

THE EATING DISORDER FOUNDATION

BUILDING ON 20 YEARS

OF EDUCATION, SUPPORT, AND ADVOCACY

2023 COMMUNITY REPORT

Why are we here?

- Eating disorders are among the deadliest of all mental illnesses, second only to substance use disorders
- Only 1 in 10 people affected receive the formal treatment they need
- BUT: people who get help are 4x more likely to recover from their eating disorder
- Treatment looks different for everyone - it can include hospitalization, inpatient or outpatient treatment, psychiatrists, therapists and counselors, dietitians and nutritionists, primary care physicians, or support groups

Eating disorders are a social justice issue

It has been an important part of EDF's education and awareness efforts to make it clear that eating disorders do not discriminate. The community impacted by eating disorders encompasses all races, genders, orientations, ages, abilities, and incomes. Risk factors for eating disorders include isolation, food insecurity, anxiety, loss of control, trauma, interpersonal violence, substance abuse, and more; all factors which have increased due to the COVID-19 crisis. EDF's programs are especially important for such groups because its services are free, do not require a diagnosis, and are accessible virtually.

How we help

- Workshops and community presentations now offered online
- School presentations and resource fairs
- Support by phone, e-mail, and in-person
- Support groups and discussions
- Educating future professionals
- Referrals and advocacy for treatment options and resources
- One-on-one mentorship
- A size- and gender-inclusive clothing boutique
- All services are completely free of charge

22%

The worldwide proportion of children and adolescents with disordered eating is **22.36%**



Nearly **10% of the population** is impacted by eating disorders

Eating disorder related healthcare needs **increased 65%** between 2018 and 2022



Building on 20 Years

From humble beginnings to transformative milestones, join us in retracing the steps to creating an organization that would beat the odds and keep going 20 years later.



In 2003, Toni Saiber nearly lost her life due to an eating disorder. During that journey, Toni encountered a severe lack of resources for herself and her loved ones. The eating disorder field was very different at the time. Only one treatment center existed for adults in the area who needed help. The small handful of national nonprofits were still in their infancy. Meanwhile, friends, spouses, parents, and others had few resources to help them support their loved ones. So, Toni gathered experts from her treatment team, as well as her loved ones, and decided to take action. Together they began fundraising, finding volunteers, and setting up a small office in a basement in Cherry Creek.

For several years, EDF programs were run entirely by volunteers dedicated to our mission. Many continue to be involved 20 years later. EDF started with just one support group for family and friends of those struggling with eating disorders, which continues today. Slowly, our programs expanded to include support groups for individuals struggling with eating disorders, an education program, professional networking, and more.

In 2011, EDF began the 'Raise the Roof' campaign to raise funds to renovate a new building. The building was called "A Place of Our Own." This launched EDF into a new period of expansion, and it was able to hire its first paid staff. The move paved the way for a community-based approach to eating disorder support that has grown to include free support groups and workshops, education and advocacy, a mentorship program, system navigation, a therapeutic garden, and drop-in support.

While at its heart, EDF is small, local, and community-powered, we have found ways to serve as many people as we can, all over the world. In February 2019, EDF held its very first virtual support group, paving the way for infrastructure that would help us thrive during the uncertainty of the COVID-19 Pandemic. When the world shut down and people found themselves struggling with disordered eating and body image, EDF was ready to help. Now, EDF has settled into a hybrid model, enabling us to meet people where they are - both in person and online.

For more about EDF's history and Toni's recovery journey, check out her interview on our YouTube channel!

