



# AUGUST 2021 **NEWSLETTER**

 [nceedus.org](https://nceedus.org)  
 [info@nceedus.org](mailto:info@nceedus.org)  
 (919) 695-3860

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**Grant Statement**

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# From the **Director's Desk**



Welcome to your quarterly update from NCEED! We're excited to share our ongoing work and projects currently underway.

As noted in our previous newsletter, NCEED is nearing completion of the beta version of the Screening, Brief Intervention, and Referral to Treatment for Eating Disorders (SBIRT-ED) tool. We are wrapping up work on prototyping this online tool with an aim to do a formal, nationwide launch in Fall 2021. In advance of the launch, SBIRT-ED is gaining momentum at the federal level. **The U.S. House recently passed a measure requesting an additional \$1M in funding for NCEED to implement SBIRT-ED training.** We are thrilled about the enthusiasm demonstrated by the House for SBIRT-ED. They recognize the importance of addressing eating disorders in the primary care setting!

NCEED's work in primary care was also recently highlighted during a Senate Finance Committee hearing on mental health. During this hearing, **Senator Mark Warner specifically named NCEED and urged for SBIRT-ED in primary care** to better equip the healthcare workforce with the necessary tools and skills to manage eating disorders. NCEED is grateful to Senator Warren for his insightful comments and his efforts to further the work NCEED is doing with SBIRT-ED!

The need for SBIRT-ED is greater than ever given the increase in the eating disorder burden during the COVID-19 pandemic. Over the last several months, NCEED has spoken to media outlets across the country regarding the impact of the pandemic on those with eating disorders. The increased visibility of this problem on a national scale reflects not only the scope of the problem, but also the urgency of meeting the needs of frontline clinicians so they can better provide care for their patients. **With SBIRT-ED nearly complete, NCEED is poised to effectively and creatively meet those needs and ensure that those with eating disorders are being identified and funneled toward the appropriate care.**

In recognition of our focus on the primary care field, NCEED is also currently working to update the look and feel of our website. In the coming weeks, you will see new layouts, images, and taglines on the website that are reflective of our primary audience. These updates will attract primary care providers and other frontline healthcare clinicians, and ultimately train them on the strategies they need to help their patients who struggle with eating disorders. I encourage you to reach out to us at [info@nceedus.org](mailto:info@nceedus.org) with your feedback as these changes unfold.

As always, NCEED is indebted to you and your commitment to the eating disorders field. The work we undertake is certainly a collaborative effort, and I encourage you to be in touch with any comments or ideas to help us toward the shared goal of better care for those with eating disorders.

Best regards,

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

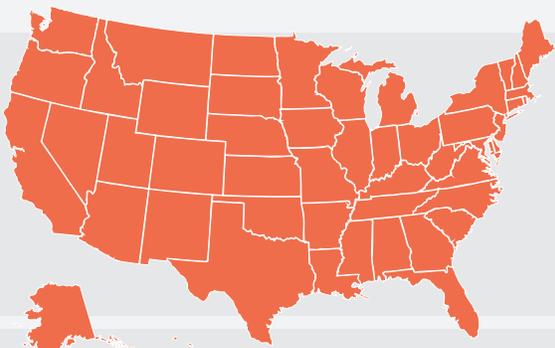
Director, National Center of Excellence for Eating Disorders

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

# Did You Know?

Providers have seen a noticeable increase in patients who present with eating disorders since the beginning of the COVID-19 pandemic. In fact, hotline calls to the National Eating Disorders Association are up 70-80% in recent months.\*

A recent study featured in the International Journal of Eating Disorders, authored in part by Dr. Christine Peat and Dr. Cynthia Bulik, finds that:



**23%** of US respondents reported regular episodes of binge eating of stockpiled foods

**57%** of US respondents reported frequent or daily anxiety about not being able to exercise

**59%** of US respondents were either somewhat or very concerned about worsening of an eating disorder due to a lack of social support

**79%** of US respondents were either somewhat or very concerned about worsening of an eating disorder due to a lack of structure

\*Source: Eating Disorders Thrive In Anxious Times, And Pose A Lethal Threat, NPR, September 8, 2020, <https://www.npr.org/sections/health-shots/2020/09/08/908994616/eating-disorders-thrive-in-anxious-times-and-pose-a-lethal-threat>



NCEED seeks to dispel popular myths around eating disorders. Our infographics educate and reorient people to the truths. You can find these materials on our social media accounts or download them from our website.

