the globe about issues of particular concern to you. SIG membership also offers opportunities for leadership, program development, research and education, allowing members to become more involved in the AED at varying levels of commitment.

How do I join a SIG listserv?

Any AED member may participate in a SIG listserv. To join a listserv go to <http://forums.aedweb.org> and follow the instructions.

How do I form a SIG?

A new SIG can be formed by any AED member by following these steps:

1. Develop a new SIG proposal which includes: a name for the proposed SIG, the proposed SIG Chair and/or Co-Chairs, their email addresses and brief professional biographies, and a one paragraph description of the topic, purpose, and targeted membership of the SIG;
2. Gather a list of at least 10 other AED members who are willing to be members of the proposed SIG;
3. Submit the SIG proposal to the SIG Oversight Committee (SOC) for review. If the new SIG is approved by the SOC, the SIG Chair/Co-Chairs will be assigned a liaison on the SOC who will inform them of the simple guidelines for active SIGs and who will assist them in establishing the new SIG.

Proposals can be emailed to SIG Co-Chairs Judith Banker, LLP, MA, FAED at banker@umich.edu and Paulo Machado, PhD at pmachado@iep.uminho.pt.

AED Males Special Interest Group Announces New Initiatives

*Mark Warren, MD, MPH
Rita Debate, PhD
Tom Hildebrandt, PsyM*

The Male Eating Disorders SIG has a number of exciting objectives for the upcoming year, and we invite participation from our fellow AED members for any and all of our projects. Our group believes that males with eating pathology have received too little attention in terms of research and clinical application, and we hope to help publicize what is known about this population to AED members and the public at large. Towards this end, we have laid out several key objectives that we believe will help both clinicians and researchers more suc-

cessfully evaluate, treat, and understand this often overlooked population.

Our first objective is to evaluate the literature on males with eating disorders so as to a) summarize the current state of knowledge, b) identify relevant areas for future research, and c) develop a literature based fact sheet that is accessible to a wide audience. Our second objective is to create a website for men with eating disorders and the clinicians working with men. The purpose of this website is to establish a place where clinicians, men with eating disorders, and the general public can learn more about eating disorders and treatment for men. Our final objective is to develop a panel for the upcoming AED conference in Montreal. We are hoping to develop a panel to discuss what is known about males with eating disorders and bring together experts who are pioneering research in this area. We hope this final objective can stimulate our own thinking about research on eating disorders.

Our group is chaired by Mark Warren, MD, and co-chaired by Rita Debate, PhD and Tom Hildebrandt, PsyM. We would like to encourage our fellow members to join the Male Eating Disorders SIG regardless of preexisting knowledge. For those who are interested or would like to learn more, we will be creating subcommittees based on our three objectives and encourage our members to contact us through email about interest in any or all of them. Feel free to get in touch with us at the following addresses:

Mark Warren (markko@mac.com)
Rita Debate (rdebate@odu.edu)
Tom Hildebrandt (hildebtb@hotmail.com)

We thank you for your interest in this important work and look forward to further collaboration.

Education and Training Council Update

2004 International Conference on Eating Disorders Clinical Teaching Day

Leah Graves, RD, FAED, Chair, Teaching Day Committee

The Academy for Eating Disorders held its Clinical Teaching Day Workshops on April 29, 2004 prior to the International Conference on Eating Disorders in Orlando, Florida.

In keeping with its education and teaching mission, the Academy began offering a variety of three-hour Clinical Teaching Day Workshops in 1998. Since that time the workshops have grown in both variety and attendance. This year the Academy offered eight workshops designed to offer in depth basic information, thus appealing to both current and potential Academy members.

This year's Teaching Days marked two new ventures for the Academy. In cooperation with the Hispano Latino American Special Interest Group, "Introduction a los Transtornos de la Alimentacion, Trabajando con Pacientes y Familias de Origen Hispano" an introduction to eating disorders, was offered by J. Armando Barriguete, MD, FAED, Fabian Melamed, PhD, Fernando Fernandez-Aranda, PhD, Maria Teresa Rivera, LN, and Eva Maria Trujillo, MD, Medical Pediatrician Specialist. The workshop was presented in Spanish, a first for the Academy. The new offering was a success, with both attendees and speakers leaving energized. Another first, a workshop titled "Identifying and Treating Eating Disorders: A Primer for Primary Care Providers" was presented to area primary care physicians, in addition to conference attendees, by Garry Sigman, MD, FAED, Ovidio Bermudez, MD, FAED, Debra Katzman, MD, FRCP(C), FAED, and Diane Mickley, MD, FACP, FAED. Marketing efforts were made with area medical societies to offer this workshop to Florida physicians.

Other workshops included:

"An Introduction to Eating Disorders"
by Arnold Anderson MD, FAED and Wayne Bowers, PhD, FAED

"A Practice-Oriented Guide to Psychoeducation and Groups for Eating Disorders in Specialized and Community Settings"
by Mimi Israel, MSc, MD, FRCP

"Treating Chronically Eating Disordered Patients"

by Kathleen Pike, PhD, FAED and Evelyn Attia, MD

"Genetics and Eating Disorders (a primer)"

by Cynthia Bulik, PhD, FAED and Kelly Klump, PhD

"Nutrition Essentials: What Every Therapist Needs to Know"

by Diane Keddy, MS, RD and Tami Lyon, CDE, MPH, RD

"Building on Connections: Integrative Themes in Prevention of Negative Body Image and Disordered Eating"

by Michael Levine, PhD, FAED, Niva Piran, PhD and Dianne Neumark-Sztainer, MPH, PhD, RD, FAED

The 2004 Clinical Teaching Day offered the most topics ever presented in this format with excellent attendance at each workshop. Participant feedback was overwhelmingly positive. Thank you to all who presented and attended this year's workshops.

Report from Teaching Day in Argentina

Adela Spalter and Fabian Melamed

On June 11th and 12th, the meeting "Current concepts on eating disorders" was held at CEMIC University Hospital in Buenos Aires, Argentina. The audience was composed of colleagues from different cities of Argentina and from neighboring countries including Chile and Brazil. The program included diverse subjects such as adolescence and ED, medical complications, cross cultural issues, neuroimmunoenocrinology and psychopharmacology, obesity, and family. On the second day, a workshop session on a case of ED and vegetarianism was presented in the format of dramatization and discussion. The activity included the audience working in groups, sharing points of views on treatment, and formulating proposals. The meeting concluded with the presentation of two groups from Chile and Brazil sharing their experiences in treatment of ED in their countries. There was consensus about the importance of working in teams to treat this form of pathology for better results and the need to create more spaces like this one to share with other professionals different points of view and modalities. For this reason there was a proposal to repeat this type of meeting on regular basis. We also presented at the HispanoLatinoAmerican SIG and will do so at the meeting in Mexico as a way developing an organizational liaison with the AED. Many colleagues became interested and

requested information about how to participate. Finally, we would like to highlight the importance of this project to others in order to share and grow in our understanding of treatment of eating disorder patients in our cultural setting in South America.