STATS SNAPSHOT

4

Our current team of full-time staff

11,303

individuals who have joined our support groups

4,862

total donors over 20 years

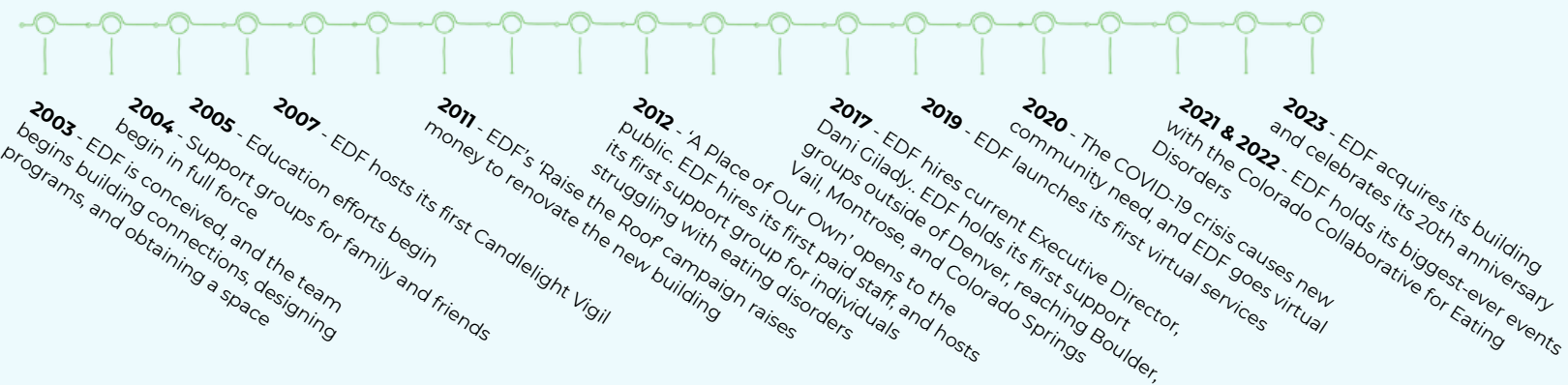
124

birdhouses inside our building (read the next page to learn why!)

Building on 20 Years

THIS YEAR'S HIGHLIGHT: EDF now owns A Place of Our Own!

EDF Over the Years:



We are excited to share the newest development for EDF's assets and long-term financial future: **EDF is now the proud owner of its long-time home, 'A Place of Our Own'!**



In 2011, upon learning that our long-time space in a Cherry Creek basement would no longer be available, EDF began the search for a new building.



As a small organization, EDF was only able to obtain the perfect building thanks to the generous Hueni family, who served as our landlords for several years. EDF now honors the Hueni family's support by awarding a professional in the community with the Greg Hueni Memorial Award each year.



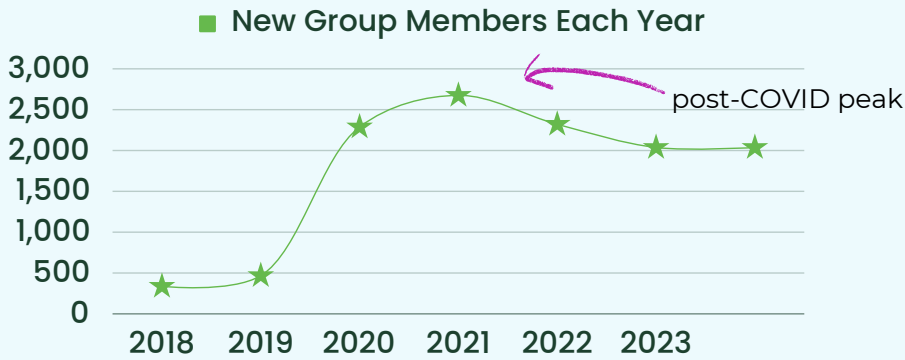
With the help of Toni Saiber's interior design expertise, her husband Jonathan's architectural services, and the 'Raise the Roof' fundraising campaign, EDF was able to add a second story to the building. Its new architecture inspired the birdhouse theme that you can still see decorating our office today.

On April 12th of this year, with the help of a few very generous families who donated toward our down payment, The Eating Disorder Foundation officially closed on our building and the lot next door, which houses our Therapeutic Garden. This new chapter for EDF marks lower occupancy costs, making your everyday donations go further towards our programs, and helping us feel even more at home here in the heart of Denver.



what we're doing and who we've served

our members



Although the crisis of unmet need that occurred during the pandemic seems to have slowed, we are still seeing high levels of demand for services compared to pre-COVID.

