

New President's Message

James E. Mitchell, M.D.



It is a great pleasure for me to address the membership of the Academy for Eating Disorders, having recently assumed the Presidency at our meeting in New York. Those of you who were unable to attend the meeting missed what I think was one of the most outstanding conferences ever held in the field of eating disorders. Kathy Pike and Mike Devlin put together a truly excellent program. The plenary sessions were outstanding, the workshops were varied and of high quality, and the paper sessions were filled with excellent papers. The whole conference had a "good feeling" to it, and I think that most of the attendees were very pleased and found it both informative and fun. As most of you know, these conferences take years to plan. Susan Yanovski and Elliot Goldner are already hard at work planning the conference in Vancouver next year. We all hope that our future conferences will be just as exciting. If you have ideas or suggestions for the next conference, please contact these individuals. The more input the better.

Several awards were given by the Academy at the meeting. Paul Garfinkel, M.D., of the University of Toronto, received the Lifetime Achievement Award and gave a wonderful talk summarizing progress in the field to date and delineating the challenges for the future. Patricia Hartley, Ph.D., was given the

Newsletter Editor's Message

Lisa Lilienfeld, Ph.D.

It is with great pleasure that I begin my post as Editor for our Newsletter. Please join me in thanking David Garner for the wonderful work he has done with the Newsletter over the years. Please note our new Academy officers and Board Members on page 2.

My goal is to make the Newsletter as useful and interesting as possible for all members of the Academy: scientists, practitioners, scientist-practitioners, and graduate students. Toward this end, I invite *suggestions from Academy members* as to what items you would like to see continued and any new ideas for columns or other features you would like to see added. Here are my initial ideas (thanks to input from several colleagues in the Academy already) regarding new items for our newsletter:

1. Periodic updates on the business of each of our five Academy Councils which correspond to our five Academy goals (Education & Training, Foundation, Membership, Public Affairs, and Publications). You can find the first one from the Publications committee in the current newsletter.
2. Junior researcher "stand-outs". These are brief summaries of research presentations given by junior researchers at the prior Academy-sponsored conference (in this case, from the International Conference on Eating Disorders in New York in May 2000) that were nominated by paper session moderators as exceptionally strong. This will allow all Academy members to learn about the research being conducted by up-and-coming researchers in our field. Again, we begin this series in the current newsletter.

3. Newsworthy awards or other recognitions given to Academy members for their professional work. Amy Baker Dennis is the first to be highlighted in the current newsletter. *Please send me information about yourself or other colleagues who have been given such recognition in the past year. Don't be shy!*

I am excited to embark upon my new position as Editor and look forward to hearing your suggestions as to how I can make the Newsletter of utmost interest and use to all Academy members. Enjoy the rest of your summer.



Inside This Issue

Page	
1	New President's Message
1	Newsletter Editor's Message
2	New York Conference Highlights
3	Junior Researcher "Stand-Outs"
5	First Academy Press Conference
6	Publications Committee Update
6	Upcoming Conferences
7	Academy Members Honored
8	Newsletter Contact Information

Academy for Eating Disorders

6728 Old Mclean Village Drive
McLean, VA 22101-3906
(703) 556-9222 Fax (703) 556-8729
Email: aed@degnon.org
www.acadeatdis.org

President

James E. Mitchell, MD
Fargo, ND
Mitchell@medicine.nodak.edu

President-Elect

Allan S. Kaplan, MD
Toronto, Ontario
Allan.Kaplan@uhn.on.ca

Treasurer

Cynthia M. Bulik, PhD
Richmond, VA
cbulik@hsc.vcu.edu

Secretary

Michael J. Devlin, MD
New York, NY
mjd5@columbia.edu

Immediate Past-President

Stephen Wonderlich, PhD
Fargo, ND
StephenW@medicine.nodak.edu

Board Members-At-Large

Tim Brewerton, MD
Charleston, SC

Pat Fallon, PhD
Seattle, WA

Nancy King, LCSW
Bronxville, NY

Diane Mickley, MD
Greenwich, CT

Dianne Neumark-Sztainer, PhD
Minneapolis, MN

Susan Yanovski, MD
Rockville, MD

Newsletter Editor

Lisa R.R. Lilienfeld, PhD
Atlanta, GA
LLilienfeld@gsu.edu

Executive Staff

George K. Degnon, CAE
Executive Director

Meg Gorham
Associate Director

Linda Kozlowski
Executive Assistant

The Ninth International Conference on Eating Disorders New York - May, 2000

Lisa Lilienfeld, Ph.D.

