

Maudsley Parents Newsletter



maudsleyparents.org
a site for parents of eating disordered children

MARCH 2009

What's new at Maudsley Parents? New "Ask an Expert" questions and information from the Eating Disorder Coalition on the newly introduced FREED act. As always, we'd love to hear from you. Write us at contact@maudsleyparents.org.

New on the Website

More "Ask an Expert" Questions

This month's questions are fielded by Stanford University's Kara Fitzpatrick, PhD and cover a wide range of topics. Dr. Fitzpatrick is a psychologist working with eating disorders at Stanford University/Lucile Packard Children's hospital. Read her responses to parent questions [here](#).

Nibbles, by Hunter



We had a laugh over this cartoon from *Eating Disorders Today*, as it reminded us of our own collection of [Parent-to-Parent Recipes and Tips](#). Check it out for advice on how to manage the difficult first stage of recovery, with recipes for meals and snacks along with tips on getting started from parents who've "been there, done that."

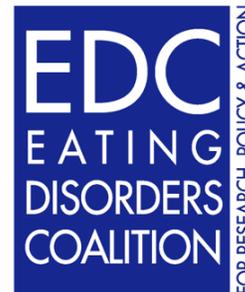
Reprinted with permission from *Eating Disorders Today*. Gurze.com

Website of the Month: June Alexander, author of *My Kid is Back*, has a terrific new website. Check it out: junealexander.com

Eating Disorder Coalition News

Maudsley Parents has been a member of the Eating Disorder Coalition since 2007. The EDC works to advance federal recognition of eating disorders as a public health priority. EDC's federal policy goals are:

- Increase resources for research, education, prevention, and improved training.
- Promote federal support for improved access to care.
- Promote the national awareness of eating disorders as a public health problem.
- Promote initiatives that support the healthy development of children.



EDC Policy Director Jeanine Cogan, PhD sends this update on new legislation:

On Tuesday, February 25th, 2009 the EDC held a press conference with Congressman Kennedy in the Capitol Building announcing the introduction of the first ever comprehensive eating disorders bill in the history of Congress. The Federal Response to Eliminate Eating Disorders Act otherwise called the FREED Act, (H.R. 1193) is now in the House and we need you to contact your Representative and urge him or her to show their support for this bill.

Rework the sample letter below and send it to your Representative in the House. To find out who your Representative is go to www.house.gov and put in your zip code. Then look up your Representative in that directory and go to his or her website. Here you can contact them through email. Cut and paste the letter below into the email. I encourage you to put a sentence or two (not more since short and concise is always better when communicating with members of Congress) about your own personal experience with an eating disorder if you have one. This makes the communication much more personal and real for them. Sample letter:

Your Name
Street Address
City

Date

The Honorable First Name Last Name
United States House of Representatives
Washington, DC 20515

Dear Congressman(woman) XX,

As a member of the Eating Disorders Coalition and someone who has personally suffered the impact of living with an eating disorder, I am writing you today to ask your support for the Federal Response to Eliminate Eating Disorders Act (H.R. 1193). This is the first comprehensive eating disorders bill in the history of Congress. By focusing on research, education, prevention and treatment this bill is a beacon of hope for the millions of people currently suffering from an eating disorder.

It is estimated that 9 million Americans suffer from anorexia, bulimia, binge eating and other eating disorders. Eating disorders are associated with a host of medical complications including cardiac arrhythmia, cognitive impairment, osteoporosis, infertility, heart failure and most seriously death. In fact, anorexia nervosa has the highest death rate of all mental disorders, upwards of 20%.

Research shows that eating disorders can be successfully overcome with early detection and adequate and appropriate treatment. Unfortunately eating disorders are often undiagnosed by health professionals and/or access to treatment is limited. Less than half of all people with eating disorders receive the treatment needed.

The Federal Response to Eliminate Eating Disorders (the FREED Act) can change these state of affairs. H.R. 1193 will save lives by providing more funds for research so that we can better understand, prevent and treat eating disorders, grant programs that provide training for health professionals, and steps toward better access to treatment coverage.

We urge you to sign on as a cosponsor of the FREED Act. I look forward to hearing from you. Thank you again for your consideration.

Warm regards,

First and Last Name



If you know other parents who are interested, please feel free to forward this newsletter and invite them to join our mailing list at contact@maudsleyparents.org. We respect your privacy and your contact information will not be shared.