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#### **Grant Statement**

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### From the **Director's Desk**

Welcome to your quarterly update from NCEED! I am happy to update you on a number of ongoing projects.

One notable project centers on our work to build a mobile protocol for the new Screening, Brief Intervention, and Referral to Treatment for eating disorders (SBIRT-ED). Our aim is to provide primary care



providers with an easy-to-access tool that helps them know when and how to screen for eating disorders in their patients. To inform the project strategy, we are working alongside a research team from the Communication for Health Applications and Interventions (CHAI) Core based at UNC Chapel Hill. CHAI will help design the protocol and set it up for success in real world situations by conducting qualitative research with PCPs, leading iterative user experience design sessions, and building a prototype so NCEED can then launch a request for proposals in summer 2021. Stay tuned for more updates on progress and an expected launch date.

NCEED is proud to collaborate with the Strategic Training Initiative for the Prevention of Eating Disorders (STRIPED) in disseminating crucial information about the social and economic impact of eating disorders. STRIPED, in conjunction with the Academy for Eating Disorders (AED) and Deloitte Access Economics, created a report that outlines the staggering cost of eating disorders in the United States. I encourage you to take a look at the cost breakdown by state that we link to in this newsletter. It illustrates the burden that each state bears in terms of economic and social costs related to eating disorders.

In addition, the U.S. Preventive Services Task Force is currently developing recommendations for eating disorders screening in children and adults in primary care. These recommendations are directed toward primary care providers and will serve as a guide for clinical practice. I served as a co-investigator on the systematic review (on which the recommendations rest) and have been thrilled to see the progression of the work with the Task Force. Look to this newsletter and our website at nceedus.org for more updates as we approach the release of final recommendations.

Finally, you may notice that our newsletter has a new look and format. It contains more data, news and updates about eating disorders and the work of our initiative. I encourage you to reach out to us at info@nceedus.org with your feedback.

As always, I appreciate your commitment to the eating disorders field and welcome any comments or ideas. NCEED is dedicated to better equipping health care professionals with the tools and information they need to manage eating disorders, and our team is grateful for the tireless work done by those in our field on the frontlines of care.

Best regards,

Christine M. Peat, PhD, FAED, LP Director, National Center of Excellence for Eating Disorders Associate Professor of Psychiatry, University of North Carolina at Chapel Hill

### Did You Know?



\$\$29.3 million

Emergency department visits each year where eating disorder is a primary or secondary diagnosis

Total cost of these emergency department visits

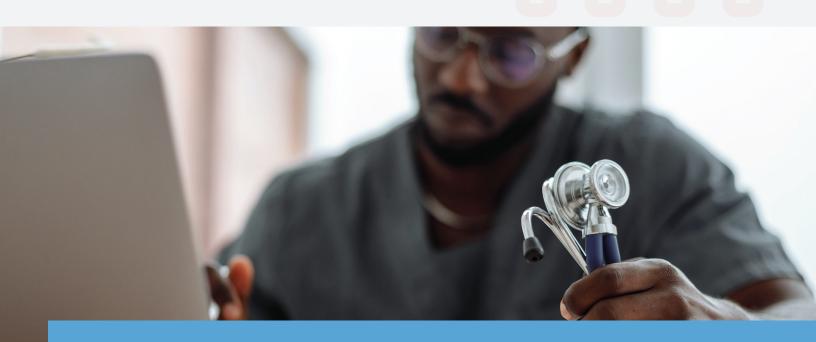
Deloitte Access Economics. The Social and Economic Cost of Eating Disorders in the United States of America: A Report for the Strategic Training Initiative for the Prevention of Eating Disorders and the Academy for Eating Disorders. June 2020.

# Cost Burden of Eating Disorders by State

In June 2020, STRIPED, in collaboration with the Academy for Eating Disorders (AED) and Deloitte Access Economics, released a comprehensive report on the social and economic burden of eating disorders in the United States. It provides critical evidence on the devastating impact of eating disorders on individuals, families, and society.