We are able to meet this need because of a committed volunteer force, focused fundraising efforts, generous donors and an unshakeable dedication to those we serve. We wouldn't be able to do this without you!

2,034 individuals signed up for groups in 2023, compared to just 337 new members in 2018

12%

identified as trans or nonbinary

32%

came from low income households

37%

identified as neurodivergent

21%

identified as minorities or people of color



different countries, plus all 50 states, DC and Puerto Rico - and **25%** of our members are from outside the US

20% of those from the US lived in Colorado

23% were over the age of 50

SUPPORT GROUPS

what we did in 2023

To see which groups we're offering in 2024, check out eatingdisorderfoundation.org/calendar/

- Virtual - Support Group for Family & Friends
- Virtual - Monthly Connections for Binge Behaviors
- Virtual - Mind-Body Connection Yoga
- Virtual - Monthly Connections for BIPOC+ Individuals
- Virtual - Individuals 18+ Struggling with an Eating Disorder
- Virtual - Individuals 18+ Struggling with Binge Eating Disorder
- Virtual - Individuals 50+ Struggling with an Eating Disorder
- Virtual - Men Struggling with an Eating Disorder
- Virtual - Individuals 18+ Struggling with an Eating Disorder
- Virtual - Individuals 18+ Struggling with an Eating Disorder
- Virtual - Monthly Connections for Caregiver Skills
- Virtual - Monthly Connections for Neurodivergent Folx
- In Person - Support Group for Individuals 18+
- Virtual - LGBTQ+ Individuals Struggling with an Eating Disorder
- Virtual - Support Group for Family & Friends
- Virtual - Individuals 30+ Struggling with an Eating Disorder
- Virtual - Trans+ & Nonbinary Support Group
- Virtual - Monthly Connections for Adolescents 13-17
- Virtual - Art Journaling for Individuals 18+
- Virtual - Monthly Connection for Professionals in Recovery
- Virtual - Individuals 18+ Struggling with an Eating Disorder
- Virtual - Individuals 30+ Struggling with an Eating Disorder
- In Person - Support Group for Individuals 18+
- Virtual - On Solid Ground Recovery Group
- Virtual - Individuals 18+ Struggling with an Eating Disorder
- Virtual and In-Person - Special Holiday Groups

STATS SNAPSHOT

23

groups to be offered in 2024

39

volunteer facilitators

\$0

cost to attend a group



Coming in 2024

Our newest in-person group will be held twice a month at University of Denver!

Check out our website for details.



ADVOCACY

Over the past year, EDF has been part of local efforts to address issues in the eating disorder prevention, support, and treatment framework through state legislation here in Colorado. We were very pleased that two bills EDF supported in 2023 were signed into law.



SB23-014 "Disordered Eating Prevention" establishes a program within the state's Department of Public Health and the Environment that will provide resources for the community, collaborate with other programs, raise awareness, inform and support educators, and coordinate a research grant program. The program will focus on impacted communities, such as youth, older Coloradans, people of color, and lesbian, gay, bisexual, and transgender individuals.

SB23-176 "Protections for People with an Eating Disorder" prohibits insurers in Colorado from denying care on the basis of BMI (Body Mass Index) or "ideal body weight." Although BMI or weight may be used to determine medical necessity or level of care for certain subtypes of anorexia nervosa, the law will require insurers to also take several other factors into account. Additionally, it is now considered a deceptive trade practice to sell over-the-counter diet pills to minors, removing access to a significant risk factor that impacts our youth.

What's next for Colorado?

Keep your eyes peeled for a few legislative efforts coming up in 2024!

This year, EDF formed the Colorado Alliance for Size Equity (CASE) in partnership with the Campaign for Size Freedom, NAAFA, FLARE, and other advocates to ban weight discrimination in Colorado and beyond. All bodies deserve care, love and respect. We're excited to see the first draft of our new legislation in the next year or two!

Meanwhile, a smaller bill in 2024 will supplement those efforts and add weight-based teasing to existing policies regarding bullying in schools, helping to keep our students safe at school regardless of their size.

EDF is also advocating to amend legislation that pushes weight loss interventions such as Ozempic, requesting efforts toward eating disorder screenings and adding language limiting discrimination against people of size.