Visit NCEED's Partner Toolkit



# Education **Spotlight**

## Upcoming webinar on “Lessons from History: The Minnesota Starvation Experiment”



**Date:** Wednesday, August 18, 2021

**Time:** 3:00pm – 4:00pm EST

[Register Now](#)

Ancel Keys’ starvation experiment produced emotional effects including sleep disturbance, poor concentration, and irritability in the participants. Some of the behaviors seen in patients with restrictive eating disorders are likely driven by the physiology of starvation.

This webinar provides you with practical, actionable guidance on:

- ✓ Ancel Keys’ professional development and how it led to his interest in human and animal physiology in extreme circumstances.
- ✓ Historical context of the Minnesota Starvation Experiment.
- ✓ How findings from the study parallel physical and psychological signs and symptoms seen in patients with restrictive eating disorders.
- ✓ The discovery that no ideal nutritional supplement exists for weight restoration after starvation. Food is food, and oral refeeding is preferable in most cases.



**Presenter**

**Tonya Foreman, MD**

Professor of Psychiatry, UNC Chapel Hill

[See Accreditation Details & Register Now](#)



**NCEED**

National Center of Excellence  
for **Eating Disorders**

# Education Calendar



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.



**Wednesday, August 18**

Tonya Foreman, MD

Eating disorder research and medical interventions

[Register Now](#)



**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

Biology and genetics of eating disorders



**Thursday, December 9**

Christine M. Peat, PhD, FAED, LP

Eating Disorders within Primary Care

## In the News



The U.S. House has passed a measure to supply additional funding for the Department of Labor, Health and Human Services. The measure proposes the Health Resources and Services Administration (HRSA) receive \$1,000,000 for their Primary Care Training and Enhancement programs. This funding would allow NCEED to provide critical training for primary care health professionals to implement SBIRT-ED in their practices.

“NCEED is thrilled to see recognition for the importance of eating disorders education and training for primary care providers (PCPs). This funding will allow NCEED to successfully launch our SAMHSA-funded initiative of Screening, Brief Intervention, and Referral to Treatment for Eating Disorders (SBIRT-ED)—a primary care-specific tool that allows PCPs to effectively detect and manage patients with eating disorders in their clinical practice,” states Christine Peat, PhD, FAED, LP, Director of the National Center of Excellence for Eating Disorders.

[View the Press Release](#)

During the recent Senate Finance Committee hearing on mental health, Senator Mark Warner (D-VA) asked a question of Dr. Benjamin F. Miller, Chief Strategy Officer of Well Being Trust. Sen. Warner inquired as to the benefits of mental health screening as part of regular training for health care professionals. As part of his question, Sen. Warner referenced the SBIRT-ED protocol developed by NCEED. We are grateful for his recognition of our efforts! The mention of NCEED begins at the 3:00 mark in the video.

[Watch the Video](#)



The Substance Abuse and Mental Health Services Administration (SAMHSA) is rolling out a new 988 dialing code for the National Suicide Prevention Lifeline starting in July 2022. This dialing code provides users immediate access to emotional support and crisis counseling. The effort uses technology to help Americans in a mental health crisis and save lives.

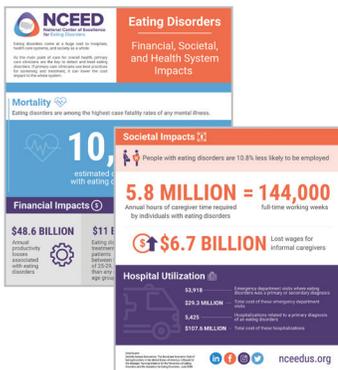
[View the Press Release](#)

# Inside Look



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



NCEED recently created a new infographic on “The Impact of Eating Disorders” that highlights the impact they have on finances, society, and health care. This infographic won an Honorable Mention in the dotComm Awards ([dotcommawards.com](http://dotcommawards.com)), an international marketing and communication awards program.

Download Infographic

## 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!



**Christine M. Peat, PhD, FAED, LP**  
Director  
✉ [christine\\_peat@med.unc.edu](mailto:christine_peat@med.unc.edu)



**Jean Doak, PhD**  
Deputy Director  
✉ [jean\\_doak@med.unc.edu](mailto:jean_doak@med.unc.edu)



**La-Shell Johnson, MA**  
Program Coordinator  
✉ [la-shell\\_johnson@med.unc.edu](mailto:la-shell_johnson@med.unc.edu)



**Courtenay Pierce, BA**  
Research Assistant  
✉ [courtenay\\_pierce@med.unc.edu](mailto:courtenay_pierce@med.unc.edu)