Junior Researcher Standouts

Heather M. Niemeier, PhD

Dr. Niemeier received her PhD in clinical psychology in May 2004 from the University of Colorado at Boulder. In July 2004 she began a postdoctoral fellowship in the Department of Psychiatry and Human Behavior at Brown University Medical School, Providence, RI. Her research interests include the spectrum of disordered eating attitudes and behaviors and the prevention and treatment of obesity.

Clinical implications of disordered eating attitudes and behaviors in college women.

Heather M. Niemeier, M.A., Brown University Medical School, Providence, RI; Meredith A. Pung, M.A., VA Long Beach Healthcare System, Long Beach, CA; & Linda W. Craighead, Ph.D., University of Colorado at Boulder, Boulder, CO.

Disordered eating attitudes and behaviors are prevalent among young women, but the impact of specific domains of eating pathology on young women's lives has not been adequately investigated. This study examined the relationships among domains of disordered eating symptomatology, general psychopathology, and quality of life in women ranging from asymptomatic to subthreshold eating disordered, with the goal of identifying the impact of specific symptoms in a nonclinical sample. Participants were 106 first-year college women with a mean age of 19.0 (SD=0.45) and mean BMI of 21.89 (SD=2.31); 86% self-identified as Caucasian, 6% Asian American, 2% African American, 2% Latina, and 4% biracial. Multiple measures (interview and self-report) assessing constructs of interest were administered and a series of factor analyses was performed to create empirically-derived composite variables that were then used in simple and multiple regressions. Results from simple regressions indicated that disordered eating attitudes, dietary restraint, and bingeing were each associated with increased general psychopathology and decreased quality of life. In multiple regression analyses, disordered eating attitudes predicted increased depression [F(1,102)=23.14, p<.0001] and anxiety [F(1,102)=4.84, p=.03], and decreased life satisfaction

[$F(1,102)=9.06, p=.003$] over and above disordered eating behaviors. Bingeing marginally predicted increased substance abuse over and above dietary restraint and disordered eating attitudes [$F(1,102)=3.83, p=.06$]. The relationship between dietary restraint and life satisfaction depended on the level of restraint. At low levels of dietary restraint, life satisfaction increased as restraint increased, but at high levels, life satisfaction decreased while controlling for attitudes and bingeing [$F(1,101)=6.45, p=.04$]. Findings highlight the significant negative impact of disordered eating attitudes and behaviors, even in a nonclinical sample.

Laura Currin, BA

Ms Currin is a PhD student at the Institute of Psychiatry, King's College London. She received her BA in Psychology from Cornell University in January 2003. Her research interests include the epidemiology of eating disorders, as well as early treatment strategies for the primary care management of these illnesses.

Time Trends in Eating Disorder Incidence.

Laura Currin, BA, Ulrike Schmidt, MD, MPhil, PhD, MRCPsych, Janet Treasure, MD, PhD, FRCP, FRCPsych, Eating Disorder Research Unit, Institute of Psychiatry, King's

College London, UK; & Hershel Jick, MD, Boston Collaborative Drug Surveillance Program, Boston University School of Medicine, MA

Aims: This study was conducted to determine if the primary care incidence of anorexia and bulimia nervosa changed over a 12-year period.

Methods: A national UK database covering approximately 3.8 million patients was searched for new diagnoses of anorexia and bulimia nervosa made between 1 January 1994 and 31 December 2000. Yearly incidence was calculated for women aged 10–39 years by dividing the number of new cases diagnosed annually by the total number of female patients aged 10–39 registered for that year. This incidence information was combined with previous incidence rates for 1988–1993 calculated by the same method.

Results: A comparison of annual incidence rates for anorexia nervosa found a very stable incidence rate for females aged 10–39 years over the 12 years studied (Figure 1). In contrast, the 1990's represented a period of marked increase in incidence of bulimia nervosa, with maximum values seen in the years 1995 and 1996. Since these peaks, the incidence of bulimia nervosa has declined (Figure

1). **Conclusions:** The stability found in the incidence of anorexia nervosa agrees with the findings of a recent narrative review (Hoek and van Hoeken, 2003). The heightened incidence of bulimia nervosa during the nineties could be due to more people receiving first time treatment, rather than an actual change in the community incidence. This period was marked by intense media interest in bulimia nervosa due to the 1992 revelation that Princess Diana was suffering from the illness. This media coverage could have combined with other external variables to create a situation of heightened practitioner awareness of the disorder, and increased patient willingness to disclose their symptoms. Therefore, the falling incidence rates may not represent a decrease in the affected population, but the depletion of hidden community cases.

Janet D. Latner, PhD

Dr. Latner is a lecturer (equivalent to U.S. assistant professor) at the University of Canterbury in New Zealand. She received her PhD from Rutgers University in 2002 and her BA from Yale University in 1996. Her research interests include nutritional interventions for eating disorders, the stigmatization of obesity, and the maintenance of weight loss.