Some components of last year's SB23-176, which were removed from the final bill due to fiscal issues, will also be returning to the Colorado legislature in 2024. This new bill will create new oversight requirements for eating disorder treatment facilities, and require regulations for trauma-informed, gender-inclusive, and safer care.





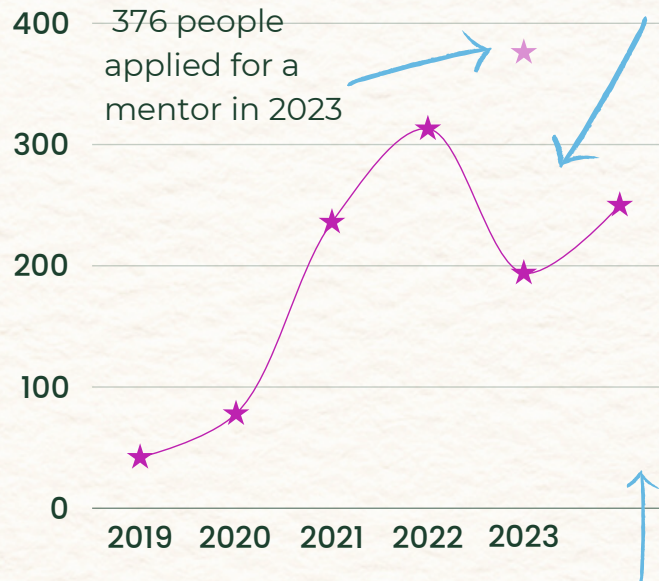
EDF's mentorship program took a short break in 2023 to make our program better than ever and to welcome our newest staff member, Claire Engels!

mentorship

We know you - because we've been you



We strongly believe in the power of connection, meaningful conversations, and creating a community of like-minded individuals – factors we attribute to living a life in/towards recovery.



In this graph, we compare the number of individuals paired with a mentor each year.

“Thank you for providing this resource. I really appreciated it that this was free of charge, as the recovery process in terms of resources can be really costly, which many people cannot afford. I find myself at times to feel trapped with my thoughts and feel hopeless. Therefore, the mentorship experience was like a breath of fresh air- it helped me to see a little flicker of light to keep fighting.”

“I am so grateful for this experience in the mentee/mentor program with EDF! I am hopeful and encouraged. I am more confident and trusting of my own abilities in creating change in my relationship with food and body. I am looking forward to continued healing and have a goal of one day being at a place to give back as a mentor myself. Thank you!”

Workshop Series

EDF hosts workshops throughout the year, covering a wide variety of topics with various community partners.

Check our website or YouTube channel as we continue to upload recordings of our workshops!

Community partners include individual practitioners and other organizations.



www.youtube.com/channel/@edf

- "Generating Strength and Resilience: Mental and Physical Training for Athletes with Eating Disorders"
- "Family Feud: Weight Inclusive Recovery within Family Systems"
- "Endgame for Recovery: Medication Management and the Strategic Return to Sport"
- "Laying the Foundation: How to Create Stability"
- "Navigating Health in Recovery"
- "The Response Roadmap"
- "Better Boundaries: From the Inside Out"
- "Home for the Holidays: Pack Your Recovery"
- "Eating Disorders in Midlife"

In addition to our workshops, EDF also hosted **"Resilient Recovery,"** our first-ever two-day intensive retreat, for those on a journey of recovery from an eating disorder at age 50 and beyond.

Your support is critical to making our programs happen.

Total Revenue:

\$520,995.95

Total Expenses:

\$556,604.41



FUNDS RAISED

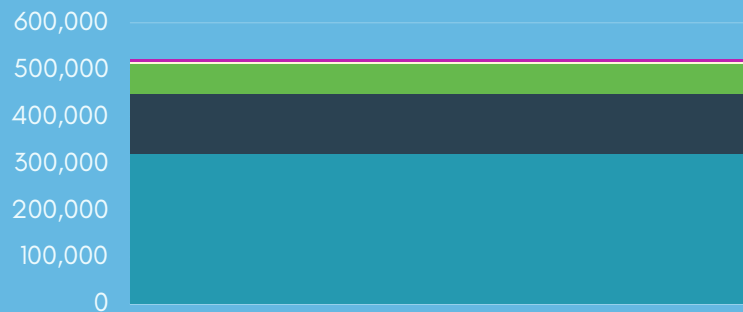
\$520,995.95

For more details about our financials, keep an eye out for our 990 coming soon.

