

Advocacy: How Using Your Voice to Create Change For Others Changes You

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The Emily Program



ACCANTO
HEALTH



Using our voices together

Advocacy led to recent legislative efforts that illustrate the increasing recognition of the devastating effects of eating disorders; enacted and proposed laws show progress in increasing awareness, lessening stigma, and improving access to clinical care



But first, how does legislative
action work?



<http://www.youtube.com/watch?v=0dVo3nbLYC0>

What is Advocacy?

- The promotion of an idea or cause
- Grassroots advocacy: Citizen lobbyists - ordinary people, not policy makers or highly paid lobbyist, people who have a passion
- Increases public awareness of an issue and organizes people to get the attention of policy makers and others
- Concerned citizens making phone calls, sending emails, showing up
- Each of us have a voice
- 30 is a magic number



Citizen Advocacy and Activism

“The future will belong to those who have passion and to those who are willing to make the personal commitment to make our country better.”

Senator Paul Wellstone



“Each time a man stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope, and crossing each other from a million different centers of energy and daring, those ripples build a current which can sweep down the mightiest walls of oppression and resistance”.

Senator Robert Kennedy





**WHAT WOULD
YOU CHANGE
IN YOUR AREA
OF THE FIELD
IF YOU
COULD?**

How does Change happen in the Eating Disorders Field?

- Through concerned people using their voices to help educate the Legislative and Executive branches – locally and nationally
- Advocacy efforts at federal level have focused on improving access to care for clients/patients and families, improve training for health professionals, increase funding for research, and expand insurance coverage for care
- This advocacy happens primarily through the primary policy focused organization on the Hill, the **EDC**

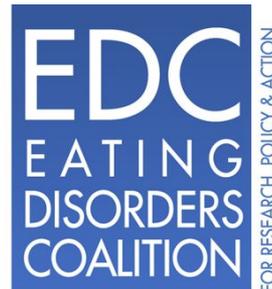


ADVOCACY

A bit more on ED Advocacy:

What is the EDC?

- The **Eating Disorders Coalition for Research, Policy, and Action**
- Founded in 2000, EDC is the federal policy organization for eating disorders, with a mission to advance recognition of eating disorders as a public health priority throughout the United States
- EDC is made up of 40+ eating disorder organizations – treatment programs, non-profits, and other eating disorder focused groups – including iaedp!
- EDC has monthly Board meetings, regular action alerts, active interaction every week on the Hill, and 1-2 virtual or in-person Advocacy Days on the Hill open to all for advocates to talk with policy makers about federal legislation
- EDC employs lobbyists on the Hill, through a firm called Center Road Solutions who are in DC year-round working on behalf of the EDC
- www.eatingdisorderscoalition.org



What gets bills passed?

USING OUR VOICES



Dec. 13, 2016 - Source: Chip Somodevilla/Getty Images North America

Here's an awesome example:

U.S. President Barack Obama talks with Kitty Westin, whose daughter died in 2000 of an eating disorder, after he signed the 21st Century Cures Act into law at the Eisenhower Executive Office Building December 13, 2016, in Washington, DC.

The legislation includes the *first ever eating disorders specific legislative language in the history of the United States.*

It happened because we kept telling stories that matter.

A group of people, mostly men, are shown from the chest up, arranged in a circle. They have their hands raised, palms facing outwards, in a gesture of unity or agreement. The background is blurred, focusing attention on the hands and the central text. The overall tone is professional and collaborative.

TELLING STORIES THAT MATTER

But I'm not
comfortable
calling my
Rep or
Senator!

"I don't know
enough about
what to say"

"What would I say
to my
Congressperson on
the phone?!"

"I don't have time
for a long
conversation"

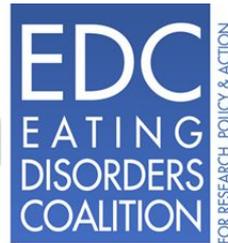
Using your voice – it's actually easy!

- No microphone needed
- It can be as easy as a [click](#)



Stay up to date on the Eating Disorders Coalition for Research, Policy & Action legislative work and use your voice to make a difference!

