

# NEDA's 1<sup>st</sup> Annual In-District Advocacy Day

## FREQUENTLY ASKED QUESTIONS

### What is NEDA's 1<sup>st</sup> Annual In-District Advocacy Day?

On Friday, February 28, 2020, NEDA's advocates from across the country will meet with staff members from their Member of Congress' district office to promote and support our eating disorders initiatives. The meeting will be held in the Member of Congress' local office.

### What is your role as an Advocate?

As an Advocate, you, other local advocates, and a Lead Advocate will meet together with staff from your Member of Congress' local office. The Lead Advocate will organize and direct the meeting, so you only need to show up. At the meeting, we encourage you to relay your personal story with eating disorders, as part of a larger effort to convince your Member of Congress' office that our initiatives are important and needed. Your job is to show them that there are people in their community who are directly affected and willing to put pressure on their elected officials on eating disorders issues.

### Doesn't this happen in Washington D.C.?

Advocacy meetings do take place in Washington D.C., but there is no one else that Members of Congress and their staffers want to hear from more than you, because as a constituent and a voter, you are effectively their boss. They are one hundred times more likely to remember your story than a practiced speech from a professional lobbyist. With the chance to engage face-to-face, the issues become more personable and, thus, more powerful, which can effect real change. Your Member of Congress and their team wants to hear your concerns specifically, and wants to feel that they are addressing the concerns of the locals who appointed them to office.

### What am I advocating for?

**Eating Disorder Prevention in Schools Act of 2019:** This bill would require schools across the country to include eating disorders prevention as part of their Local School Wellness Policy. These policies are guidelines school districts use to create supportive school nutrition and physical activity environments.

**FY2021 Spending Bill Request for Increased Eating Disorders Research Funding:** The National Institute of Health (NIH), which is a US government agency in charge of all public health research, currently substantially underfunds eating disorders research. Increased funding for eating disorders research through NIH, including through the National Institute of Mental Health (NIMH), would greatly help us improve prevention initiatives and treatment efforts related to eating disorders, which affect the lives of millions of Americans from all different backgrounds.

Legislation doesn't get passed without direct advocacy from people like you, so thank you for dedicating your time to participate in NEDA's 1st Annual In-District Advocacy Day!

**\*Please direct any questions to Kerry Donohue at**  
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