



Save the Dates

Saturday, December 2, 2017

Winter Gala

Friday, February 2, 2018

Quarterly Educational Event

March 22-25, 2018

Symposium at Orlando Omni at
Championship

Friday, May 11, 2018

Quarterly Educational Event

June 2018

Members Only Event

Friday, September 28, 2018

Quarterly Educational Event

Saturday, December 2018

Winter Gala

Dates and topics subject to change.

Happy Fall!



Mittsi Crossman
MD, CEDS
iaedpNY President



Jessica Aronson
LCSW-R, ACSW, CGP, CEDS
iaedp NY Vice President

We hope that everyone has settled into their fall rhythm as we quickly approach the holiday season! Recently, an article about “compassion fatigue” or burnout, wellness, and resiliency named stressors of limited resources and high work demands. Protective factors of experiencing collegiality and respect could leave one feeling more satisfied with one’s work. It also connected work-life balance to burnout. With the fall in full swing and the holidays approaching, we hope that we all continue to prioritize the things important to our life that brings balance and prevents burnout. We also hope that iaedp NY can provide a source of collegiality and respect for each other in

the work that we do to help in the treatment of our patients.

iaedp NY has been busy over the past few months. We were thrilled to have Drs. Jennifer Guadiani and Margo Maine present to us in October and felt the warmth and collegiality of hearing what these amazing clinicians shared. We were also joined by Sondra Kronberg, RD, one of iaedp’s “influencers” who reminded us of Certification options through iaedp, which can help clinicians gain respect as a certified eating disorder professional. For those of you unfamiliar with iaedp’s “influencers,” these include Craig Johnson, Phil Mehler, Beth Hartman-McGilley, Sondra Kronberg, and Margo Maine. They are seasoned and well-known professionals in the field who have helped to develop and teach the core courses required for Traditional Certification.

A special thank you to Dr’s Miller &
Continued on Page 2

In this Issue

- 2 Education Chair Update
- 3 Membership Chair Update
- 3 Student Membership Chair Update
- 3 Certification Chair Update
- 3 Marketing/Sponsorship Chair Update
- 4 Research Chair Update
- 4 Co-Social Media Chair Update

Happy Fall! *Continued from page 1*

Dr. Bamji who presented at the iaedp NY Members Only Summer Event on the topic, "GI Complaints in the context of Eating Disorders." Dr. Doris Pastore, iaedpNY medical liaison moderated the talk. We learned about common causes and treatments that our patients undergo when GI issues arise in their eating disorder recovery. We learned about the specific medical tests and procedures used to help our patients identify medical reasons vs. eating disorder related behaviors that impact their GI issues. This talk was invaluable in further understanding GI issues and the clear overlap that often occurs with our clients. In order to effectively treat our patients, we were reminded about the continued need for collaboration amongst all treatment providers.

We look forward to seeing you soon at our Winter Gala!



Education Chair Update

CHRISTINA CARRAD, LPC, LCAT, ATR-BC

We Got Schooled!

October 20, 2017

Jennifer Gaudiani, MD, CEDS, FAED and Margo Maine, PhD, CEDS, FAED presented Eating Disorders in Women Across the Lifespan: From Bone Health to Fertility, From Expectations to Satisfaction. Eating disorders are now considered a global problem and there is a clear connection of intergenerational attitudes towards food, weight and body image. For many women, self worth is based on how we look, what we weigh and how we eat. We have received messages from the diet industry and feminism that directly conflict. These messages are contributors during times of life transitions when eating disorders and body

image despair can be triggered. Therefore, adolescence, pregnancy/childbirth, childrearing, deciding not to have children and signs of menopause and aging are times that eating disorders/disordered eating develop. Several new ideas about the medical aspects of treating eating disordered clients were discussed. We learned about Relative Energy Deficiency in Sports (REDS) taking the place of Female Athlete Triad (FAT), the proper way to score a DEXA scan when someone has an eating disorder and osteoporosis and the use of bisphosphonates and transdermal estrogen to improve bone density. A big thank you to Drs. Gaudiani and Maine for an informative, dynamic and thought provoking event!



