

## **Jillian Lampert PhD, RD, LD, MPH, FAED**

### **How Using Your Voice to Create Change for Others Changes You**

Dr. Lampert is the Chief Strategy Officer of Accanto Health, the parent company of Veritas Collaborative and The Emily Program. Additionally, Dr. Lampert is Co-Founder and President of the REDC, the national consortium representing eating disorders care focused on treatment standards, best practices, access to care, and collaborative research. She is also Treasurer of the Eating Disorders Coalition, a DC-based national organization for eating disorders policy and advocacy, and a Board Member of WithAll, a Minnesota based organization that empowers eating disorder prevention and strengthens support for recovery. She holds an adjunct graduate faculty position in the Department of Food Science and Nutrition at the University of Minnesota.

Dr. Lampert completed her doctorate degree in Nutrition and Epidemiology and Master of Public Health degree in Public Health Nutrition at the University of Minnesota. She earned a Master of Science degree in Nutrition at the University of Vermont and completed her dietetic internship at the University of Minnesota Hospital and Clinics. She has an expansive range of policy, clinical, research, education, teaching, and program development experience in the area of eating disorders.

Dr. Lampert has served on the Board of Directors of the Academy for Eating Disorders as the Electronic Media Portfolio Director and co-chair of the Academy for Eating Disorders Nutrition Special Interest Group. She is a Fellow of the Academy for Eating Disorders (FAED) and a member of the Academy for Nutrition and Dietetics (formerly the American Dietetic Association), and BHN (Behavioral Health Nutrition) dietetic practice group. Dr. Lampert is the author of numerous book chapters and articles addressing the nutritional treatment of eating disorders, body image, sports participation, adolescent health, and disordered eating and she regularly speaks regionally and nationally on numerous eating disorder-related topics.

One of her primary goals in life is to have the kids in her house (and everywhere!) have confident, loving relationships with their bodies and themselves.

#### **Description of Presentation:**

Participants will learn how clinicians, individuals of lived experience, and loved ones join forces to help influence public awareness and public policy as it relates to early-intervention, access to care, and treatment of eating disorders. Participants will learn a history of advocacy in the field of eating disorders, the current legislative and policy activities on-going in the field, the ethical imperative for advocacy by clinical providers, and practical pathways to engagement. Participants will practice advocacy skills in the sessions through an experiential activity with a text-based advocacy app, a highly dynamic small group activity during which participants will learn how to create an advocacy pitch, then devise and practice delivering the message in a mock advocacy meeting through multiple iterations, and a large group brainstorm and discussion of needed advocacy areas of focus. This workshop is non-partisan, fun, active, informative, forward-looking and seeks to take the mystery out of advocacy and give participants a safe and fun experience in advocacy techniques to increase awareness, bolster confidence and self-efficacy, and demystify the policy process.

**Learning Objectives:**

1. Describe existing eating disorders legislation
2. Describe eating disorders advocacy priorities addressable with public policy solutions
3. Note two or more fields of clinical practice wherein providers are ethically bound to participate in legislative/governmental advocacy
4. Describe two or more ways to be involved in current advocacy efforts