



Resources for Health Care Providers

The following organizations provide information on eating disorders which may be useful to health care providers and their patients.

Organizations

General Information on Eating Disorders

The National Women's Health Information Center (NWHIC)

Telephone: (800) 994-WOMAN

Web sites: www.4woman.gov, www.4girls.gov

NWHIC is a project of the U.S. Department of Health and Human Services Office on Women's Health. Its Web site provides information on women's health issues and is designed for consumers, health care professionals, researchers, educators, and students. Information on body image, eating disorders, nutrition, exercise, and other related topics can be obtained by clicking on "Body Image," under the "Special Sections" heading.

Girl Power!

Telephone: (800) 729-6686

Web site: www.girlpower.gov

Girl Power!, a national public education campaign sponsored by the U.S. Department of Health and Human Services, encourages and empowers young girls ages 9 to 13 to make the most of their lives. Girls ages 8 and 9 typically have very strong attitudes about their health. Girl Power! seeks to reinforce and sustain these positive values as they grow older by targeting health messages to their unique needs, interests, and challenges.

National Association of Anorexia Nervosa and Associated Disorders (ANAD)

P.O. Box 7

Highland Park, IL 60035

Telephone Hotline: (847) 831-3438

Web site: www.anad.org

ANAD is a nonprofit organization that helps people with eating disorders and their families at no charge. It provides hotline counseling, a national network of free support groups, referrals to health care professionals, and education and prevention programs to promote self-acceptance and healthy lifestyles. ANAD also lobbies for state and national health insurance parity, undertakes and encourages research, fights dangerous advertising, and organizes advocacy campaigns to prevent eating disorders.

National Eating Disorders Association (NEDA)

603 Stewart St., Suite 803

Seattle, WA 98101

Telephone: (206) 382-3587

Web site: www.nationaleatingdisorders.org

NEDA is dedicated to expanding public understanding of eating disorders; promoting treatment for those affected; and providing support for their families through education, advocacy, and research. The organization offers extensive information and educational resources to schools, health professionals, community organizations, and individuals. Additionally, NEDA sponsors several educational and prevention programs and maintains a referral line that provides free information on eating disorders, treatment resources, and support services.

Harvard Eating Disorders Center (HEDC)

WACC 725

15 Parkman Street

Boston, MA 02114

Telephone: (617) 726-8470

Web site: www.hedc.org

HEDC is a national nonprofit organization (affiliated with the Harvard Medical School) that aims to advance the understanding, prevention, and treatment of eating disorders through research, education, and outreach. HEDC conducts or participates in forums and



symposia that train medical professionals, increase awareness among groups that interact with those at risk for eating disorders, and communicate the latest research advances to other medical professionals. The center produces an annual newsletter that keeps the community and the public-at-large updated on HEDC's research, education and advocacy programs.

Massachusetts Eating Disorder Association, Inc. (MEDA)

92 Pearl Street
Newton, MA 02458
Telephone: (617) 558-1881
Web site: www.medainc.org

MEDA is a nonprofit organization dedicated to the prevention, education, and treatment of eating disorders based on a model of full recovery. Its mission is to use educational awareness and early detection methods to prevent the spread of eating disorders, and to serve as a support network and resource to individuals recovering from eating disorders.

Pennsylvania Educational Network for Eating Disorders (PENED)

7805 McKnight Road
Pittsburgh, PA 15237
Telephone: (412) 366-9966
E-mail: PENED1@aol.com

PENED is a nonprofit organization that provides educational, support, and referral services to the general public and professionals regarding the causes, treatment, and prevention of eating disorders. PENED publishes a quarterly newsletter, provides professional training, organizes support groups, and conducts prevention programs and media interviews.

The National Eating Disorders Screening Program

One Washington St., Ste 304
Wellesley Hills, MA 02481
Telephone: (781) 239-0071
Web site: www.mentalhealthscreening.org/eat.htm

Screening for Mental Health, Inc. is a nonprofit organization that coordinates nationwide mental health screening programs, including the National Eating Disorders Screening Program.