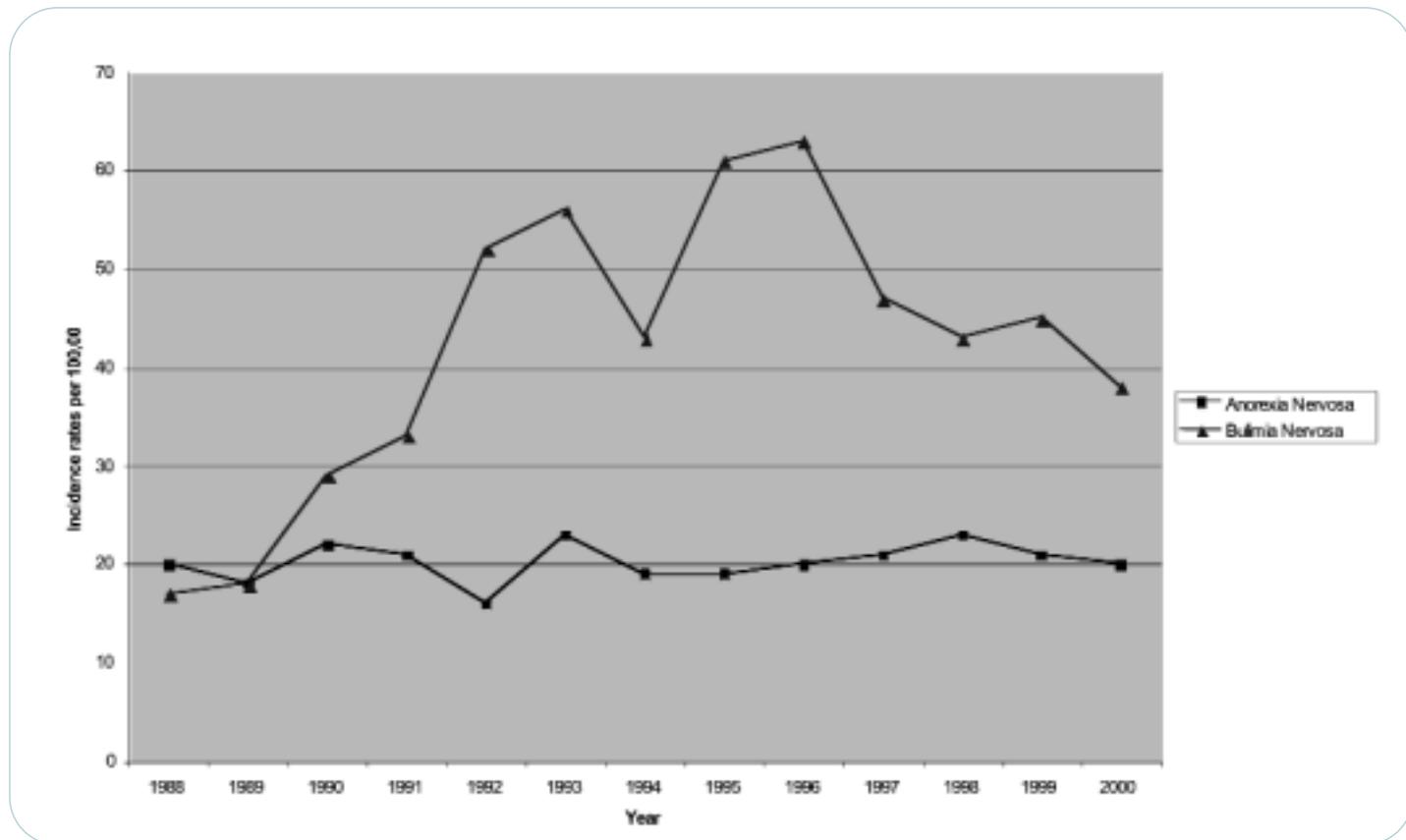


Figure 1: Annual Primary care incidence rates per 100,000 females aged 10–39 years

Age, ethnic, and gender differences in the stigmatization of obesity.

Janet D. Latner, PhD, Albert J. Stunkard, MD, & G. Terence Wilson, PhD

Purpose: Previous research has shown high levels of stigmatization of obesity among children, which could partly account for the widespread body dissatisfaction and low self-esteem among overweight children. The purpose of this study was to assess the stigmatization of obesity relative to the stigmatization of various disabilities among adult males and females from different ethnic backgrounds, and to compare these findings to our previous investigation of obesity stigma among children. **Sample and methods:** Participants included 356 university students (56% female; mean age 20.6 y; mean body mass index 23.3). They ranked 6 drawings of same-sex peers who were either obese, had various disabilities, or had no disability or obesity, in order of how well they liked each person. **Results:** Participants disliked obese peers relative to other peers. However, African-Americans gave more favorable rankings to obese peers than whites did. African-American women in particular were more accepting of obesity than were white women, white men, or African-American men. Women also ranked obese peers more favorably than men overall. Participants' weight did not affect the extent of their stigmatization of obesity; overweight and obese participants were as stigmatizing as normal weight participants. Compared with rankings previously made by 458 children (Latner & Stunkard, 2003), adults were more accepting than children of their obese peers. **Discussion:** Over the course of development, adults may become somewhat more accepting of obesity. However, stigmatization of obesity remains high during adulthood, especially among whites and males. Adults who are themselves obese are also highly stigmatizing of obesity; such self-directed stigmatization could help to explain their low self-esteem and poor body image. An understanding of the factors that prevent the stigmatization of obesity among African-American females could help to inform broader stigma reduction efforts.

Global Spotlight on New Zealand

Virginia V.W. McIntosh, PhD

Christchurch is the largest city (population approximately 400,000) in the South Island of New Zealand. In spite of its small size and geographical isolation, Christchurch is fortu-

nate to have a committed group of clinicians and researchers interested in eating disorders, based in the Clinical Research Unit (CRU), within the Department of Psychological Medicine, Christchurch School of Medicine & Health Sciences, hosted by Otago University. Christchurch is also fortunate to have a specialist eating disorders service within the Mental Health Division of the District Health Board. There have been strong links between the CRU and the eating disorders unit, often with staff in common to the two services.

The CRU was established in the late 1980's due to the vision, research instinct and passion of Peter Joyce, Professor and Head of Department of Psychological Medicine. Although his personal interest has always been in the affective disorders, Peter Joyce has encouraged and supported eating disorders research over the past 15 years. Even before the establishment of the CRU, in the mid-1980's the Christchurch Psychiatric Epidemiology Study, which studied the lifetime prevalence of psychiatric disorders, had a particular interest in the prevalence of bulimia nervosa and bulimia-like conditions. It was in the early 1990's with the arrival of Professors Cynthia Bulik and Patrick Sullivan to Christchurch that eating disorders research began in earnest. Cindy Bulik was appointed as a lecturer in Clinical Psychology at the University of Canterbury, one of the three Universities in Christchurch. Cindy Bulik and Patrick Sullivan contributed much to eating disorders and other mental health research over their years in Christchurch, including the conduct of psychotherapy trials, expertise in cognitive-behaviour therapy and interpersonal psychotherapy, and the focus on molecular genetics. The first randomized clinical trial for eating disorders was conducted by Cindy Bulik, Patrick Sullivan, Peter Joyce, and Frances Carter. I joined the CRU at this time, as a therapist for this trial. This was a trial in which women with bulimia nervosa were treated with eight sessions of cognitive therapy, and were then randomized to one of two forms of exposure treatment, or to relaxation training as a non-exposure-based control treatment. This study recruited and treated 135 women, a large proportion of whom have been seen for long-term follow-up.

Cindy Bulik then suggested a psychotherapy trial in anorexia nervosa, a challenging undertaking given the low prevalence of the illness, Christchurch's small population, and the denial by many individuals with anorexia nervosa (although not their families or friends) that they need treatment. Although Cindy Bulik returned to the USA, the study proceeded with a group of local investigators: Frances

Carter, Jan McKenzie and Sue Luty, Peter Joyce, Ms Jenny Jordan, and myself, and with Cindy Bulik's involvement long-distance. This trial compared the outcome of two specialized psychotherapies, cognitive-behaviour therapy and interpersonal psychotherapy, with a "control" treatment combining good clinical management for anorexia nervosa with supportive psychotherapy. In spite of slow recruitment, the treatment phase of this study was completed in 2000, and long-term follow-up is continuing. In an increasingly competitive health funding environment, we have been fortunate to secure funds to conduct a randomized clinical trial comparing treatments for bulimia nervosa and other binge eating problems. The study will commence in 2005, and will involve 200 women being randomized to standard CBT, appetite-focused CBT which has a strong emphasis on appetite and satiety, including modified self-monitoring, and appetite-focused nutritional education, or schema therapy.

