



KENTUCKY
EATING DISORDER
COUNCIL

KENTUCKY EATING DISORDER COUNCIL ANNUAL REPORT

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ACTIVITIES, FINDINGS, AND RECOMMENDATIONS

- KRS 210.051 Section 7(b) requires the Kentucky Eating Disorder Council (KEDC) to identify strategies for improving access to adequate diagnosis and treatment services. In 2021, the KEDC supported the passing of HB 50, the Mental Health Parity Act which, in part, amended KRS 304.17A - 660 to include and define "nonquantitative treatment limitations" (NQTLs). This legislation went into effect on January 1, 2022.
 - These NQTLs would allow providers of eating disorder treatment to receive reimbursement from health insurance companies at a rate comparable to medical/surgical benefits, thus allowing individuals and family members to receive quality comprehensive care for an eating disorder, while also allowing eating disorder treatment entities to pay their providers a competitive salary and keep them in Kentucky.
 - After HB 50 was signed, KEDC members testified in front of the Interim Joint Committee on Banking & Insurance and later met with staff from the Kentucky Department of Insurance and health insurance representatives regarding the lack of adequate reimbursement.
 - In spite of the legislation and the KEDC's efforts, as of the writing of this report, only two health insurance companies are providing reimbursement rates comparable to medical/surgical rates to one eating disorder provider in Kentucky for their Intensive Outpatient Program (IOP) and Partial Hospitalization Program (PHP). There are no sustainable outpatient treatment contracts. Most individuals are left without any insurance coverage for their eating disorder, or are approved for treatment but are required to pay prior to receiving care then submit requests for reimbursement. These reimbursements are either slow or outright denied, forcing clients to be responsible for out-of-pocket coverage, up to tens of thousands of dollars, or for providers to "forgive" payment from clients and costing adequate salaries.
 - The KEDC recommends funding the Kentucky Eating Disorder Council trust fund as described in KRS 210.052 in order to subsidize the cost of treatment for individuals seeking care for eating disorders. As available, funds will also be used to implement eating disorder prevention programs statewide.

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ACTIVITIES, FINDINGS, AND RECOMMENDATIONS



- KRS 210.051 Section 7(a) requires KEDC to oversee the development and implementation of eating disorder awareness, education, and prevention programs. On March 2, 2022, the Kentucky Eating Disorder Council held its first Advocacy Day at the Capitol. Council members, as well as other advocates interested in educating lawmakers and staff on the prevalence and risks of untreated eating disorders, were in attendance.
 - Since the KEDC's Advocacy Day, both the Biden - Harris administration and Lt. Governor Coleman's office have identified eating disorders as a public health need to be addressed for both adults and youth.
 - While the KEDC does not take credit for eating disorders coming to the attention of the Biden - Harris administration or Lt. Governor Coleman's office, it does want to partner and leverage the work from these executive branch offices along with KEDC's work set forth in KRS 210.051.
 - The KEDC respectfully recommends a collaborative effort with Lt. Governor Coleman's office to determine how best to align goals with Lt. Governor's Student Advisory Council.



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ACTIVITIES, FINDINGS, AND RECOMMENDATIONS

- Continuing the work of KRS 210.051 7(a), KEDC is implementing The Body Project with willing partners to promote body positivity and prevent the onset of disordered eating habits, which can result in eating disorders. More information on The Body Project can be found at <https://www.nationaleatingdisorders.org/get-involved/the-body-project>, an evidence-based prevention program targeting young women and girls. More than Muscles takes a similar approach and targets young men and boys (<https://www.nationaleatingdisorders.org/alternative-versions>).
 - As of the writing of this report, through a grant received by the Louisville Center on Eating Disorders, two The Body Project trainings resulted in 10 new facilitators in Jefferson County.
 - Three high schools: Holy Cross High School, Sacred Heart Academy, and Louisville Collegiate School offered both The Body Project and More than Muscles, reaching a total of 196 students.
 - KEDC help facilitate a partnership with the Kentucky Department of Education and the Division of Family Resource and Youth Service Centers to provide The Body Project/More than Muscles trainings to public school students. Number of students trained are still being collected.
 - KEDC recommends implementation of The Body Project, or one of its variations, in school health classes across the state. Identified needs are partners trained as facilitators and funding to pay for training costs.