



EDC Virtual Advocacy Day 2021

WASHINGTON, D.C. (May 7, 2021) – Yesterday, 173 advocates from 31 states and the District of Columbia took part in EDC Virtual Advocacy Day 2021. Advocates spent the day meeting over Zoom with health-focused staffers for their Members of Congress, lobbying them to urge their bosses to co-sponsor the bipartisan Nutrition Counseling Aiding Recovery for Eating Disorders Act of 2021 (Nutrition CARE Act) ([H.R. 1551/S. 584](#)).

On the evening of May 5, along with helpful training and advocacy tips, advocates received words of encouragement from EDC Congressional Champion and Nutrition CARE Act lead Representative Jackie Walorski (R-IN-2). Overall, advocates from 29 different teams took part in a total of 154 meetings with their Members of Congress. The day concluded with a wrap-up session, where advocates were given a chance to reflect on their day, and were thanked for their efforts by EDC Congressional Champion and Nutrition CARE Act lead Senator Maggie Hassan (D-NH).

“This advocacy day gave EDC advocates a unique opportunity to make their voices heard on Capitol Hill,” said Molly Perlman, MD, MPH, CEDS, EDC Board Vice President. “It was so wonderful to see advocates in my group stand up for those with eating disorders, and the feeling of empowerment they gained by speaking truth to power.”

The EDC was pleased to have advocates from all parts of the country participating, which was made possible by the convenience of the virtual format. While the EDC hopes and plans to return to in-person advocacy days in the future, the coalition is exploring how to incorporate the virtual format into future advocacy days to keep them as accessible as possible for all advocates, regardless of geography.

"Today was truly an impactful and monumental day in terms of eating disorder advocacy," said Kelsey Wu, high school advocate from Chino Hills, California. "It opened my mind as a teenager that advocacy and voicing your beliefs is a process that can start at any point in your life no matter your age or profession. As a young community activist, I was so inspired by the events of today and am incredibly fired up to continue to make positive change for the community."

“The EDC is deeply grateful to all of the advocates who participated in EDC Virtual Advocacy Day 2021, and lent their voices to a fight for reform in eating disorders care,” said EDC Board President Chase Bannister, MDIV, MSW, LCSW, CEDS. “It was especially humbling to lead EDC’s delegation from Alaska this year, and to witness this team’s informed, intrepid advocacy at work. They—alongside the 28 other teams marshaled from around the country—have done right by their neighbors, encouraging their congressional leaders to do right by all who suffer with eating disorders. The way ahead is clear; the way ahead is *together*.”

The EDC is thankful for every person who participated in this year’s advocacy day—your voice makes a difference. If you are interested in advocating for eating disorders policy initiatives going forward, please sign up for our text message action alerts [here](#).

The Eating Disorders Coalition for Research, Policy & Action (EDC) is a Washington, DC-based, federal advocacy organization made up of advocacy organizations, academics, treatment providers, family/loved ones of children with eating disorders and people experiencing eating disorders nationwide. The EDC advances the recognition of eating disorders as a public health priority throughout the United States. Additional resources can also be found at eatingdisorderscoalition.org.

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