Other eating disorders research in the CRU includes personality and eating disorders, food craving, weight gain in bipolar patients on valproate, molecular genetics, physical and neuroendocrine aspects of eating disorders, cue reactivity, and patterns of comorbidity. As well as a strong interest in eating disorders, the CRU also conducts research in affective disorders, suicide, and molecular genetics in association with the gene structure and function laboratory in the Department of Pathology. The CRU's growing expertise in cognitive-behaviour therapy and interpersonal psychotherapy has led to psychotherapy trials in depression (CBT vs. IPT), and bipolar disorder.

Research in the CRU is funded by the Health Research Council of New Zealand, the Christchurch School of Medicine and Health Sciences of the University of Otago, Lotteries Health, and the Mental Health Division of the Canterbury District Health Board. Those of us who work in eating disorders research in the CRU in Christchurch New Zealand do so with a hope that we might make a small contribution to providing better services and care to people who suffer from mental disorders. For additional information and references, contact: Virginia V.W. McIntosh, PhD
Clinical Psychologist
Clinical Research Unit
Department of Psychological Medicine
Christchurch School of Medicine & Health Sciences
Christchurch
New Zealand
e-mail: virginia.mcintosh@chmeds.ac.nz

Member News

Ruth Striegel-Moore, PhD, FAED, was awarded the Clinical Psychology of Women Mentoring Award from the American Psychological Association, in August 2004, in Honolulu, Hawaii.

Philip S. Mehler, MD, has been named Associate Medical Director at Denver Health, Denver, Colorado and is also heading up a new service at Denver Health for eating disordered patients suffering severe medical problems associated with anorexia nervosa or bulimia nervosa.

Jan Yager, PhD has sold foreign rights to a German publisher, the 14th country, 13th language for her book *When friendship hurts: How to deal with friends who betray, abandon, or wound you* (Simon & Schuster, Inc., Fireside Books, 2002).

Carolyn Costin, MFT, and Clinical Director of the Monte Nido Treatment Center just had her book, *The Eating Disorder Sourcebook* published in Spanish. The title of her book in Spanish is *Anorexia, bulimia y otros trastornos de la alimentación*, published by McGraw Hill (312-540-0749).

Diane McKay, PsyD was honored by the Florida Psychological Association with this year's (2004) award for "Outstanding Early Career Contribution to Psychology."

Juana Presman, MD from Córdoba, Argentina announces a meeting being held November 5th, 2004 to celebrate 10 years of two public programs for adolescents and youngsters with eating disorders, Casa del Joven, Córdoba, Argentina and Hospital Noti, Mendoza, Argentina, free of charge. For additional information, contact Juana at juanapresman@arnet.com.ar.

Kathleen Burns Kingsbury, LMHC has recently created a new website, www.weightwisdom.net, named after the book she co-authored called *Weight Wisdom: Affirmations to Free You from Food and Body Concerns*.

John L. Levitt, PhD, FAED, Randy A. Sansone, MD and Leigh Cohn, have recently published *Self-Harm Behavior and Eating Disorders: Dynamics, Assessment, and Treatment* (Brunner/Routledge).

Membership Council Report

*Daniel leGrange, PhD, FAED
Membership Council Chair*

The Membership Council is comprised of three committees devoted to broadening the membership of the AED and enhancing membership benefits. The Membership Recruitment and Retention Committee, which is chaired by Dasha Nicholls, MD and Diann Ackard, PhD, oversees membership benefits as well as the recruitment and retention of members. The Special Interest Groups (SIG) Committee, chaired by Paulo Machado, PhD and Judith Banker, PhD, is charged with organizing new SIGs, coordinating SIG activities, and providing forums for SIG meetings. The Fellowship Committee, chaired by Marsha Marcus, PhD, coordinates the awarding and induction of new Fellows. Fellows are AED members who have distinguished themselves within the eating disorders field and who have made significant contributions to the AED. Over this past year, each committee has worked diligently to enhance AED membership and increase collaborations among its members.

Membership Recruitment and Retention Committee

Co-Chairs: Dasha Nicholls, MD, and Diann Ackard, PhD, FAED

The Membership Recruitment and Retention Committee has been very busy over the past year. Our goal is to maintain a commitment to recruiting new AED members, enhancing the diversity of AED membership, to providing valuable member benefits, updating the membership brochure, and promoting new members' orientation and involvement in AED related activities. In line with our goal to expand the reach of the AED both in terms of nationality and professional background, our committee has representatives from different disciplines and professional backgrounds ranging from graduate student to seasoned professional status. In addition to the co-chairs, the committee members are Rebecca Ringham, MS, Nancy Blazar, RD, Mary Tantillo, RN, PhD, FAED, and TJ Raney, PhD. Lucene Wisniewski, PhD, FAED has rotated off the committee after a productive tenure first as committee member and then as co-chair. In addition to the recruitment efforts noted below, the committee completed revisions to the "New Member Packet" which details information regarding membership benefits, including AED resources, events and training, professional connections and sup-

port, descriptive information about the Special Interest Groups (SIGs), and strategies for increasing members' involvement. The committee was also involved in revising the AED Policy and Procedures for the Emeritus category of membership. By the end of this calendar year we hope to have the membership brochure and the membership information packet available in at least two languages (Spanish and French) in addition to English.

Recruitment Updates

Recent recruitment efforts included hosting a membership booth at the AED 2004 International Conference on Eating Disorders in Orlando, Florida in the United States, at which new members were entered into a draw for a free set of conference tapes. In addition, we hosted the fourth Membership Breakfast at the 2004 Conference where AED Executive Officers, Board members, Council Chairs, Committee Chairs, SIG Chairs, Membership Committee members, Fellows and upcoming Conference Committee Chairs joined us in welcoming new/prospective members. The breakfast was well attended and provided an informal opportunity for current, new and prospective members to meet the AED leadership and learn about the AED, its various functions and benefits, and strategies for becoming more active in the organization. Through all of these efforts, 54- new members were recruited at the 2004 Conference. We had a raffle for those members who signed up at this conference and new member Wendy Brown of Anchorage, AK was the winner of a complete set of conference audio recordings of the conference sessions.

We also conducted a survey of non-US members on barriers and strategies to overcome recruitment efforts in their respective country, and the Membership Committee would like to thank those 59 members who completed the survey. Finally, the Membership Committee continues to provide AED membership information to other organizations whose members demonstrate shared interests in eating disorders research and treatment. The AED materials and membership brochures have thus been sent to the following organizations' membership lists: National Eating Disorders Association (NEDA), the London Conference on Eating Disorders attendees, and eating disorder specialists among the American Board of Social Work Examiners, the Obesity/Eating Disorder SIG of the Association for the Advancement of Behavior Therapy (AABT), and the Society for Adolescent Medicine (SAM). Furthermore, to continue our focus on membership diversity, AED membership brochures will be available at the following transdisciplinary international

conferences this fall: Eating Disorders Research Society, American Academy of Child and Adolescent Psychiatry, National Eating Disorders Association, Renfrew Foundation, World Psychiatry, North American Association for the Study of Obesity, and the Association for the Advancement of Behavior Therapy.

