



# APRIL 2024 **NEWSLETTER**

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# From the Director's Desk



Welcome to this quarter's edition of the NCEED newsletter! We're excited to highlight several of our initiatives and our continued work to increase the capacity of the healthcare workforce to manage eating disorders in clinical practice.

Last month encompassed Eating Disorders Awareness Week (EDAW). NCEED was proud to collaborate with other organizations to raise awareness of these conditions in the public discourse. This year's theme was "Healing in Community." Given that focus, NCEED was proud to center the efforts of other organizations who are doing incredible work in the eating disorder field. First, we had the opportunity to participate in several activities hosted by the [Office on Women's Health \(OWH\)](#) including [blog posts](#) written by our Content Experts as well as participation in their panel discussion. Many of the resources NCEED has developed were featured on the Resource Page from OWH. We also highlighted the work of other important organizations including the [Eating Disorders Coalition](#), the [National Eating Disorders Association](#), the [National Institutes of Health](#), and [SAMHSA](#)—all of whom engaged in #EDAW2024 activities. The sustained collaboration and persistent effort of organizations like these and countless others will ensure eating disorders gain greater visibility and become an indelible part of health discussions.

In addition to these activities, I was honored to moderate a [Congressional briefing](#) co-hosted by the [Congressional Caucus on Black Women and Girls](#) and the [Eating Disorders Coalition](#). The briefing centered on increasing awareness of eating disorders among all marginalized individuals, but particularly in Black communities. To that end, some of the nation's foremost leaders in this space presented research, clinical expertise, and lived experience to elucidate the unique experiences of Black women and girls with eating disorders. [Dr. Amy Egbert](#), [Dr. Whitney Trotter](#), and [Ms. Akiera Gilbert](#) spoke about the need for increased research, improved accessibility to care, and the importance of changing the public narrative on eating disorders. This ensures all individuals with eating disorders are identified and provided with care—not just those who fit the predominant stereotype. The afternoon was a powerful one, and we were privileged to have opening remarks from [Congresswomen Bonnie Watson Coleman](#), [Robin Kelly](#), and [Yvette Diane Clarke](#) who took time from their busy schedules to call attention to this pressing issue. We applaud the work of the Congressional Caucus on Black Women and Girls for raising awareness of eating disorders in this community and look forward to working with the Caucus in the future.

We hope this quarter's newsletter provides resources and information that are useful to you in your scope of practice or in your community. There are several resources and announcements of upcoming trainings that you may find useful, and we encourage you to take advantage of these offerings. Please also know that we are eager to connect with you and your organization(s), so feel free to send us a [Collaboration Request](#) or send us an [email](#)—we're happy to connect. Thank you for your continued partnership and engagement!

Best regards,

**Christine M. Peat, PhD, FAED, LP**

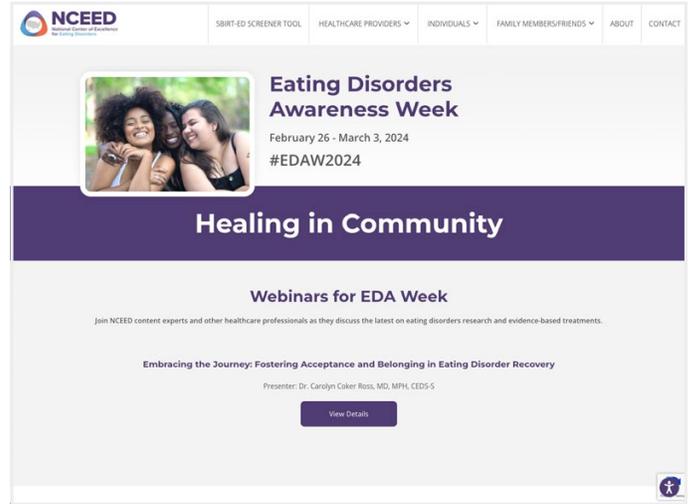
Director, National Center of Excellence for Eating Disorders

Associate Professor of Psychiatry, University of North Carolina at Chapel Hill

# Eating Disorders Awareness Week 2024

As part of Eating Disorders Awareness Week in February, NCEED collaborated with several content experts and other agencies to create videos, infographics, and webinars. These materials were shared widely thanks to other eating disorder focused organizations and individuals. We are grateful to those who stand beside us as we work to educate and heal those with eating disorders.

[Visit the EDAW Page](#)



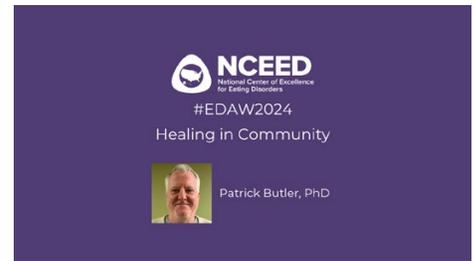
## View videos from our Content Experts



Mae Lynn Reyes-Rodríguez, PhD, FAED



Leslie Williams, MD



Patrick Butler, PhD

[View Videos Now](#)

## View our infographics

These infographics highlight certain populations with increased risk of developing an eating disorder.



[View Infographics](#)

## View blog posts

These blog posts were written by NCEED Content Experts in collaboration with the [Office of Women's Health](#)

[View Blog Articles](#)

# Education **Spotlight**



## Embracing the Journey: Fostering Acceptance and Belonging in Eating Disorder Recovery

View the latest on-demand webinar from Dr. Carolyn Coker Ross, MD, MPH, CEDS-S as she shares information on the journey of recovery from an eating disorder.



**Presenter:**

**Dr. Carolyn Coker Ross, MD, MPH, CEDS-S**

African American author, speaker, and expert in using Integrative Medicine for the treatment of food and body image issues and addictions. CEO of The Anchor Program.

Register Now

# News **You Can Use**



Dr. Christine Peat was interviewed for an article in UNC Health Talk about the best ways to navigate healthy body image in teenagers. Read the article [here](#).

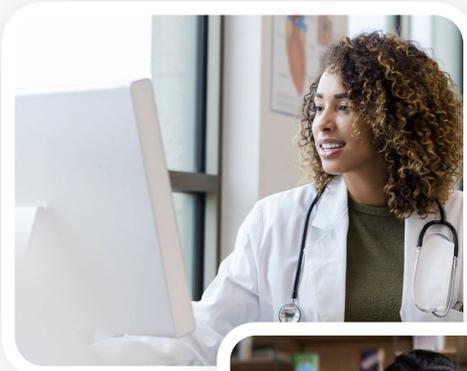
Dr. Peat was interviewed for an article in U.S. News and World Report titled "'Old Demons,' New Stress and the Pandemic's Surge in Eating Disorders." Read the article [here](#).

Dr. Peat was interviewed for an article in UNC Health Talk on feelings of guilt about eating certain foods. Read the article [here](#).



Dr. Cynthia Bulik was interviewed for a podcast titled "The Hidden Epidemic of Eating Disorders." Listen to the recording [here](#).

# Stay Up to Date



Visit our website to sign up for our quarterly email newsletter. Each issue features the latest updates from our Leadership Team, and critical data surrounding eating disorders. You can also register for upcoming webinars.

[Sign Up For Our Newsletter](#)



# Contact Our Team



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