This report includes a detailed breakdown of costs and findings by state. It helps you get an idea of the economic and social impacts that eating disorders have where you live.

See the Data



# **Upcoming Webinar**

### **Eating Disorders, Disordered Eating Behaviors, and Body Image in Athletes**

**Date:** Friday, May 21, 2021 Time: 1:00pm - 2:00pm EST

Register Now

Athletes may be more prone to develop eating disorders, disordered eating behaviors, and poor body image. Sports-related factors may increase the risks for onset and maintenance of any one of these issues. That is why this upcoming webinar is important for every primary care and pediatric practice. Even though athletes may appear fit, they need the same screening for eating disorders as other people. Attend this webinar to:

- Enhance your skills to identify athletes who may have eating disorders
- Find ideas and treatment strategies to help improve outcomes
- Learn about sports-specific risk factors to consider
- Get tips for exercise and training throughout the recovery process



Presenter Rachael Flatt, MA Clinical Psychology Doctoral Candidate, UNC Chapel Hill Fellow, NSF Graduate Research Fellowship Program

See Accreditation Details & Register Now





The NCEED team has a series of CME-certified webinars planned for 2021. Each event offers evidence-based insights and tools to help primary care clinicians identify and treat eating disorders. Save the dates and stay tuned for more details.



#### Tuesday, June 8

Rachel Goode, PhD

"Shattering the Stereotypes": Improving our Understanding of Eating Disorders in Black Americans



#### Friday, July 16

Stephanie Ferrin, MD

General pediatrics and adolescent medicine



#### Wednesday, August 18

Tonya Foreman, MD

Eating disorder research and medical interventions



#### Wednesday, September 22

Stephanie Zerwas, PhD

Psychiatric genetics and eating disorders



#### **Thursday, October 14**

Martha Perry, MD

Primary medicine and gender affirming care within the eating disorder population



#### Wednesday, November 10

Cynthia Bulik, PhD, FAED

Biology and genetics of eating disorders



#### **Thursday, December 9**

Christine M. Peat, PhD, FAED, LP

Eating Disorders within Primary Care

### In the **News**

This recent article on eating disorders appeared in the USA Today Network. It quotes NCEED senior faculty member Cynthia Bulik, PhD, FAED, founding director of the University of North Carolina Center of Excellence for Eating Disorders. The article highlights how eating disorders thrive in secrecy and have spiked during the pandemic. That is why it is critical for health care providers to use best practice screening across all their patients.



Read the Article

### Inside Look

Here's a look at some of our ongoing and upcoming work.

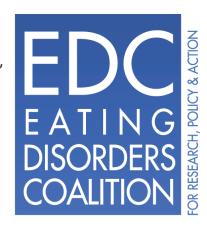


The International Consortium for Health Outcomes Measurement (ICHOM) is developing a set of outcomes that matter most to those living with eating disorders. Christine Peat, PhD, FAED, LP, with NCEED/UNC School of

Medicine and Dr. Tracy Richmond with Harvard Medical School serve as co-chairs for this group. We are excited to move forward with this team and look forward to the findings!

The Eating Disorders Coalition Advocacy Day was held May 6 in Washington, DC. Christine Peat, PhD, FAED, LP, served as this year's Team Lead and Cynthia Bulik, PhD, FAED, and Stephanie Zerwas, PhD, were team members. Though the Advocacy Day was fully virtual this year, the messages we delivered to members of Congress remain as important as ever.

Learn More



## Inside **Look** (continued)

Work is underway to analyze the 1-year followup data from the COVID-ED study. Our team published baseline data in 2020 along with guidance documents for health care providers and individuals, families, and caregivers. Our goal for 2021 is to publish the latest data from the United States, the Netherlands, and Sweden to provide further guidance for those who are most closely associated with eating disorder treatment and recovery.



See Baseline Data



Guidance for Health Care Providers



Guidance for Individuals and Families

### Contact Our **Team**

We always look to partner with other organizations on education, content, awareness building, and more. Have ideas on how to collaborate? Let's talk!



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