The New York conference was a great success, with close to 800 in attendance. A huge thanks goes out to Kathleen Pike, Ph.D., and Michael Devlin, Ph.D., for all of their work in organizing the meeting. This year's conference struck me as a particularly useful balance of outstanding plenary sessions, cutting-edge research presentations, engaging workshops of clinical relevance and empirical focus, as well as stimulating panel debates. I have summarized a few highlights from the weekend below.

Awards

Congratulations goes out to Paul Garfinkel, recipient of the Lifetime Achievement Award. Dr. Garfinkel is Professor and Chair of the Department of Psychiatry at the University of Toronto. He is well known for many years of both outstanding treatment and research in the field of eating disorders including the specific areas of diagnosis, assessment, epidemiology, co-morbidity, and family psychopathology.



Steve Wonderlich, Paul Garfinkel, Allan Kaplan

Awards were also given to the following recipients: The Research Award was presented to Stewart Agras. Dr. Agras has made significant contributions in many research areas, most recently in the areas of the treatment of bulimia nervosa and binge eating disorder, as well as investigating risk factors and precursors to binge eating. The Outstanding Clinician Award was given to Pauline Powers, founding member of the Academy. Joel Yager presented the Public Service Award to Ken Schonberg, also a founding member of the Academy.

The Vivian Meehan award was presented to Patricia Hartley. Preston Zucker and Elaine Russell were honored for their efforts in

organizing the previous eight New York conferences. Finally, Jim Mitchell presented Jocelyn Ancheta with a certificate of appreciation for the McKnight Foundation's support of eating disorders research. Congratulations to all of these accomplished Academy members and supporters.



Preston Zucker, Elaine Russell, Kathy Pike, Mike Devlin

Friday Night: 50-year follow up of the Minnesota Starvation Study

You would have thought Donald Trump was there giving away money. Or maybe Patrick Ewing was signing autographs. In fact, 250+ meeting attendees were jam-packed (standing room only) into a conference room at the Hilton on Friday night to join Elke Eckert, M.D. and Scott Crow, M.D. in viewing a video tape from the classic Minnesota Starvation Study experiment conducted by Ancel Keys in the 1940's. I had to join several colleagues on the floor to watch and it was well worth it.

We first watched a BBC interview and saw original footage from the experiment. We then had the opportunity to watch a taped interview of one of the study participants tell his story. All of us in the field are well aware of the starvation-related symptoms we learned about from this landmark experiment. However, we obtained more details this evening. We learned that of the 40 healthy young men who were chosen from the original pool of 100 volunteers, four dropped out of the study because they couldn't stick to the semi-starvation regimen. Three of these four developed binge eating and/or purging, two began stealing food, two developed extreme compulsive gum-chewing (up to 40 packs/day), one suffered severe depression, two developed premorbid signs of psychosis and were hospitalized. One volunteer who remained in the study had to have food aspirated from his stomach after the study ended due to overconsumption. Remember, these men were screened to be exceptionally physically and psychologically healthy. This again reminds us of the powerful effect that starvation has on physical and psychological functioning. We

thank Drs. Eckert and Crow for this unique opportunity and very enjoyable evening

Presidential “Roast”

The Academy Annual Membership meeting was much more entertaining than any of you might have guessed. During this meeting, we first witnessed the election of new officers. Congratulations goes out to: Alan Kaplan (President-Elect), Cynthia Bulik (Treasurer), Michael Devlin (Secretary), Tim Brewerton, Dianne Neumark-Sztainer, and Susan Yanovski (Board Members at Large).

I must admit that I have never before attended an Academy Annual Meeting during this conference. However, I will never miss one again. Steve Wonderlich welcomed Jim Mitchell as the new President of the Academy. In addition to “passing the gavel”, he gave us a hilarious “roast” of Jim (and himself as well!) with an accompanying slide show. Steve thought that many of us might be wondering about what goes on up in North Dakota. We learned that Steve and Jim commute to work together on horses with cowboy hats in tow. In fact, we saw pictures of them during rush-hour crossing a stream in the woods. We also saw a rare photograph of Jim during his infamous pickle-selling days. Finally, we saw slides of Jim and Steve pitching a tent in the woods, which Steve informed us was actually their new state-of-the-art facility for Academy work in Fargo. Steve, thanks for the insight about what really goes on up there.