Membership Updates

We are pleased to announce that the recruitment efforts over the past year have succeeded in reaching our committee's goal of an increase of 10% in membership every year. The current AED membership is at 1,123 including --134 new members since January 2004! The names of these new members are listed below. We welcome these members and look forward to having them as AED colleagues!

The Membership Committee continues to be successful in increasing the diversity of AED membership outside of the United States. As shown below, approximately one-fifth of the AED membership is comprised of Canadian, European, and other colleagues from around the world representing more than 33 countries. In addition, the wide range of disciplines represented in AED membership reflects the transdisciplinary nature of the eating disorder field and its professionals.

Membership by Discipline:

Academic Sciences — 4	Psychology — 496
Counseling — 77	Social Work — 98
Dietetics — 78	Emeritus — 5
Epidemiology — 9	Marriage/ Family Therapy — 27
Human Services — 4	Exercise Physiology — 6
Nursing — 39	Other — 77
Primary Medicine — 71	None Selected — 7
Psychiatry — 216	

Membership by Region:

U.S. — 875	Asia — 17
Canada — 78	Australia/New Zealand — 19
Europe — 88	
Middle East — 7	
Central America/Mexico — 20	
South America — 13	

AED is very happy to welcome the following new members:

Kelly Allison, PhD	Michelle Ernst, PhD	Elizabeth Londino, MD	Patrick Robinson, MD
Aimee Arikian	Dara Faden	Margarita Lorence, BS	Mary Rose, MD
Cheryl Aubie	Sarah Fischer, MS	Rajendra Lowtan, MD	Jeffrey Row, MD
Jaye Azoff, BA	Leighann Forsyth, PhD	Mary Kaye Lucier, MSW	Karen Samuels, PhD
Jill Baker, MA	Maria Frisch	Jennifer Lyons	Kristina Sandy
Christina Barth, RD, CFT	Cindy Gault, RN, MSW	Hiroko Maekawa, MA	Monica Saunders, MA, LMHC
Karen Sue Beerbower	MarciEllen Gerber, RN, BS	Louis Maletz, MD	Michelle Schuele
Wendy Belser-Panos	Clarice Gerke, MS	Michael Manchester, BA	Lucy Serpell, PhD
Marta Borel	Elizabeth Gobbi, MD	Rhonda McKay, MD	Dorita Shemie, MSW
Sandro Borgacci, MD	Robin Godsall, MD	Susan, Mengden, PhD	Beth Shoyer, PhD
Luigi Boucharde, MSc	Daniela Gomez, MD	Nancy Lee Morales	Eric Shur, MBBC, MPhil, FRCP
Caroline Braet, PhD	Cynthia Greene, MSSW	Katherine Morris, MA	Karen Silien, PhD
Terrill Bravender, MD, MPH	Nichole Grier, MD	Celeste Morrow, MA	Linda Smith, MA
Cassie Brode, BA	Jess Haines, MHSc, RD	Mandi Newton, PhD	Michael Spigarelli, MD, PhD
Wendy Brown, MS	Patricia Hart, OD	Heather Ney, RD	Teresa Stapleton Garcia, MA
Kimberly Bushman, PhD	Eric Hegybeli, DO	Robin O'Hearn, PhD	Heather Stemple, BS
Debra Bussolotti, MD	Bethany Helfman, PsyD	Kamila O'Neill	S. Takagishi, PhD
Joan Caillier, PsyD	Anja Hilbert, PhD	Helen Pak, RD, MA	Heather Thompson-Brenner, PhD
Myralys Calaf	Renee Hoste, MA	Gilda Perez-Mitre, PhD	Jorunn Torgauten, MD, PsyD
Stephanie Casey, MD, FRCP(C)	Julia Howe, LCSW QCSW	Sarah Perkins, BSc	Karen Vargo, MD
Lisa Christman, BS	Matt Hutt	Linda Pettei, RD, LDN	Dana Wagschal
Angelica Claudino, MD	Amanda Jones, M.Sc	Andrea Pinheiro, MS	Lisa Waldman, MD, MPH
Susan Cofsky, Psy.D.	Alan Kaufman, MA	Allisyn Pletch, RN, MS	Lisa Walsh, PhD
Marshall Colt, PhD	Christine Kegon, MD	Linda Potter, MA	Sharlene Wedin, PsyD
Diane Copeland, PsyD	Lillane Kern, MD	Paul Puchalski, LCSW	Robyn Welk
Kristen Culbert	Roxanne Khuri Louh	Stephanie Quinton, PhD	Ingrid Whitaker, PsyD
Debra Danielson, MA	Lisha Kievit, PhD	Lauren Reba	Jennifer Wildes, PhD
Kay Debs, PhD	Nancy King, MS, RD	Sharon Rebell, CSW	Dorothy Wilson, MD
Camila Del Solar Cornejo, MS	Ilanit Kleiman	Graham Redgrave, MD	Franz Wojciechowski, PhD
Lisa Dorfman, MS, RD, LMHC	Karin Kratina, PhD	Barbara Reese, LCSW	Peggy Wouts, MA
Sandy Dunn, ACSW	Lydia Kruge	Elizabeth Reid, MS	Irene Yi, MBBS, DPM, DMJ
Georgianna Eddins, MS, LPC	Paulette, L'EsperanceLabastide	Andreas Rimmel, MD, PhD	
Natali Edmonds	Hubert Lacey, MD, MPhil	Michele Renee, MS, RN, CNS	
Sara Ehrich, PhD	Rachel Levi, LMFT, CEDS	Sara Robillard, HBA	

Fellowship Committee

Chair: Marsha Marcus, PhD

This year, the following 10 new fellows were inducted into the Academy during the 2004 International Conference on Eating Disorders held in Orlando, United States:

Diann Ackard, PhD
Fernando Fernandez-Aranda, PhD
Diane Keddy, MS, RD
Lisa R. Lilenfeld, PhD
Fabian Melamed, PhD
Niva Piran, PhD
Roberta Sherman, PhD
Ron Thompson, PhD
Eric van Furth, PhD
Claire Wiseman, PhD

Each of these individuals has distinguished him or herself within the field of eating disorders and has made significant contributions to the Academy. While becoming an AED Fellow is an honorary award, the Fellowship Committee encourages each Fellow to also see their Fellow status as an impetus for further contribution to the Academy, in particular serving as mentors to more junior Academy members.