Membership Chair Update

TABITHA LIMOTTE LMFT, CEDS

If you haven't checked recently, please take a moment to log in to your new profile on the national website www.iaedp.com under Member Login to make sure your information is still current. You can upload a new picture to your profile and add information about your practice!

Any questions about the membership profiles on the national website iaedp.com, please email rebecca@iaedp.com. For questions about New York Chapter affiliation, or for the New York Chapter's discount code for new members or renewing members, please email Tabitha Limotte, LMFT, CEDS at membership@iaedpNY.com.



Student Membership Chair Update

LISA BARGELLINI, LMHC

Student membership is an excellent opportunity for those currently enrolled in school and are looking to expand their knowledge of eating disorders and other relevant topics in the field. It is a fantastic way to connect to and network with other professionals in the community. For more information on becoming a student member please email Lisa Bargellini at iaedp.students@gmail.com.



Certification Chair Update

LAURA CIPULLO, RD, CDE, CEDRD, RYT

Hooray & Congrats!

Congratulations to our newest iaedp NY member on their certifications!

Janessa Slatky, RD

Individuals with iaedp Certification designations (CEDS, CEDRD, CEDCAT, or CEDRN) are health care professionals who have met rigorous educational and skill requirements, have accumu-

lated a minimum number of hours of qualifying work experience, have made a commitment to stay abreast of current developments in the field through continuing education, and have agreed to comply with the Association's ethical principles.

Certification is considered a measure of professional excellence in the eating disorder community. IAEDP New York is grateful and proud to support a community of so many certified professionals!



Marketing/ Sponsorship Chair Update

SARAH CHIPPS, PsyD

Thank You For Your Support

Our well attended educational and networking events aren't possible without the generosity of our sponsors. There are still opportunities to sponsor iaedpNY our 2017 Gala and our 2018 events. If you would like to learn more about iaedpNY event sponsorship or would like to collaborate on an outreach event, please email me at iaedpny_sponsorship@gmail.com.

Research Chair Update

SUMMARIZED BY ALEXIS CONASON, PSY.D

Behind the Headlines:

“Increased Physical Activity Associated with Less Weight Regain Six Years After “The Biggest Loser” Competition”

Could exercise be the secret to keeping weight off long term? If you've been following the news recently, this is what the headlines would have us believe. However, the research study behind the headlines tells a somewhat different story than The New York Times proclamation: “Exercise Keeps Off the Weight.” Here is what the study by Kerns et al (2017) published this month in *Obesity* found.

The study examined 14 participants on “The Biggest Loser” television show prior to starting the weight loss competition (baseline), 6 weeks into the competition, 30 weeks into the competition, and 6 years following the end of the competition. Researchers assessed energy intake and expenditure using sophisticated techniques at each time point (for an explanation of calculations and procedure, please consult the original [research article](#)). Participants were divided into 2 groups based on how much weight they were able to keep off over the 6 year time period. If they maintained greater than 13% of weight lost (the median of the group), they were considered a “maintainer,” if they didn't then they were considered a “regainer.” On average, the “maintainers” weighed 25% less than when they started the competition while the “regainers” weighed 1% more than when they started.

Results indicate that the amount of weight each participant lost during the competition did not

correlate with the amount of weight regained 6 years later. Changes in energy intake (calories consumed) from baseline to 6-year follow-up also did not correlate with weight loss maintenance but changes in physical activity did. There was a significant inverse relationship between physical activity changes from baseline and weight loss maintenance 6-years later. In contrast, during the competition (at 6 weeks and 30 weeks) changes in weight were significantly correlated with changes in energy intake but not physical activity.

On average, participants in the “maintainer” group were exerting 12.2 kcal/k/day while the “regainers” were exerting 8.0 kcal/k/day. The authors use a threshold suggested by a different study (Schoeller et al, 1997) of 11 kcal/k/day, which is midway between the expenditure of the “maintainer” and “regainer” groups as the amount of exercise needed to maintain weight loss; this equates to 80 minutes of moderate or 35 minutes of vigorous exercise every day. It is important to note that the “regainers” were not sedentary; they were exercising 8 kcal/k/day which, based on my calculations using the $11 \text{ kcal/k/d} = 80 \text{ min}$ moderate exercise formula given in the paper, adds up to almost one hour of moderate exercise every day. That amount of exercise was not enough to maintain the weight loss. These estimates are consistent with prior studies examining the overall physical activity requirements for long-

Continued on page 5

Continued from page 4

term weight-loss maintenance and the authors do not think that “The Biggest Loser” contestants are unique in this regard. The study is limited by a small sample size of only 14 participants.