Organizations for Health Care Providers

Academy for Eating Disorders (AED)

6728 Old McLean Village Dr.
McLean, VA 22101
Telephone: (703) 556-9222
Web site: www.aedweb.org

AED is a multidisciplinary professional organization focusing on anorexia nervosa, bulimia nervosa, binge eating disorder, and related disorders. Founded in 1993, AED promotes effective treatment, develops prevention initiatives, stimulates research, disseminates information, and sponsors an international conference.

American Academy of Child and Adolescent Psychiatry (AACAP)

3615 Wisconsin Avenue, NW
Washington, DC 20016-3007
Telephone: (202) 966-7300
Web site: www.aacap.org

The AACAP publishes *Facts for Families*, which provides concise and up-to-date information on issues that affect children, teenagers, and their families, including eating disorders. Other publications include the *Journal of the American Academy of Child & Adolescent Psychiatry*.

American Academy of Pediatrics

141 Northwest Point Boulevard
Elk Grove Village, IL 60007-1098
Telephone: (847) 434-4000
Web site: www.aap.org

The AAP has launched a Web page, at www.aap.org/obesity, that provides information, tools, and resources related to overweight and obesity for health care providers.

American Psychiatric Association

1000 Wilson Blvd., Ste. 1825
Arlington, VA 22209-3901
Telephone: (703) 907-7300
Web site: www.psych.org

The APA publishes the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV), which addresses eating disorders. Other publications include practice guidelines and brochures on eating disorders.

American Psychological Association (APA)

750 First Street, NE
Washington, DC 20002
Telephone: (800) 374-2721
Web site: www.apa.org

The APA Task Force on Girls: Strengths and Stresses

focuses on the strengths, challenges, and choices of adolescent girls today through a review of current research, education, practice, and public policy. Additional APA publications include *Beyond Appearance: A New Look at Adolescent Girls*.

International Association of Eating Disorders Professionals (IAEDP)

PO Box 1295
Pekin, IL 61555-1295
Voice: 800.800.8126
Fax 309-346-2874
Web site: www.iaedp.com

IAEDP provides education and training standards to an international multidisciplinary group of various healthcare treatment providers and helping professions who treat the full spectrum of eating disorder problems. IAEDP offers a certification process for those who wish to receive specialized credentials in their work with people with eating disorders and publishes Connections, a newsletter that addresses contemporary treatment issues.

The Society for Adolescent Medicine (SAM)

1916 N.W. Copper Oaks Circle
Blue Springs, MO 64015
Telephone: (816) 224-8010
Web site: www.adolescenthealth.org

SAM's publications include the *Journal for Adolescent Health* and a position paper on eating disorders in adolescent girls.

Guidelines and Recommendations

American Academy of Pediatrics. *The Classification of Child and Adolescent Mental Diagnoses in Primary Care: Diagnostic and Statistical Manual for Primary Care (DSM-PC). Child and Adolescent Version. Illinois, 1996.*

This version is intended to help primary care clinicians better identify the psychosocial factors that affects

patients in order to provide appropriate interventions, obtain reimbursement for the interventions, and refer patients who require more sophisticated mental health care. Eating disorders are included among the diagnoses.

American Medical Association. *Guidelines for Adolescent Preventive Services (GAPS): Clinical Evaluation and Management Handbook, 1995.*

GAPS is a set of recommendations that describes the content and delivery of comprehensive clinical preventive services to adolescents between 11 and 21 years of age. These recommendations help primary care providers expand their delivery of clinical preventive services to adolescents.

American Psychiatric Association. *Diagnostic and Statistical Manual of Mental Disorders (4th edition). Washington, D.C.: APA Press, 1994.*

American Psychiatric Association. *Practice Guideline for the Treatment of Patients With Eating Disorders. (Second Edition). Washington, DC., 2000.*

Rome E.S., Ammerman S., Rosen D.S., et al. *Children and Adolescents with Eating Disorders: The State of the Art. Pediatrics. 2003 Jan;111(1):e98-108.*

This article summarizes newer findings on pathogenesis and etiology, prevention and screening, risk factors, nutritional issues, care from the primary care clinician's perspective, appropriate use of a multidisciplinary team, and issues of managed care and reimbursement. It was developed by the eating disorder special interest group from the Society for Adolescent Medicine in an effort to summarize current knowledge of best practice in the field. Available online at <http://pediatrics.aapublications.org/cgi/content/full/111/1/e98>

Story M., Holt K., Sofka D., eds. 2002. *Bright Futures in Practice: Nutrition (2nd ed.)*. Arlington, VA: National Center for Education in Maternal and Child Health.