The Fellowship Committee invites other individuals who have been Academy members for at least five years and who have made significant contributions to the eating disorders field to apply for Fellowship status. Interested individuals should contact a member of the Fellowship Committee (see below) or the AED Central Office (info@aedweb.org or telephone at +1 847-498-4274) for additional information in this regard. The AED website (www.aedweb.org) contains information on eligibility and application materials. We will be reviewing new applications for Fellowship through January 1st, 2005.

Fellowship Committee:

Marsha Marcus, PhD (Chair)
Patricia Fallon, PhD (member-at-large)
Debra Katzman, MD (new member-at-large)
Howard Steiger, PhD (new member-at-large)

The Fellowship committee would like to thank Dianne Neumark-Sztainer, PhD, RD, FAED (Immediate past Chair) for her efforts over the years on this committee.

Overall, the Membership Council and its committees have been very active over the past year in achieving their mission of broadening Academy membership and increasing collaborations among its members. The Membership Council welcomes suggestions

from Academy members. Please feel free to contact the committee chairs directly or send me your comments at dlegrang@uchicago.edu; phone: +1 773-702-9277.

Special Interest Groups (SIGs)

Co-Chairs: Paulo Machado, PhD, and Judith Banker, MA, LLP, FAED

The primary purpose of the Academy SIGs is to provide forums for individuals who have interests in particular topics related to eating disorders. The role of the Academy is to facilitate and support these groups, which will, in turn, contribute to professional dialogue and promote the field. SIGs may focus on any theme and any Academy member or group of members may propose the formation of a new SIG.

The years 2003/2004 have continued to see an increase in the participation of the Academy's SIGs. To date, there are 19 SIGs covering a range of topics including nutrition, psychology, nursing, psychodynamic psychotherapy, and cross-cultural issues, to name a few (see listing below). SIGs' activities over the past year have ranged from informal e-mail discussions to meetings at Academy conferences and workshops.

The recent Academy conference in Orlando was a particularly active time for the SIGs. Seventeen SIGs met and over 600 conference attendees participated in formal and informal SIGs meetings. For the third year in a row, an Academy SIG hosted an invited speaker to address issues relevant to the SIG and AED membership. The Psychodynamic Psychotherapy SIG hosted Jeanne Magagna, MS, from Great Ormond Street Hospital for Children in

Current SIGs: Current SIGs: For more information, please go to <http://forums.aedweb.org/>

Name	Chair(s)	Co-Chair(s)
Athletes	Ron Thompson, PhD Roberta Sherman, PhD	
Body Image	Stacey Tantleff Dunn, PhD	
Child/Adolescent Eating Disorders	Shelagh Wright, RN	Nancy Zucker, PhD
Hispano Latino American	J. Armando Barriguete, MD	Fabian Melamed, PhD
Males	Mark Warren, MD	Rita Debate, PhD Thomas Hildebrandt, PsyM
Medical Care	Ovidio Bermudez, MD	Garry Sigman, MD Richard Kreipe, MD
Neuroimaging	C. Laird Birmingham, M.D.	Sloan Madden, MD
Nursing	Carolyn Cochrane, PhD, RN, CS	
Nutrition	Sondra Kronberg, RD	Reba Sloan, RD
Prevention	RiccardoDalle Grave, MD Carolyn Black Becker, PhD	
Psychodynamic Psychotherapy	Judith Banker, LLP, MA	David Tobin, PhD
CBT	Claire Wiseman, PhD	Katharine Loeb, PhD
Family therapy	Elizabeth Blocher McCabe, MSW	
Transcultural	Richard Gordon, PhD	
Bariatric Surgery	Carol Signore, MS, MA, LMFT	Brenda Wolfe, PhD Perry Kaly, PhD
New Investigators	Marci Gluck, PhD	Jennifer Boisvert, MA
Health At Every Size	Deb Burgard, PhD Ellen Shuman, PhD	
Private Practice	Jill Strasser, PsyD	
Graduate Student	Andie Ulrich	

Contact information for SIGs chairs/co-chairs can be found on the Academy website at

www.aedweb.org

London, UK who presented a talk on the use of psychodynamic psychotherapy in the treatment of anorexia nervosa in adolescents. In addition, working with the conference theme of "integration" the SIGs collaborated to present two well-attended panel discussions. The CBT SIG and the Psychodynamic Psychotherapy SIG offered a panel discussion addressing the integration of CBT and psychodynamic psychotherapy in eating disorder treatment and the Prevention SIG and the Health At Every Size (HAES) SIG offered a panel discussion addressing the effectiveness of the HAES model in the prevention of eating disorders. Several innovative SIG panels are planned for the 2005 AED conference in Montreal, Canada.

Few SIG organizational changes have taken place in the past 12 months. Due to the growing number of SIGs and the expansion in SIG activity, the SIG Oversight Committee has added a new member, Armando Barriguete, MD, FAED. To facilitate good communication between the SIG Oversight Committee and the SIGs, the committee also instituted a liaison system through which each committee member links with a subgroup of 5-6 SIGs.

The SIG Oversight Committee plans to continue generating new ideas for SIG-related activities and interactions over the next several years, as well as respond to SIG membership questions and manage the practical and organizational aspects of the SIGs. In addition, the committee plans to continue encouraging the development of new SIGs that address important areas within eating disorder research, treatment, and prevention and that foster collaboration amongst Academy members with shared interests.

Updates from the National Eating Disorder Association (NEDA)

Doug Bunnell, PhD, President

The 2004 National Eating Disorder Association conference convenes on October 15 at the Emory Conference Center in Atlanta, GA. This is the second annual NEDA conference designed for professionals as well as people with eating disorders and their families and friends. This year's presenters include AED President Mike Devlin, MD, Tom Insel, MD, Director of the NIMH, and an advocacy "Call to Action" by Mike Levine, PhD and Margo Maine, PhD. Patients and families will again have the opportunity to meet in informal groups between formal presentations to share their experiences and concerns. Please let your patients and their families know about this exciting conference.

Many of you may be aware of the passage of legislation in New York State that mandates the development of comprehensive treatment centers. NEDA, in partnership with a variety of other organizations, helped with the passage of this bill and we are developing plans to support similar legislation in several major states. This is an important opportunity for the field and we would welcome the assistance of AED members who are interested in getting involved in their home states.

This has been a very active summer in terms of media interest in eating disorders. The well publicized struggles of celebrities present opportunities to increase awareness and knowledge about eating disorders but also require careful efforts to not sensationalize or glamorize these illnesses. NEDA's goal is to provide the media with accurate, timely, and scientifically derived information and I feel we have made considerable progress towards that end.

The NEDA Parent and Family Network (PFN) is expanding. As we upgrade our web capabilities we will introduce new features that allow patients, parents, families, and friends to connect with each other and that will help them identify sources of support in their local areas. I would ask AED members to encourage the families of their patients to visit our website to learn more about the PFN.