New York City

Finally, some unexpected highlights on Sunday were:

1. Record breaking temperatures.
2. A bicycle marathon in the morning that closed off all of Sixth Avenue.
3. The Cuban-American parade in the afternoon that, again, shut down Sixth Avenue.

These highlights made hailing a cab particularly eventful.



Junior Researcher “Stand-Outs”

Lisa Lilienfeld, Ph.D.

The following two researchers were among those nominated by the paper session moderators at the New York meeting in May as having given exceptionally strong research presentations. This column of the newsletter will allow all Academy members to learn about what these up-and-coming researchers are doing. Summaries of their presentations from the New York conference can be found below.

1. Patricia Jordan, M.A.

Education

1993 B.Sc., Psychology, University of Calgary, Canada

1999 M.A., Psychology, University of Rhode Island

Current Position

Graduate Research Assistant (ABD) with the Cancer Prevention Research Center at the University of Rhode Island.

2. Alison Field, Sc.D.

Education

1988 B.A., Psychology, University of California at Berkeley

1995 Sc.D., Harvard School of Public Health
1995-1997 Research Associate in Medicine, Harvard Medical School

Current Position

Instructor in Medicine, Harvard Medical School.

A COMPARISON OF CRITERIA FOR ASSESSING RECOVERY FROM ANOREXIA NERVOSA ACROSS FIVE STAGES OF CHANGE

¹Patricia J. Jordan, M.A., ¹Colleen A. Redding, Ph.D., ²Nicholas Troop, Ph.D., ²Lucy Serpell, Ph.D. — ¹Cancer Prevention Research Center, Kingston, RI; ²The Maudsley, Institute of Psychiatry, London, U.K.

The Transtheoretical Model (TTM) is a successful behavior change framework that integrates various psychological theories and constructs. Based on nearly two decades of research, the TTM has found that individuals move through a series of stages of readiness —precontemplation, contemplation, preparation, action, maintenance — in the

adoption of healthy behaviors or cessation of unhealthy ones.¹ Those in the precontemplation stage are typically defined as not intending to change behavior in the next six months. Individuals in the contemplation stage are thinking about changing behavior in the next six months. Those in preparation are intending to change behavior in the next 30 days. People in action have made overt changes, but for fewer than 6 months; while those in maintenance have maintained the change for greater than six months. Most individuals attempting a health behavior change relapse and recycle through previous stages, gradually learning how to successfully progress to maintenance.²

The TTM uses the stages of change as the foundation from which to integrate cognitive and behavioral change principles, including 10 processes of change (*i.e.*, how one changes;³); pros and cons (*i.e.*, the benefits and costs of changing;² and self-efficacy (*i.e.*, confidence in one’s ability to change;⁴ — all of which are important to TTM-based treatment programs and intervention designs.⁵

Initial applications of the TTM to eating disorders have demonstrated encouraging results for understanding change in illnesses such as anorexia nervosa⁶ and bulimia nervosa.^{7,8} The objectives of this study were to: 1) advance understanding of the self-change process in anorexia nervosa through the development of a measurement instrument (staging algorithm) that assesses recovery across five stages of change; and 2) compare five behavioral criteria for recovery from anorexia nervosa to determine which one, if any, demonstrated the most utility.

The main difficulty with developing a staging algorithm for recovery from anorexia nervosa is that to-date there is no agreed upon definition of recovery,⁹ nor is there one that has been used consistently in the literature. Restoration and maintenance of weight are frequently utilized indicators of improvement; however, some argue that weight gain is not as critical as other factors, such as menstrual regularity or normal eating. This lack of consensus has significant implications for effective utilization of the TTM, which requires categorization of individuals into stages of readiness to change a specific behavior.

A large sample of current and former anorexic subjects ($n=273$) completed questionnaires that assessed all constructs of the TTM, the EAT-26, self-reported recovery measures, a continuous readiness-to-change measure, and demographic characteristics. The sample was predominantly female (98.2%), Caucasian (92.3%), single (59%), educated ($M=15.4$ years, $SD=2.9$), and from a middle- or upper-middle-class background (72.2%). Participants had a mean age of 30.7 years ($SD=10.5$, range=13-66), older than most clinical samples; a mean BMI of 17.9 ($SD=2.6$); average weight and height were 106.7 pounds ($SD=18.2$) and 64.6 inches ($SD=3.1$).