Take future action with a single click.
Log in or Sign up for *FastAction*



Contact Information

First Name

Last Name

Gender

Sexual Orientation (Optional)

Race (Optional)

Ethnicity (Optional)

Street Address (Optional)

Address Line 2 (Optional)

Country (Optional)

Postal Code

City

State/Province

Email

Home Phone

Mobile Phone (Optional)

Twitter Handle (Optional)

Facebook Profile URL (Optional)

Sign me up for SMS messages.

By submitting your cell phone number you are agreeing to receive periodic text messages from the Eating Disorders Coalition. Message and data rates may apply. Text HELP for more information. Text STOP to stop receiving messages.

Remember me so that I can use *FastAction* next time. 🗝️

Submit

ACTION CENTER



Expand Medicare MNT Coverage

Senators Susan Collins (Maine) and Gary Peters (Mich.) and Representatives Robin Kelly (Ill.) and Fred Upton (Mich.) recently introduced the Medical Nutrition Therapy Act of 2021 (S. 1536/H.R. 3108), which would expand coverage of medical nutrition therapy (MNT) in Medicare...



Tell Your Senators to Co-sponsor the School Food Service Modernization Act

The COVID-19 pandemic has illuminated the need to provide healthy school meals, especially given its disproportionate impact on people with diet-related diseases and communities of color. Investing in school nutrition programs to help establish life-long healthy eating...

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Action Center



Support the Medically Tailored Meals Pilot Program

Reintroduced by U.S. Representatives Jim McGovern (Mass.), Jackie Walorski (Ind.), Chellie Pingree (Maine) and Dwight Evans (Pa.), passage of the bipartisan Medically Tailored Meals Act (H.R. 5370) would launch a three-year pilot program to provide medically tailored...



Support Diabetes Care

The bipartisan, bicameral Expanding Access to Diabetes Self-Management Training Act (S. 2203/H.R. 5804) would remove barriers to Medicare beneficiaries' access to Diabetes Self-Management Training and create opportunities for RDNs to provide effective nutrition care...



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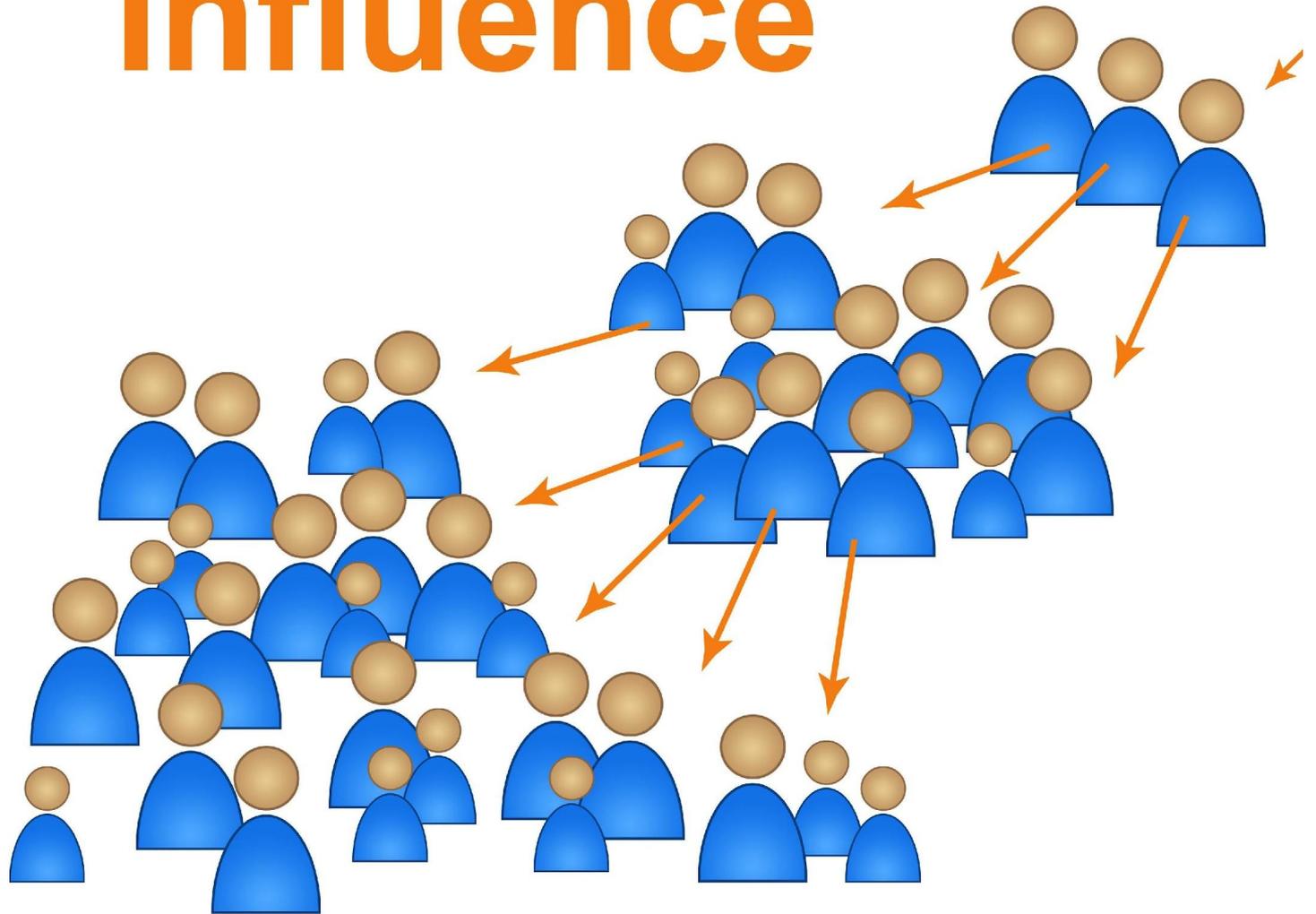
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One person's voice carries to many