We will continue to explore ways in which NEDA and the AED can work together. It is important that we coordinate efforts to educate the public with efforts to improve treatment and to refine prevention efforts. NEDA's board will be meeting in Montreal in April of 2005. We encourage you to let us know how you think we can work with Academy members to help patients and families as they struggle with eating disorders.

Classifieds

UNITY HEALTH SYSTEM EATING DISORDERS PROGRAM

in Rochester, NY is seeking to hire a full time therapist for its outpatient program. A master's or doctoral degree in one's discipline is required. Two years of experience working with eating disordered patients is preferred but not required. The therapist will provide group, individual, and family therapy to adolescents and adults on a multidisciplinary team. Programming is based on cognitive-behavioral, motivational, and relational approaches. Contact Mary Tantillo PhD RN at 585-368-6550 x8590 or tantillo@rochester.rr.com.

NEWTON-WELLESLEY EATING DISORDERS & BEHAVIORAL MEDICINE:

Newton-Wellesley Eating Disorders and Behavioral Medicine, a multidisciplinary outpatient group practice, seeks two Massachusetts licensed clinicians, either psychologists or social workers (Ph.D., Psy.D., Ed.D. or LICSW), for halftime positions in our Newton-Wellesley Hospital and Brookline offices. Please mail resume and cover letter (by regular mail only) to Perry L. Belfer, Ph.D., Director, Newton-Wellesley Eating Disorders & Behavioral Medicine Newton-Wellesley Hospital, 2000 Washington Street, MOB Blue 221, Newton, MA 02462. Contact <md.belp1@nwh.org> for e-mail inquiries.

Attention:

Its time to renew your AED membership.

Membership 2005 information will be sent in late October. Please let us know if you have not received yours by November 10th.

Update from the Eating Disorders Coalition for Research, Policy & Action (EDC)

Mary Gee, Friends/Family Action Council (FAC) Co-Chair/EDC Board Member

During the summer months, the Eating Disorders Coalition for Research, Policy & Action (EDC) has been quite busy with several exciting events, including working with Senator Tom Harkin (D-IA) and his staff to draft a Comprehensive Chronic Disease and Prevention bill (S 2558). This bill is expected to create mental and behavioral health surveillance programs headed by the Center for Disease Control and Prevention (CDC) and the Substance Abuse and Mental Health Services Administration (SAMHSA), as well as to address school-based health promotion/dis-

ease prevention efforts and community-based nutrition/physical activity programs. The current version of the bill will be introduced to the current Senate in the upcoming months, with a revised version most likely presented to the new 109th Congress in January 2005.

Dr. Jeanine Cogan (EDC Policy Director), Marc Lerro (EDC Executive Director), and Rachel Beckman (EDC Intern) have also compiled a "Report on Congressional Sponsorships" to track House and Senate sponsorship of the major eating disorders-related bills. The report will be distributed during the Fall NEDA and Renfrew conferences and can also be available upon request (see EDC contact info below).

Additionally, the EDC has been working on the development of a position statement on mandatory body fat testing in school systems (with consultation from the Academy for Eating Disorder's (AED) Public Affairs Council). In issuing position statements, the EDC's pri-

mary interest will be to provide policymakers with a succinct statement in a timely manner regarding critical eating disorders-related issues. Position papers (substantiated by research) will follow the protocol established by the AED Public Affairs Council (available on the AED website).

Lastly, the evaluation and program summary reports from the EDC's first national conference on eating disorders and public policy - "Creating a National Eating Disorders Agenda: Integrating Research, Policy & Practice"—have been completed and will be available shortly on the EDC website. During the summer months, the EDC also welcomed three new member organizational members - Rogers Memorial Hospital, Featherweight, Inc. and AABA Philadelphia—as well as a Friends/Family Action Council (FAC) membership of close to 500 individuals/families.

During the fall months, the EDC Board will be meeting in Philadelphia to develop a multi-year strategic planning and evaluation workplan. A request for input will be issued to EDC member organizations shortly. If AED members have any specific suggestions and/or ideas, please do not hesitate to email Mary Gee at mgee@isomers.com. In addition, please save the date—June 1-3, 2005—for the 2nd annual EDC national Public Policy conference in Washington, D.C.! We would welcome the opportunity to meet you in person!

For more information on the 2005 conference or any of the other events listed above, please visit the EDC Web site at www.eatingdisorderscoalition.org. Remember—each and every voice counts and helps reiterate the continued need for attention and resources in fighting eating disorders!

Additional contact information:
Eating Disorders Coalition for
Research, Policy & Action
611 Pennsylvania Avenue, #423 SE
Washington, DC 20003
Voicemail: (202) 543-9570
www.eatingdisorderscoalition.org

Save the Date!

2004 NEDA Conference for Families and Professionals: Getting Real About Eating Disorders Emory Conference Center Atlanta, GA October 15 & 16

The 2004 NEDA Conference will bring together families, health care providers, educators and advocates to share resources, gather information and work together to eliminate these deadly illnesses. This is the only conference in the field specifically designed to address the needs of families who have been affected by eating disorders, as well as provide updates for health professionals and educators.

Why you should attend:

- Network with other family members and other eating disorder experts.
- Increase your knowledge of new treatment strategies, research findings, insurance parity legislation and innovative outreach campaigns.
- Provide vital insights on the struggles that families and professionals face and help shape future treatment, research and education.
- Help expand public awareness to remove the shame factor from these serious illnesses and promote eating disorders as the critical public health concern they truly are.



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An eating disorder isn't this obvious, especially in a child.

Children can suffer a very long time with an eating disorder before anyone notices. For their sake – and yours – make yourself aware of the signs: ■ Restricting food resulting in noticeable weight loss ■ Excessive exercise ■ Vomiting or taking laxatives after eating ■ Constant thoughts about food or losing weight ■ Wearing baggy clothes ■ Pulling away from friends and family ■ Feeling sad and hopeless. If you see these signs in yourself, seek help immediately. If you see these signs in a child or adolescent, contact the Eating Disorders Program at Children's Hospital. Please act quickly. They have everything to gain.



1-800-642-8822 WWW.CHSOMAHA.ORG 8200 DODGE STREET OMAHA, NEBRASKA 68114

Book Review Corner

Maureen Dymek-Valentine PhD
University of North Carolina at Chapel Hill

Real Kids Come in All Sizes: 10 Essential Lessons to Build Your Child's Body Esteem.

Kathy Kater, LICSW
(Broadway Books, 2004, ISBN 0-7679-1608-5,
\$14.00, 253 pages)

It's not everyday that you come across a book that you would recommend to all the parents of elementary- and middle-school aged kids in your neighborhood! But that is just what I did after reading Kathy Kater's book, *Real Kids Come in All Sizes*. Kater's work provides a blueprint for parents to enhance their children's body-esteem and prevent them from falling prey to a plethora of unhealthy societal myths about food, eating, body weight, and human worth. While written for parents, this book provides excellent, user-friendly material for any adult who spends time with kids, including teachers, health care professionals, or relatives. Furthermore, reading the book will likely be helpful for many adults dealing with their own body dissatisfaction and chronic dieting.