A series of discrete single-item measures was also used to ascertain an individual's stage of change from a series of five mutually exclusive questions. Five staging algorithms focused on criteria that were thought to be indicative of recovery from anorexia nervosa, based on the clinical and research literature. The algorithms assessed each participant's readiness to: 1) recover from anorexia/bulimia; 2) eat normally; 3) stop restricting/bingeing/purging; 4) stop losing weight; and 5) gain weight. Each algorithm was evaluated based on its: 1) discriminant and concurrent validity; 2) theoretical consistency; 3) sensitivity; 4) overall percent explained variance; and 5) percent correctly classified in the prediction of stage membership.

Evaluation of each algorithm using a combination of qualitative and quantitative analyses, led to the conclusion that the most meaningful staging algorithm was one that measured progress through the stages by readiness to "stop restricting/bingeing/purging." This algorithm outperformed all others at most criterion levels, and proved sensitive enough to detect changes in readiness between most stages of change, including some of the subtle changes occurring between precontemplation and contemplation. Utilization of this definition with TTM-based interventions has the potential to accelerate clinical research and to optimize available treatments in this area.

References

1. Prochaska, J. O., & DiClemente, C. C. (1983). Stages and processes of self-change of smoking: Toward an integrative model of change. *Journal of Consulting and Clinical Psychology*, *51*, 390-395.

2. Prochaska, J. O., Velicer, W. F., Rossi, J. S., Goldstein, M. G., Marcus, B. H., Rakowski, W., Fiore, C., Harlow, L. L., Redding, C. A., Rosenbloom, D., & Rossi, S. R. (1994). Stages of change and decisional balance for 12 problem behaviors. *Health Psychology*, *13*, 39-46.
3. Prochaska, J. O., Velicer, W. F., DiClemente, C. C., & Fava, J. (1988). Measuring processes of change: Applications to the cessation of smoking. *Journal of Consulting and Clinical Psychology*, *56*, 520-528.
4. DiClemente, C. C., Prochaska, J. O., & Gibertini, M. (1985). Self-efficacy and the stages of self-change in smoking. *Cognitive Therapy and Research*, *9*, 181-200.
5. Prochaska, J. O., & Velicer, W. F. (1997). The transtheoretical model of health behavior change. *American Journal of Health Promotion*, *12*, 38-48.
6. Ward, A., Troop, N., Todd, G., & Treasure, J. (1996). To change or not to change—'How' is the question? *British Journal of Medical Psychology*, *69*, 139-146.
7. Stanton, A. L., Robert, W. M., & Zinn, L. M. (1986). Self-change in bulimia: A preliminary study. *International Journal of Eating Disorders*, *5*, 917-924.
8. Levy, R. K. (1999). The transtheoretical model of change: An application to bulimia nervosa. *Psychotherapy*, *34*, 278-285.
9. Herzog, D. B., Sacks, N. R., Keller, M. B., Lavori, P. W., von Ranson, K. B., & Gray, A. B. (1993). Patterns and predictors of recovery in anorexia nervosa and bulimia nervosa. *Journal of the American Academy of Child and Adolescent Psychiatry*, *32*, 835-842.

CORRESPONDING AUTHOR

For more information, please contact:
 Patricia J. Jordan, M.A.
 Cancer Prevention Research Center
 University of Rhode Island
 2 Chafee Road
 Kingston, RI, 02881
 tel. (401) 874-4644 / fax. (401) 874-5562
 e-mail. pjor8543@postoffice.uri.edu

PEER, PARENT, AND MEDIA INFLUENCES ON THE DEVELOPMENT OF WEIGHT AND BODY SHAPE CONCERNS AND FREQUENT DIETING AMONG PREADOLESCENT AND ADOLESCENT GIRLS AND BOYS

Alison E. Field, Sc.D., Carlos Camargo Jr., M.D., C. Barr Taylor, M.D., Catherine S. Berdy, Ph.D., Susan B. Roberts, Ph.D., Graham A. Colditz, M.D. — Channing Laboratory, Department of Medicine, Brigham and Women's Hospital and Harvard Medical School, Boston, MA.

