

# TEAM KENTUCKY®

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CABINET FOR HEALTH  
AND FAMILY SERVICES



KENTUCKY  
EATING DISORDER  
COUNCIL

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KENTUCKY  
EATING DISORDER  
COUNCIL

KRS 210.051  
signed July 2020,  
establishes the  
Council and  
tasks it with:

Oversee the development and implementation of eating disorder awareness, education and prevention programs

Identify strategies for improving access to adequate diagnosis and treatment services

Assist the Cabinet for Health and Family Services (CHFS) in identifying eating disorder research projects

Work with CHFS, and other appropriate entities, to routinely examine existing surveillance systems, data collection systems, and administrative databases to determine the best strategies for implementing evidence-based eating disorder measures that provide data for program and policy planning purposes



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As reasonably as possible, collaborate and coordinate on data research projects with CHFS and other appropriate entities

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Make appropriate recommendations regarding legislative and regulatory changes as appropriate

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Apply for grants from the federal government, private foundations, or other sources that may be available for programs related to eating disorders.

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# Why is the Council needed?

## Prevalent

- About 6-20% of individuals in the United States will suffer from an eating disorder at some point in their life (Favaro, 2003).
- Estimates indicate those with an eating disorder would number ~200,000 in the city of Louisville and ~900,000 across the Commonwealth.
- Eating disorders affect everyone, not just women.
- Most eating disorders (">90%") develop by age 24.
- Approximately **1 out of every 10 Kentucky high school students** reported engaging in 3 or more disordered eating behaviors.

# Why is the Council needed?

## Chronic

- Approximately 50% of individuals with anorexia nervosa and bulimia nervosa **do not achieve full recovery in treatment** (Herzog et al., 1993). Of those who do recover, more than one third **experience at least one relapse**.
- Screenings and interventions in schools, primary care and community-based organizations often do not include eating disorders.

# Why is the Council needed?

## Fatal (if not treated)

- Anorexia nervosa has the **second highest mortality rate** of any psychiatric illness (only after opioid use disorders).
- Without treatment, 20% of people with anorexia will prematurely die from eating-disorder related health complications.
- 80-97% of individuals with eating disorders have another psychiatric disorder, primarily anxiety and mood disorders (Blinder et al., 2006).
- Individuals with eating disorders are at **much greater risk for attempting suicide, engaging in risky behaviors** (e.g., substance misuse), and having other comorbid mental health conditions (Pietsky et al., 2008).

# KY Eating Disorder Council Membership

**Commissioner,  
Department for  
Behavioral  
Health**

**Secretary,  
Cabinet for  
Health & Family  
Services**

**Commissioner,  
Department for  
Medicaid  
Services**

**Commissioner,  
Department of  
Public Health**

**Commissioner,  
Department of  
Insurance**

**Commissioner,  
Kentucky  
Department of  
Education**

**National  
Association of  
Social Workers  
(NASW) KY**

**KY Psychiatric  
Medical  
Association**

**KY Hospital  
Association**

**KY Psychological  
Association,  
Provider**

**KY American  
Academy of  
Pediatrics**

**President,  
Council on  
Postsecondary  
Education (CPE)**

**KY Association  
of Nurse  
Practitioners and  
Nurse-Midwives**

**KY Dietetics  
Association**

**KY Psychological  
Association,  
Researcher**

**KY Public Health  
Association,  
Researcher**

**3 Individuals  
with Lived  
Experience**

# Standing Committees

## Advocacy & Legislation

Meets the **4<sup>th</sup> Thursday** of each month from **4 – 5p.m. eastern**

## Prevention & Education

Meets the **1<sup>st</sup> Thursday** of each month from **2 - 3p.m. eastern**

## Research

Meets the **2<sup>nd</sup> Thursday** of each month from **10 – 11a.m. eastern**

## Health Services Provider Education

Meets the **1<sup>st</sup> & 3<sup>rd</sup> Wednesdays** of each month from **12 – 1p.m. eastern**

**Important Note: Committee meetings and participation is open to everyone**

For more information  
about the Council or  
Standing Committees,  
please contact  
**Kate Overberg-Wagoner**

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(502) 782-6236

# References

Statistics are taken from Eating Disorder Fact Sheet written by Dr. Cheri A. Levinson, Ph. D, Director, Eating Anxiety Treatment Laboratory