Since this study was widely covered in the media, it is likely that our patients have read about this. Eighty minutes of daily exercise is a lofty recommendation that is unrealistic—and perhaps not even healthy or advisable—for many people. It is import-

ant to help patients understand the value of joyful movement independent of weight loss. Viewing exercise as a way to control weight and compensate for energy intake (calories consumed) may represent eating disorder symptomology. Patients across the weight spectrum should be assessed on a case-by-case basis for compulsive exercise behaviors.

Reference: Kerns JC, Guo J, Fothergill E, et al. Increased Physical Activity Associated with Less Weight Regain Six Years After “The Biggest Loser” Competition. *Obesity*, 2017; 25, 1838-1843.

Co-Social Media Chair Update

JENNIFER MCGURK RDN, CDN, CDE, CEDRD AND VALLERY KALLEN, MS, RD



Connect With Us!

The iaedpNY website has been updated!! Check out our updates at <http://iaedpny.com>. We always have our calendar of events available for you to schedule us into your calendar, as well as information about our meetings. We have 2 sections on finding treatment for your clients: The Find An Expert section, and the Group Treatment Finder.

Don't forget to review your “Find An Expert” listing at <http://iaedpny.com/find-expert> and let me know if you have any changes to your profile. Our group treatment page is “Ongoing Groups for Recovery” (<http://iaedpny.com/tristate-treatment-groups>). Please use this page as a reference to find treatment groups (free groups, support groups, meal support, IOP programs, day treatment programs, and supervision). Please send me any new groups that you are running and/or updates about your group. All chang-

es should be sent to iaedpny-socialmedia@gmail.com.

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Feel free to send me articles, blog posts, and news and events from you or your organization. I will happily spread the word on our social media pages.

Our Monthly Email is a great place to post advertisements for groups, office space, treatment centers, or other promotional material. To post, please email Valery at iaedpnymonthly@gmail.com. Please have any content to Valery by the 10th of the month if you would like it posted in that month's issue.



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Jennifer L. Gaudiani, MD, CEDS

Founder & Medical Director

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iaedp MISSION STATEMENT

To promote a high level of professionalism among practitioners who treat those suffering from eating disorders by promoting ethical and professional standards, offering education and training in the field, certifying those who have met prescribed requirements, promoting public and professional awareness of eating disorders and assisting in prevention efforts.

The International Association of Eating Disorders Professionals Foundation (iaedp) is well-recognized today for its excellence in providing the highest standards of education, training, and certification to a multidisciplinary group of professionals who treat the full spectrum of eating disorders. The mission of the New York Chapter of iaedp reflects that of the iaedp national mission. iaedpNY is focused on providing education and raising awareness, as well as the prevention and treatment of eating disorders through the establishment of the iaedpNY chapter website, E-newsletters, and social media, as well as offering educational presentations. iaedpNY provides a place for professionals in the field of eating disorders to network, exchange ideas and be educated on all things related to eating disorders. iaedpNY encourages members and qualified professionals to complete the certification process to receive specialized credentials such as Certified Eating Disorder Specialist (CEDS) and Certified Eating Disorder Registered Dietitian (CEDRD). iaedpNY helps to promote standards of care and is dedicated to helping professionals navigate the process towards becoming certified eating disorder specialists.

iaedp ETHICS STATEMENT

iaedp is committed to excellence in the ethical practice of those professionals who treat eating disorders. Given the psychological, behavioral, social, cultural, medical, biological, familial, and legal complexities of eating disorders, iaedp strives to ensure all members have the appropriate training and competencies to function with the highest level of integrity in all interactions with clients, families, colleagues, ancillary professionals, and the general community. iaedp expects that members will act in accordance with their respective disciplines and/or the APA code of ethics. Ethical concerns brought to the attention of iaedp are reviewed by the Ethics Committee whose recommendations are submitted to the Board of Directors for resolution.

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