The development of weight concerns and eating disorders among women are believed to be related to personal factors, as well as family, peer, and sociocultural influences and pressures. It is unknown whether these factors also are related to weight concerns and weight control practices among males. To determine the relative contribution of peer, parental, and media influences on the development of weight concerns and dieting practices among girls and boys, we analyzed data from more than 12,000 preadolescents and adolescents in a prospective cohort study.

The Growing Up Today Study (GUTS) was established in 1996 by recruiting children, who were 9 to 14 years of age, of women participating in the Nurses' Health Study II (NHS II). NHS II is a prospective cohort study of approximately 116,000 women who have been followed biennially since 1989. We wrote a detailed letter to the mothers, explaining the purpose of GUTS and sought parental consent to enroll their children who were 9 to 14 years of age. After receiving consent, we mailed an invitation letter directly to the child and asked them to complete the questionnaire if they wished to participate. A total of 9,039 girls and 7,843 boys returned completed questionnaires in 1996. After two mailings of follow-up questionnaires and a reminder e-mail, approximately 81% of girls ($n=7299$) and 72% of boys ($n=5653$) returned the 1997 follow-up questionnaire.

The annual questionnaire contains a variety of measures, including questions on weight, height, maturational stage, weight concerns and attitudes, and weight control behaviors. Questions adapted from the junior high school version of the McKnight Risk Factor Survey (MRFS)¹ were used to measure weight concerns, attitudes, and behaviors. To make the MRFS appropriate for boys, the

questions on thinness were replaced with questions inquiring about the importance of not being fat or desiring not to be fat. In addition, a question on the frequency of thinking about wanting to have bigger muscles was added to the boys' questionnaire. Dieting was assessed with a question adapted from the Youth Risk Behavior Surveillance System questionnaire.² The question asks, "During the past year, how often did you diet to lose weight or to keep from gaining weight?". Girls and boys who answered "every day" were classified as frequent dieters. The analysis was restricted to 6770 girls and 5287 boys who completed questionnaires in 1996 and 1997, were between 9 and 14 years of age in 1996, and provided complete information on the MRFS, dieting questions, weight, and height.

During 1 year of follow-up, 6% of girls and 2% of boys became highly concerned with weight, 14% of the boys started to think frequently about wanting bigger muscles (the question was not included on the girls' questionnaire), and 2% of girls and 1% of boys became constant dieters. Independent of age and body mass index (a measure of weight that accounts for height), both girls (odds ratio (OR)=1.9, 95% confidence interval (CI) 1.1-3.1) and boys (OR=2.7, 95% CI 1.1-6.4) who were making a lot of effort to look like same-sex figures in the media were more likely than their peers to become very concerned with their weight. Moreover, boys who reported trying to look like males in the media were more likely than their peers to start thinking frequently about wanting to have bigger muscles (OR=3.2, 95% CI 0.9-11.3). Peer influences were not predictive in either gender of becoming highly concerned with weight. However, boys who reported that not being fat was very important to their peers were approximately 3 times more likely (OR=3.4, 95% CI 1.2-9.6) to start thinking frequently about wanting to have bigger muscles. In addition, both girls (OR=2.3, 95% CI 1.1-5.0) and boys (OR=2.6, 95% CI 1.1-6.0) who reported that their thinness/lack of fat was important to their father were more likely than their peers to become constant dieters.

The media have been criticized for promoting excessively thin body images and promoting weight concerns and disordered eating among females.³⁻⁵ Our results suggest that the media may be having a similar negative impact on boys. In addition,

our findings offer support for the role parents play in the development of weight concerns and weight control practices of preadolescents and adolescents.

References

1. Shisslak CM, Renger R, Sharpe T, Crago M, McKnight KM, Gray N, Bryson S, Estes LS, Parnaby OG, Killen JD, Taylor CB. (1999). Development and evaluation of the McKnight Risk Factor Survey for assessing potential risk and protective factors for disordered eating in preadolescent and adolescent girls. *International Journal of Eating Disorders*, 25,195-214.
2. Kann L, Warren CW, Harris WA, Collins JL, Williams BI, Ross JG, Kolbe LJ. (1996). Youth Risk Behavior Surveillance-United States, 1995. *MMWR*, 45, 1-84.
3. Wiseman CV, Gray JJ, Mosimann JE, Ahrens AH. (1992). Cultural expectations of thinness in women: an update. *International Journal of Eating Disorders*, 11, 85-89.
4. Field AE, Camargo CA, Jr, Taylor CB, Bekey CB, Colditz GA. (1999). Relation of peers and media influences to the development of purging behaviors among preadolescent and adolescent girls. *Archives of Pediatric and Adolescent Medicine*, 153,1184-89.
5. Silverstein B, Perdue L, Peterson B, Bogel L, Fantini DA. (1986). Possible causes of the thin standard of bodily attractiveness for women. *International Journal of Eating Disorders*, 5, 907-916.

