



# MARCH 2022 NEWSLETTER

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**Grant Statement**

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# From the Director's Desk



Welcome to this quarter's edition of the NCEED newsletter! We've had several exciting developments since our last update, and we're excited to share them with you.

First, development of Screening, Brief Intervention, and Referral to Treatment for Eating Disorders (SBIRT-ED) is now complete. In December 2021, NCEED selected [Astriata](#) as the vendor for SBIRT-ED. They were a natural fit for this work, as they are a website design and development company that specializes in products focused on mental health. **Astriata and the NCEED team completed SBIRT-ED development in March 2022, and we are now awaiting SAMHSA review and approval.** Thank you again for your patience with this process—we are thrilled with the finished product and believe it will make an incredible impact in primary care.

As highlighted in the last NCEED newsletter, we developed collaborations with several of SAMHSA's Centers of Excellence focused on behavioral health disparities. These groups include the [African American Behavioral Health Center of Excellence](#), [The Center of Excellence on LGBTQ+ Behavioral Health Equity](#), and the [National Family Support Technical Assistance Center \(NFSTAC\)](#). NCEED worked with these Centers to develop infographics that highlight how eating disorders might present in each community and what clinicians and families can do to help. We also developed a separate infographic with the [National AHEC Organization](#) to highlight how eating disorders might present in underrepresented and other minoritized groups. **We launched all four infographics via our social media during the National Eating Disorders Awareness Week, and we are pleased to share them with you [here](#) as well.**

In addition to these infographics, we also collaborated with the NFSTAC on a Family Connections session during which NCEED Content Expert Stephanie Zerwas, PhD, talked to families about their role in supporting a loved one with an eating disorder. In March, NCEED's Content Expert Martha Perry, MD, participated in a panel discussion with experts from the LGBTQ+ Center of Excellence about how eating disorders present in trans individuals. Both live events were well-received and generated important discussion on how those with eating disorders can be supported by clinicians and family members alike. **If you're interested in accessing the session we did with the LGBTQ+ CoE, you can watch the presentation on-demand [here](#).**

Please stay tuned via these newsletters and our social media to stay up to date about the rollout of SBIRT-ED and our upcoming webinars and resources! We hope the training and resources NCEED provides are useful to you as you interface with those struggling with eating disorders. If there are specific resources, questions, or ideas that you'd like to discuss with us, we are always eager to collaborate. You may contact us anytime at [info@nceedus.org](mailto:info@nceedus.org).

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?



## Eating Disorder Prevalence in Black Americans

- i** Black Americans suffer more often from binge eating than any other eating disorder.
- i** Clinician bias may prevent some eating disorders from being discovered.

[Download Now](#)



## Eating Disorders in LGBTQ+ Population

- i** Eating disorder treatment for individuals who have gender dysphoria or who identify as transgender can fall short. Individuals note that treatments often lack a gender-affirming approach or fail to recognize that the root causes of the eating disorders are not the same as those among the cisgender population.

[Download Now](#)



## Eating Disorders in Underrepresented Communities

- i** Groups with faster rates of growth in eating disorders include males, older individuals (44+), and people in lower socioeconomic households.
- i** Individuals who suffer from food insecurity are almost four times more likely to experience bulimia nervosa.

[Download Now](#)



## Family Support is Vital for Eating Disorder Recovery

- i** Avoid any comments – positive or negative – about physical appearance and weight.
- i** Your loved one may want support during meals and snacks. Keep the conversation light, be open, and listen.

[Download Now](#)

# Education **Spotlight**

As part of National Eating Disorders Awareness week in February, NCEED partnered with three other national Centers of Excellence to present webinars about the impact of eating disorders on specific populations.



We are grateful to partner with these organizations in sharing this important information.

## Collaborative Webinar with The African American Behavioral Health Center of Excellence

### **“No More Secrets:” Shedding Light on Eating Disorders in the African American Community**



**Date:** Wednesday, April 20, 2022

**Time:** 1:30pm - 2:30pm EST

[Register Now](#)

Eating disorders were historically believed to be a concern for affluent, young, White women. Emerging evidence indicates that disordered eating is also present among African American and/or Black individuals. Yet due to lack of training, providers may find it challenging to identify it in this population.

