

## 1. Introductions (Everyone): (2 minutes)

Introduce yourself as NEDA Advocates and have each constituent advocate say their full name, where they're from and what they do (i.e. Joe Smith, from Valley City, Ohio, and I work at X)



*"We are advocates with the National Eating Disorders Association. The National Eating Disorders Association is the leading non-profit organization in the U.S. supporting Individuals and families affected by eating disorders."*

## 2. Eating Disorders 101 (3 minutes)- Lead Advocate (if applicable)

Remember: You likely know more about eating disorders than your Member of Congress' Congressional "staffer"

Keep it Basic and Explain Eating Disorders...

- Are a serious mental illness that affect 30 million Americans during their lifetime
- Have the 2nd highest high mortality rate of any psychiatric illness, with one person losing their lives every 62 minutes as a result of an eating disorder
- Don't discriminate, and affect all genders, ages, races,, socioeconomic classes, and sexual orientations
- Are bio-psycho-social illnesses, making them very complex to treat, and have co-occurring medical and mental conditions such as diabetes, PCOS, substance use, PTSD, amongst a list of others

## 3(a) Eating Disorders Prevention in Schools Act Policy (5 minutes)- Lead Advocate (if applicable)

*Issue*

- **Hand the Infographic to the Staffer**
- Eating Disorders begin young, 1M adolescents/month engage in weight-control behaviors
- However, our Local School Wellness Policies only require nutrition education and obesity prevention

*Solution*

- Including ED prevention within school wellness policies will help to prevent eating disorders early
- ED Prevention in Schools Act led by Rep. Adams (D-NC) will:
  - Require ED prevention within school wellness policies, encourage screening for EDs
  - Ensure mental health experts are included in the development of Local School Wellness Policies.

*Ask*

- Be an original sponsor of the Eating Disorders Prevention in Schools Act

## 3(b). Increase NIH Research Funding Policy (5 minutes)- Lead Advocate (if applicable)

*Issue:*

- **Hand the Infographic to the Staffer**
- Eating Disorders research has historically been underfunded despite the high prevalence rate, high mortality rate, and highest treatment cost compared to other psychiatric illnesses (NIH spends 0.11% and NIMH 1.27% on eating disorders research)
- However, NIH has recognized the complex need for eating disorders research, with 44% of funding coming from NIH institutes outside of NIMH

*Solution:*

- Congressional pressure to increase eating disorders research funding in multiple Institutes
- Bipartisan effort in the House of Representatives from Rep. Horn (D-OK)/Fitzpatrick (R-PA) to:
  - Urge NIH to increase research funding through Committee Report Language in the FY 2021 Spending Bill
  - Direct NIH to provide a follow-up report on their actions to increase funding

*Ask*

- Sign onto the FY21 Appropriations Letter to Increase Eating Disorders Research Funding by **March 6th**

## 4. Tell Your Personal Stories (3-12 minutes) - (Everyone)

- Limit story to 2-3 minutes, Practice Makes Perfect
- Include details about how it affected your life, details about the Congressional District
- Connect your story to the "policy asks"-prevention in schools or more research
- Keep the #s at home; telling story responsibly, instead of: "I purged X times a week," try: My ED behaviors were so out of control that I didn't have time for anything else (social life, family, friends, work, school, hobbies, etc.)

## 5. Final Ask & Questions (2 minutes)- Lead Advocate (if applicable)

- "As you've heard from these personal stories, it's so important that we work to prevent eating disorders in schools and fund more research.
- We ask that our Representative: Co-sponsor the Eating Disorders Prevention in Schools Act AND Sign-on to the FY21 Appropriations letter to increase eating disorders research funding by March 6th
- NEDA will be following-up with all materials