CORRESPONDING AUTHOR

For more information, please contact:
Alison E. Field, Sc.D.
Instructor in Medicine,
Harvard Medical School
181 Longwood Avenue
Boston, MA 02115
tel. (617) 525-2705 / fax. (617) 525-2008
e-mail. Alison.field@channing.harvard.edu



Academy Holds First Press Conference

Marsha D. Marcus, Ph.D.

The Academy for Eating Disorders held its first press conference on May 4, 2000 in conjunction with the Ninth International Conference on Eating Disorders. The press conference represented the Academy's first concerted effort to raise public awareness of the Academy, the International Meeting, and the cause of Eating Disorders. Fenton Communications, a leading socially responsible public relations company, worked with the Academy Media Relations Committee (Marsha Marcus, Ruth Striegel-Moore, Melanie Katzman, Cindy Bulik, Anne Kearney-Cooke, and Michael Levine) to develop materials for a press kit and press release, and select brief presentations that were made at the event. Several areas were highlighted during the conference including ethnicity as a risk factor for disordered eating (Ruth Striegel-Moore), genes and environment in the etiology of eating disorders (Cindy Bulik), morbidity associated with eating disorders, particularly pregnancy complications and bone loss (David Herzog), new developments in eating disorder prevention (Anne Kearney-Cooke), and problems in accessing appropriate care for individuals with eating disorders (Jim Mitchell).

Seventeen reporters, including representatives from the New York Times and Associated Press attended the briefing. In addition, more than 30 reporters who were unable to attend the event requested information about the conference. As a result of our efforts, Melanie Katzman made two appearances on Lifetime Live to discuss issues related to eating disorders research, Cindy Bulik was featured in an excellent article on the genetics of disordered eating that appeared on the ABC News Web Site, and a story is slated for June by the Associated Press. We also expect several magazine pieces to appear in late summer or early fall. All in all, our initial media relations initiative has been highly successful, and the Academy hopes to continue its effort to draw attention to our work and the serious consequences of eating disorders.



Academy Council Update: The Publications Council

B. Timothy Walsh, M.D.

The Publications Council was established to facilitate and increase publications of the Academy both in print and electronic media. The Council is comprised of the following members: Douglas Bunnell, Ph.D., Lisa Lilienfeld, Ph.D., James Mitchell, M.D., Ruth Striegel-Moore, Ph.D., B. Timothy Walsh, M.D. (Chair), and Joel Yager, M.D. The Council is currently focusing on several areas.

Lisa Lilienfeld has just assumed the position of editor of the Academy's newsletter — in fact, this is the first issue under her leadership. Doug Bunnell, Ph.D., who has recently recruited the assistance of Eric van Furth, Ph.D., is in charge of the Academy's Web page. The appearance of the website has already been updated, and has links to consumer/advocacy web sites. Immediate priorities for the website include updating and maintaining the membership directory, creating links to sites of use to the membership and to consumers, and being registered with major search engines. Plans under consideration for the future include "subpages" for Special Interest Groups, access to the newsletter and Wiley (for the International Journal), on line registration for the Academy meetings, and publicity for the Academy and related activities.

Tim Walsh, Ruth Striegel-Moore, and Jim Mitchell have been working on plans for the Academy to begin to publish books. It is hoped that such publications, which would be available at reduced price to Academy members, would benefit both the Academy and the membership. Plans are underway to identify attractive topics and compelling authors. In addition, under the guidance of Joel Yager, the Council has also been considering the Academy's publishing a "Resource Book", which would contain a range of useful information for patients, families and practitioners.

The Publications Council is eager to hear from members about their ideas and suggestions. Tim Walsh can be contacted via email at btw1@columbia.edu.



Upcoming Conferences

The International Association of Eating Disorders Professionals Foundation Symposium 2000

August 4-7, 2000
The Wyndham Palace Resort and Spa
Orlando, Florida
Contact mcshafe@aol.com or call (800) 800-8126 for more information.