In this easy-to-read book, Kater first outlines the cultural epidemic of nearly universal body dissatisfaction, incessant dieting, and obesity. She then provides a 10-lesson solution towards preventing these problems aimed at

children and teenagers who are so vulnerable to body dissatisfaction and dieting. Kater states that these lessons are not aimed at preventing eating disorders, but rather, she "intends to prevent many of the conditions that put kids at risk for these life-threatening problems."

The ten lessons that Kater presents are based on a school based curriculum entitled *Healthy Body Image: Teaching Kids to Eat and Love Their Bodies Too!* she developed for the National Eating Disorders Association. Preliminary outcome data on this curriculum has demonstrated positive effects on self-esteem, body image, and media awareness in older elementary age children. The lessons outlined in *Real Kids* are: (1) Teach perspective: It doesn't have to be this way, (2) We are more than how we look, (3) Our genetic legacy (4) How the body regulates weight (5) Changes in puberty (6) Why diets don't work (7) Eating well for healthy weight, (8) The fitness equation, (9) Sold on looks: The influence of mass media, and (10) Choosing healthy role models. Each lesson is explained in detail, and includes fun exercises and activities for adults to use with children to help communicate the main message of the lesson.

In sum, *Real Kids Come in All Sizes* is a long overdue, easy to read, intuitively appealing book based on actual outcome data which has shown its lessons to be effective in preventing the conditions hypothesized to give rise to disordered eating. I recommend it highly.

Upcoming Conferences

The 14th Annual Renfrew Center Foundation Conference

November 4-7, 2004

Philadelphia Airport Marriott, Philadelphia, PA

"Feminist Perspectives and Beyond: Hungers, Health and Healing"

For more information, please visit www.renfrew.org or call Debbie Lucker at 1-877-367-3383.

Eating Disorders 2005

April 4-6, 2005

Imperial College London, UK

For further information please email Tania at ed2005@markallengroup.com or call 0044 207 501 6747.

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AED 2005 International Conference on Eating Disorders

April 28-April 30, 2005

Montreal, Canada

Hilton Bonaventure Hotel

"Reaching New Frontiers: Global

Advances in Eating Disorder

Treatment, Prevention, and Research"

Deadline for submissions

(www.aedweb.org) is October 31, 2004.

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AED

Academy for Eating Disorders

AED Sponsors Meeting in Mantova Italy November 5th, 2004

The Conference "**Disturbi del Comportamento Alimentare: Ricerca e Clinica a Confronto**" (Eating disorders: updates of research and clinical work), co-sponsored by the Academy for Eating Disorders (AED) and the International Teaching Day Task Force (ITDTF), will be held in Mantova (Teatro "G: Anselmi" di Pegognaga) on November 5, 2004. The conference and teaching day will be co-sponsored by the Italian Health Department, the Italian Society of Psychiatry and the University of Modena and Reggio Emilia. Over 200 participants, a wide range of professional disciplines (psychiatrist, psychologist, general practitioners, dieticians, endocrinologists and nurses) are expected to attend. The morning lecture program will provide a broad overview about ED. Prof. Guaraldi (Modena) will open up the meeting with a discussion about the importance of cultural context on the epidemiology of ED. Prof. Bussolotti (Mantova), the local co-chair of the event, will deal with diagnostic criteria for ED: old and new syndromes. Prof. Fernandez-Aranda (Barcelona), co-chair of the ITDTF, will review the literature on evidence-based treatments for anorexia nervosa and bulimia nervosa. Prof. Mencacci (Milano) will illustrate actual evidence about pharmacological treatment for ED and finally, Doctor Mellado (Milano) will address public ED resources.

The afternoon program will consist of a practical workshop by Prof. Fernández-Aranda, on the topic of CBT and innovative strategies in day hospital, inpatient and outpatient therapy.

For further information, please contact

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2005 Call for Fellows

The Academy Fellowship Committee is pleased to announce its call for 2005 Fellow Applications. The Academy awards Fellow status to AED members from various disciplines and recognizes the diverse ways they may contribute to the field of eating disorders. Fellows of the Academy will have the letters FAED on their badges at the AED annual meeting, and can use these letters after their names to acknowledge the AED and their contributions to the Academy and the field of eating disorders. Eligibility is open to those who have been full members of the Academy for at least five years.

Applicants should be able to document significant contributions in at least five of the following areas:

1. Active involvement in the work of the Academy in a leadership role; Positions in other professional organizations; Clinical contributions demonstrating excellence in the care of patients; Teaching contributions in an academic or clinical setting; Research accomplishments that have expanded knowledge in the field; Scientific and scholarly publications and service on the editorial boards of journals; Significant participation in conferences; Active involvement in advocacy organizations; Uncompensated community service in the treatment or awareness of eating disorders; or
2. Development or administration of programs for eating disorders

If you are interested in applying, please send a letter clearly stating how you meet the above criteria and a current curriculum vitae, signed and dated, to the AED Central Office (info@aedweb.org) by January 15, 2005.

Once this initial information is reviewed by the Fellowship Committee, applicants may be requested to supply more information prior to acceptance, including:

1. Completed application form (available from Central Office); Copy of professional school diploma; Copy of current license or other certification (as appropriate to one's discipline and location); Two letters of recommendation from Fellows of the Academy who are able to comment on the applicant's suitability for Fellow status; and
2. Copies of publications or additional supporting data.

The induction of all 2005 Fellows will take place during the 2005 International Conference on Eating Disorders.

Academy for Eating Disorders
60 Revere Dr., Suite 500
Northbrook, IL 60062

SAVE THE DATE!

The Academy for Eating Disorders 2005 International Conference

April 28 – May 1, 2005
Montreal, Canada
Hilton Bonaventure Hotel

The 2005 conference program committee chaired by Eric van Furth, PhD and Mimi Israël, MD is in the process of creating a stimulating and innovative program centered on the theme "Reaching New Frontiers: Global Advances in Eating Disorder Treatment, Prevention, and Research." We are also privileged to have as our keynote speaker Kelly D. Brownell, PhD who is Professor and Chair of Psychology and Professor of Epidemiology and Public Health at Yale University as well as director of the Yale Center for Eating and Weight Disorders.

Abstract submissions will be welcomed as of **September 1, 2004** via the AED website (www.aedweb.org) and the deadline for submitting abstracts is **October 31, 2004**.

Academy Newsletter

Please send all suggestions for articles, job opportunities, information regarding upcoming events or meetings, letters to the Editor, awards, honors, or news about Academy members, (e.g., published books) and all other items of interest to:

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Submission deadline:
December 1, 2004

All contributions to the Newsletter must be submitted to the Editor via e-mail or disk in Microsoft Word format.