This publication is part of a series of implementation guides that have been developed as part of the Bright Futures project, an initiative guided by the Health Resources and Services Administration's Maternal and

Child Health Bureau, with additional program support from the Centers for Medicare and Medicaid. The Bright Futures project provides a set of expert guidelines and a practical developmental approach to providing health supervision for children of all ages, from birth through adolescence. Available online at www.brightfutures.org/nutrition/pdf.

Publications

A free Eating Disorders Resource Catalogue is available by contacting Gurze Books, P.O. Box 2238, Carlsbad, California 92018, tel: (800) 756-7553. The catalogue may also be downloaded from www.gurze.com.

Professional Books and Articles

The following publications discuss eating disorders and other adolescent health issues.

Andersen, Arnold, Leigh Cohn, and Thomas Halbrook. *Making Weight: Men's Conflicts with Food, Weight, Shape and Appearance.* Carlsbad, CA: Gurze Books, 2000.

This book focuses on issues faced by men regarding food, body weight, and shape. It discusses the difference between the sexes concerning body composition and image and addresses the influence of the mainstream media and the diet industry. The book also focuses on the meaning of "maleness" and on how it affects men's body image and satisfaction.

Berg, Frances M. *Afraid to Eat: Children and Teens in Weight Crisis.* Hettinger, ND: Healthy Weight Publishing Network, 1997.

This book addresses four problematic behaviors: dysfunctional eating, eating disorders, size prejudice, and overweight among teens. It discusses the negative effects of social pressures to be thin on students' academic achievement, and also explores the effects of eating disorders on minority students and boys. The author stresses the need for social change in schools, organized sports, and federal policies. A second book by the author published in 2000, *Women Afraid to Eat: Breaking Free in Today's Weight-Obsessed World*, is concerned with the full meaning of nourishment from both the physical and the psychological perspective. Available from Healthy Weight Publishing Network,

tel: (701) 567-2646,

Web site: www.healthyweightnetwork.com.

Kreipe R., Yussman S.M. *The Role of the Primary Care Practitioner in the Treatment of Eating Disorders.* *Adolescent Medicine: State of the Art Reviews*, 2003, vol. 14(1), pp. 133-47.

This article addresses the practical issues primary care practitioners face when caring for an adolescent with an eating disorder. The authors provide pragmatic ways to diagnose and initiate treatment, as well as to engage patients and parents as active participants and members of the therapeutic team during the early phases of treatment.

Mehler, Philip, M.D. & Arnold Andersen, M.D. *Eating Disorders: A Guide to Medical Care and Complications.* Carlsbad, CA: Gurze Press, 2000.

Written for primary care clinicians and mental health professionals, the book focuses on topics such as team treatment, medical evaluation of the patient, principles of diagnosis and treatment, and nutritional rehabilitation.

Piran, Niva, Michael P. Levine, and Catherine Steiner-Adair (eds.). *Preventing Eating Disorders: A Handbook of Interventions and Special Challenges.* Philadelphia, Brunner/Mazel, 1999.

This book describes a variety of approaches to the prevention of eating disorders which can be used by professionals from the disciplines of general health, mental health, and education, as well as by policymakers and community members. Available from: Brunner/Mazel, tel: (800) 821-8312.

Rio, Linda and Tara Rio, with commentary by Craig Johnson, Ph.D. *The Anorexia Diaries: A Mother and Daughter's Triumph Over Teenage Eating Disorders.* New York: New York, Rodale Press, Inc., 2003.

This book provides a personal and emotional look into one family's battle with teen depression and eating disorders. Their story is told through excerpts from the actual diaries of a mother and daughter, and is accompanied by commentary from Craig Johnson, Ph.D., who helps readers understand how to recognize and treat anorexia and bulimia in their own families.