Eating Disorders Awareness & Prevention (EDAP) Sixth Annual Coordinator's Training Conference (co-hosted by Remuda Ranch)

September 14-16, 2000
Scottsdale, Arizona
Visit www.edap.org for more information.

10th Annual Renfrew Center Foundation Conference

November 9-12, 2000
Airport Marriott
Philadelphia, Pennsylvania
Visit www.renfrew.org or call (877) 367-3383 for more information.

Academy for Eating Disorders Annual Meeting

May 17-19, 2001
Sheraton Wall Centre
Vancouver, British Columbia
Visit www.acadeatdis.org or contact AED@Degnon.org for more information.

ADOLESCENT MEDICINE- Perspectives and Challenge

An International Conference at the
Threshold of the 21st Century
Jerusalem, Israel • September 11-14, 2000
*Organized by the Israel Society for
Adolescent Medicine
In collaboration with the Society for
Adolescent Medicine (USA)
and the International Association for
Adolescent Health*

A full day of the Conference is devoted to Eating Disorders

Preliminary Program:
Day 3 - Sept. 13, 2000

Plenaries:

The Female Body Image: **Prof. Debra K. Katzman**, The Hospital for Sick Children - Toronto, Canada

Psychosocial Developments in Eating Disorders: **Prof. Marsha D. Marcus**, Western Psychiatric Institute and Clinic, USA

Genetics and Neurobiology of Eating Disorders: **Prof. Walter H. Kaye**, Western Psychiatric Institute and Clinic, USA

The Medical and Nutritional Rehabilitation of Anorexia Nervosa and Bulimia Nervosa - Goals and Dangers: **Dr. Neville H. Golden**, Schneider Children's Hospital, USA

Workshops:

Pharmacological Treatment of Eating Disorders: **Prof. Walter H. Kaye**, Western Psychiatric Institute and Clinic, USA

Cognitive Behavioral Treatment of Eating Disorders: **Prof. Marsha D. Marcus**, Western Psychiatric Institute and Clinic, USA

Treatment Techniques in Eating Disorders: **Dr. Neville H. Golden**, Schneider Children's Hospital, USA

A Family Centered Home Based Intervention Program for Anorexia Nervosa in Children and Adolescents: **Dr. Cynthia A. Carel, Dr. Masza Mukamel**, Schneider Children's Medical Center of Israel

Panel: Controversies in the Therapeutic Approach to Eating Disorders

Other days will deal with Medical Issues (Sept. 11), Endocrinology, Gynecology and Urology (Sept. 12), Behavioral and Cultural Aspects (Sept. 14), Rehabilitation and Health Policy (Sept. 14)

Abstracts of 250 words are welcome for oral and poster presentations and must be submitted to the Secretariat by **July 15, 2000**. **CMEs** will be awarded.

Contact meeting Secretariat at:
P.O.Box 34001, Jerusalem 91340, Israel
Tel: 972-2-6520574 Fax: 972-2-6520558
E-mail: seminars@isas.co.il



Academy Members Honored

Lisa Lilienfeld, Ph.D.

The first Academy Member to be highlighted in this new column of the newsletter is Amy Baker Dennis, Ph.D. Amy received the first Distinguished Service to the Field of Eating Disorders Award, given by the Academy for Eating Disorders. This award was determined by her many accomplishments, outlined below.

Amy started an Annual National Eating Disorder Conference for professionals in Columbus, Ohio in 1980 that ran every year for 12 years (two years prior to the first International Meeting). She took on the Directorship of the National Anorexic Aid Society (now known as the National Eating Disorder Organization, and soon to be subsumed under EDAP) in 1979, after the founder left Columbus, and ran this organization until 1988. Amy opened the first outpatient treatment facility specializing in Eating Disorders in Ohio in 1981 and ran this facility until she moved. She was a cofounder of EDAP (Eating Disorder's Awareness and Prevention) that brought together all the eating disorder organizations that were operating in the U.S. in 1987, to develop the first worldwide Eating Disorder Awareness and Prevention Week and was the first President of the Organization. She was also one of the founding members (one of 30 individuals) that started the Academy for Eating Disorders in 1993. She has served as a Board member since its inception and is the only person to have remained on the Board (since 1993). Amy was the first Secretary of the Academy; she served for 4 years as Treasurer of the Academy, and since 1996 was the Director of Training and Education, responsible for the planning and organizing the annual meetings, Teaching Days and overseeing all the educational pursuits of the Academy.