This webinar offers practical, effective strategies that help you overcome these screening challenges. After viewing this webinar, you will be able to:

- ✓ Identify factors that may influence the development of disordered eating in African Americans.
- ✓ Describe culturally relevant questions that may better detect the presence of disordered eating in clinical assessments with African Americans.
- ✓ Describe evidence-based and culturally informed treatments for eating disorders in African Americans.



**Presenter**

**Rachel W. Goode, PhD, MPH, LCSW**

Assistant Professor at the School of Social Work, UNC Chapel Hill

[See Accreditation Details & Register Now](#)

# Education Calendar

NCEED offers a series of CME-certified, on-demand webinars. Each one offers evidence-based insights and tools to help primary care clinicians identify and treat eating disorders.



[See Courses Now](#)

Here is a list of upcoming live webinars in 2022.



**Presenter: Rachael Flatt, MA**

**Title:** Treating Athletes with Eating Disorders and Unhealthy Sport Environments

**Date:** Friday, June 3, 2022

**Time:** 1:00pm EST



**Presenter: Mae Lynn Reyes-Rodríguez, PhD, FAED**

**Title:** Treating Eating Disorders in Latino Males

**Date:** Wednesday, July 20, 2022

**Time:** 1:00pm EST



**Presenter: Tonya Foreman, MD**

**Title:** Eating Disorder Treatment at Higher Levels of Care

**Date:** Thursday, August 18, 2022

**Time:** 3:30pm EST



**Presenter: Anna M. Lutz, MPH, RD/LDN, CEDRD-S**

**Title:** Managing Refeeding and Renourishment in the Outpatient Setting

**Date:** Friday, September 23, 2022

**Time:** 12:00pm EST

## Join Our Mailing List to **Get Notified!**

Get the latest updates on training and available resources.

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# Inside **Look**

In January, the U.S. Departments of Labor, Health and Human Services, and the Treasury issued their biannual report on the impact of the Mental Health Parity And Addiction Equity Act. The report suggests that mental health and substance use disorder treatment benefits are not being fairly and equally distributed to policyholders. The report cites an example on how nutritional therapies are extended to patients with documented diabetes diagnoses, but not to patients with documented eating disorders. As a result, the report makes recommendations to correct those shortcomings and strengthen enforcement going forward.

[Read the News Release Here](#)

## **U.S. Preventive Services Task Force Issues Statement on ED Screening**

In mid-March, the U.S. Preventive Services Task Force issued a statement on screening adolescents and adults for eating disorders. Their statement indicates there is insufficient evidence regarding the benefits and/or harms of screening asymptomatic individuals for eating disorders in primary care. Notably, the Task Force is not recommending against screening, but instead highlights important gaps in our understanding.

NCEED's position is that screening all patients is important, as eating disorders often go undetected. Proper screenings ensure all patients with these disorders are identified and treated effectively. In light of these findings, NCEED offers clinical and research implications based on this report.

Certainly there is need for further research evaluating the benefits and harms of screening asymptomatic patients in primary care. Inclusion of diverse populations would be particularly valuable in these research endeavors so the populations better reflect those seen in primary care. Several clinical strategies may also improve eating disorders care, including education and training of healthcare providers in a manner that is appropriate and feasible for primary care, provision of tailored tools for use by primary care providers, and increased integration of mental health into the primary care setting.

It is important to note that this statement does not discuss screening of individuals who do have clear eating disorder symptoms, which the Task Force agrees is prudent and effective in improving health outcomes.

[View More Information on this Report](#)

# Inside **Look**

## 988 Set to Launch in July

On July 16, 2022, a new three-digit number launches that connects callers to 988 Suicide and Crisis Lifeline. By dialing 988, individuals in a mental health emergency can reach trained counselors equipped to help people overcome their crisis situations.

[Learn More About 988](#)

# 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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