One story can make great change

Influence



“Professional Code of Ethics Principle #4 encourages social responsibility, collaboration to reduce health disparities, promotion of the unique role of nutrition and dietetics practitioners and enhancing health and nutritional status while protecting the public.”

Why should I do advocacy?



PRACTICE APPLICATIONS
President's Page

Linda T. Farr, RDN, CSOWM, LD, FAND
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Advocacy: Our Professional Responsibility

The 117th Congress and newly elected state legislators have been sworn in. As the experts in our field, now is the time for the Academy and all credentialed nutrition and dietetics practitioners to prioritize our legislative and advocacy efforts and get involved like never before.

Advocacy is our professional responsibility. To achieve the Academy's vision of a world where all people thrive through the transformative power of food and nutrition, we must be at the table, working with policy leaders at every level of government to promote health and reduce the burden of chronic disease through nutrition services and interventions.

Academy members must take an active role in building influential relationships that will help us gain support for important issues that expand diverse access to our services, shape the public's health and food choices, promote consumer protection, and safeguard our licensure. In the accompanying boxes, several Academy members share their thoughts on the importance of advocacy and why all members should be involved.

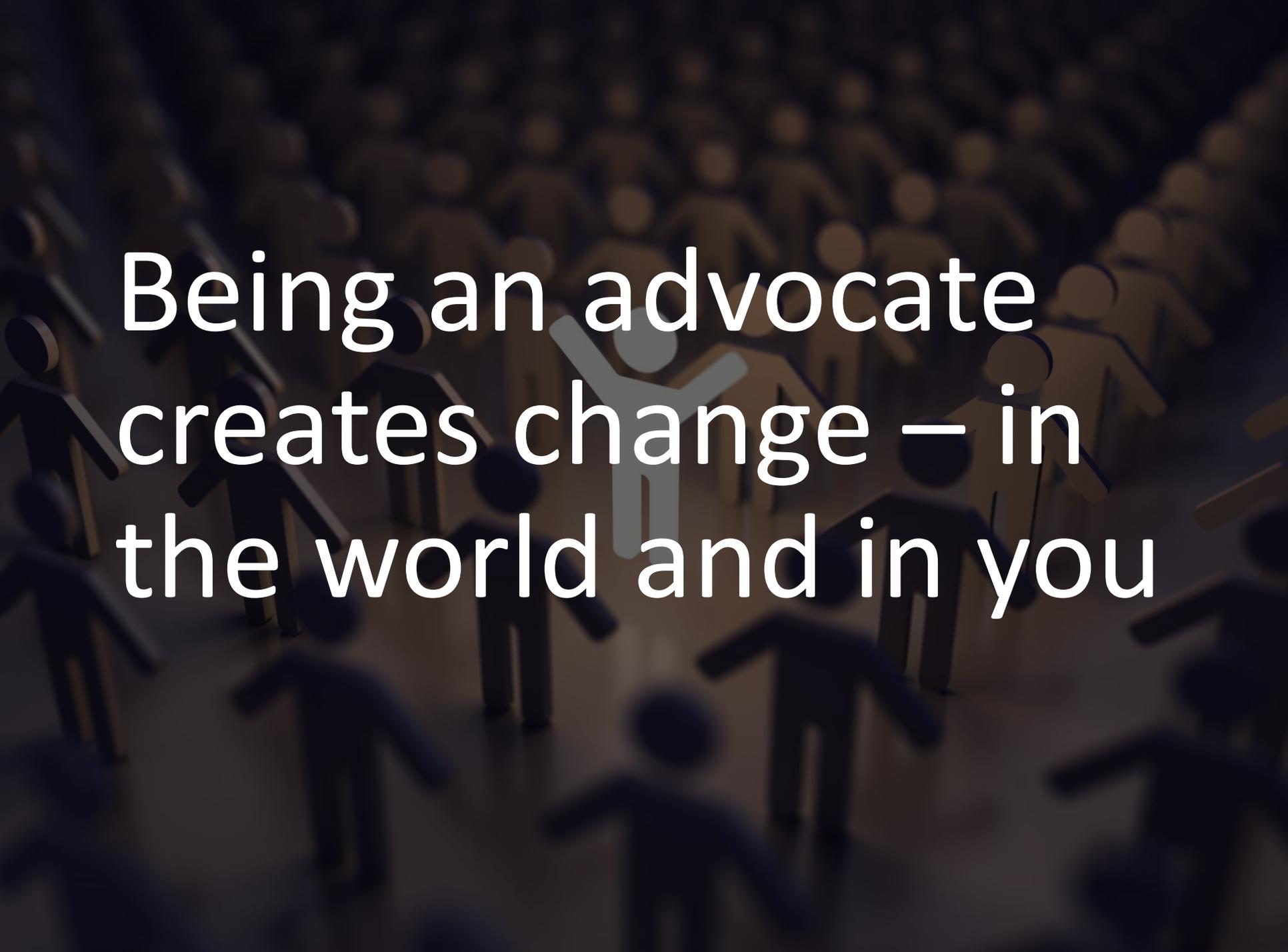
Legislators and policy makers can't afford to ignore the cost

prevention and increasing access to our services. This keeps me coming back and empowers me to speak up for the cost and lifesaving benefits we provide. I have also faced challenging and costly battles at the state level to preserve our licensure. This enrages and also empowers me to work harder to promote our professional competence and discourage those who want to hang out a shingle and call themselves a nutritionist without any training or credentialing.

Legislators want to hear from those who vote. That means your voice and stories, shared with your legislators, are key to getting our messages across and votes cast. We cannot sit back and let someone else step up. We must do this for our profession and for those whom we must ethically protect.

Code of Ethics for the Nutrition and Dietetics Profession

<https://doi.org/10.1016/j.jand.2020.12.006>



Being an advocate
creates change – in
the world and in you

GET INVOLVED TODAY!



“Never doubt that a small group of thoughtful committed citizens can change the world: indeed, it’s the only thing that ever has”
Margaret Mead



A hand is visible on the left side of the image, holding a pen over a document. In the foreground on the right, there is a large, three-dimensional '@' symbol made of cardboard. The background is a blurred office setting with a desk and some papers.

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