Congratulations Amy on your many accomplishments and contributions that have been invaluable to the field of eating disorders.



New President's Message, Continued from page 1

Vivian Meehan Award for her early and ongoing development of support groups in the United Kingdom and elsewhere. Both she and her husband were able to attend the ceremony. Pauline Powers, M.D. from the University of South Florida was given the Outstanding Clinician Award, and indeed she is an outstanding clinician and researcher. She has developed an outstanding clinical program at her facility. S. Kenneth Schonberg, M.D. was given the Public Service Award for his efforts in starting and maintaining the international meeting. He originally thought it would be a small conference, but it rapidly mushroomed into the largest conference of its type in the world. W. Stewart Agras, M.D. from Stanford University was given the Outstanding Researcher Award for his prior and ongoing contributions in many areas of eating disorders research.

The Academy tried something new this time at the annual meeting, which we hope will become a tradition. On Teaching Day a press conference was held in which several Academy members gave brief presentations on areas of current interest in eating disorders (e.g., genetics, morbidity/mortality). A public relations firm that works with non-profit groups helped organize the press conference, and it appeared to be well attended by a number of reporters. We hope in the future that this can be an avenue for drawing attention to the problem of eating disorders and the availability of treatment for this group of patients.

At the business meeting, the heads of various councils reported on activities to date and their plans for the next year. This administrative structure, which was created by Steve Wonderlich during his Presidency, seems to be working well, and an ambitious program of goals was outlined, including increasing the membership to 1,000 members by the end of the year, beginning a publishing program within the Academy, and establishing a foundation to raise funds for academy activities.

In thinking about possible goals for my Presidency, in addition to facilitating the goals of all the individual councils as much as I

can, I will begin to find mechanisms and to seek support to develop an infrastructure to promulgate training in evidence-based therapies for practitioners who treat patients with eating disorders. One possible mechanism for this surfaced recently when the NIH sent out a "request for applications" to create centers for infrastructure development for effectiveness trials. This might provide the mechanism whereby funds could be obtained to train therapists in sites across the country to conduct evidence-based therapy, and to examine the impact of this training in subsequent effectiveness trials. It isn't completely clear yet whether this mechanism will be appropriate, and given the fact that federal grants, even if they are eventually funded, are rarely funded on the time of their first submission. Therefore, this would be a long-term plan that would probably take 2-3 years to bring to fruition and to obtain a solid funding base. My goal is to launch this project.

It was clear to me at the meeting in New York, and I hope it is clear to the rest of the membership, particularly those who were able to attend, that the Academy has come a long, long way since that meeting in Tulsa that Craig Johnson organized less than a decade ago that led to the founding of the Academy. Clearly, the Academy is on the move, and if those of us who work in this field can continue to give our energy and time to move the Academy forward, I think it is inevitable that we can have a significant impact on the care of patients who suffer from eating disorders, and perhaps on their prevention as well.

Please email me with any thoughts or suggestions (mitchell@medicine.nodak.edu) and I look forward to working with you in the year ahead.



Academy for Eating Disorders
6728 Old Mclean Village Drive
McLean, VA 22101
(703) 556-9222 Fax (703) 556-8729
AED@degnon.org
www.acadeatdis.org

FIRST CLASS
U.S. POSTAGE
PAID
Permit No. 7268
McLean, VA 22101

Plan Now for 2001

Mark your calendar now for the 2001 Annual Meeting and Clinical Teaching Day of the Academy for Eating Disorders. It will be held May 17 - 19 at the Sheraton Wall Centre in Vancouver, Canada. Plan now to attend this 2 1/2 day conference.

Academy Newsletter

Please send all suggestions for articles, items of interest, job opportunities, information regarding upcoming events or meetings, letters to the Editor, awards and honors received by Academy members, published books, and all other items of interest to:

Lisa R.R. Lilienfeld, PhD

Georgia State University
Department of Psychology
Atlanta, GA 30303
Phone: 404-651-1291
Fax: 404-651-1391
E-mail: L Lilienfeld@gsu.edu

**Deadline submission:
September 1, 2000**

All contributions to the Newsletter must be submitted to the Newsletter Editor via e-mail or disk in Microsoft Word format.