Did you know:

Most of our funding comes from individual donations, especially during our Month of Giving campaign.

■ month of giving ■ individual donations ■ grants
■ education and outreach ■ investments



Thank you to our 2023 Month of Giving sponsors:

Presenting Sponsor - \$30,000

Thank you to the Shelley Family Foundation

Icebreaker Sponsor - \$20,000:

Jonathan & Toni Saiber

Glacier Sponsors - \$10,000:

EDCare & AthleteEDGE at EDCare

Nancy Enyart

Verne & Andrea Singleton

Rocks+ Sponsors - \$7,500:

Collegiate Peaks Bank

Rocks Sponsors - \$5,000:

Eating Recovery Center and Pathlight Mood & Anxiety Center

Forte Analytics

Kazickas Family Foundation

Martha & Richard Caschette

Icicle Sponsors - \$2,500

Land Title Guarantee Company

Obermeyer Wood

Patron Sponsors - \$1,000

Bryn Miller Parent Coaching

The Bucquet Family

Children's Hospital Colorado

Eating Disorder Intervention

Falafel King

Grace Filiss Recovery Consulting

iaedp Foundation Denver Metro

Chapter

Infinity Fasteners

Kate Daigle Counseling

Mile High Mental Health

Parker Lipman

Simons Therapy

Within

Thank You - We Asked and You Responded

We dedicated the month of October to an intensive fundraising campaign, raising a substantial portion of the funds we need to run our programs and **breaking records for any single fundraising campaign in our 20 year history.**

No matter how much you were able to give, you are all part of the drive to ensure that EDF's vital services continue, expand, and remain free of charge.



hear from our members



"EDF has helped me to finally have hope."



"EDF promotes an inclusive, positive, safe, supportive space and this is HUGELY important for those of us trying to reach out for help. Feeling safe and that we can trust the people we're reaching out to for help and guidance is important. Thank you for helping provide that."

"I am grateful for the support groups that can create common ground, validation, and more. This fills the gap for me between clinical sessions and helps me have peer support."



"Thank you! I don't know where I would be without the online meetings and support."



"I feel that many of the services and support that you offer are so valuable to those with ED and those who support loved ones."



"I gained a sense of community and feel safe voicing my feelings. I love what EDF offers. Thank you for all your support."



"Staff and facilitators have given me help and hope. You have gone above and beyond anything I could ever imagined. I am extremely grateful!"

"The online support groups are life-changing. Thank you for offering these services! They have greatly improved my life. Thank you for the work you do. Anyone I've ever had the pleasure of interacting with from EDF has been so kind, supportive and helpful. This means the world to me."



We couldn't have done it without your generous *support.*

EDF's Board of Directors

- Steve Shelley, President
- Denise St. Vrain Perkins, Vice President
- Martha Caschette, Secretary
- Verne Singleton, Treasurer
- Toni Saiber, Founder
- Sarah Hueni
- Jamie Roth
- Grace Filiss
- Alex Kearns
- Trish O'Donnell
- Stephen Reeder

EDF's Full-Time Staff

- Dani Gilady (she/her)
Executive Director
- Lydia Rhino (any/all)
Program Director
- McKenna Ganz (she/her)
Program Administrator
- Claire Engels (she/her)
Program Coordinator

You are not alone...

EATINGDISORDERFOUNDATION.ORG/GET-STARTED/

Our mission: "to be an effective resource in the prevention and elimination of eating disorders through education, support, and advocacy."

✉ info@eatingdisorderfoundation.org

🌐 eatingdisorderfoundation.org

📍 1901 E. 20th Ave. Denver, CO 80205

☎ 303-322-3373

