

Dear Friends of the Food Addiction Institute:



We at the Institute wish you and your family happy holidays! During this time of hope and renewal you may be contemplating giving a holiday donation to your favorite charity. We encourage you to reflect on the organizations that will make a significant impact on the major health issues facing society today, and we believe the Food Addiction Institute is one of them.

Food addiction is now recognized as a significant part of the obesity crisis. Given the fact that one in three Americans is obese, childhood obesity has more than tripled, and it is projected that by 2030 half of Americans will be obese, we are clearly in a crisis that demands solutions. The Food Addiction Institute is actively working to provide these solutions. On our website, www.foodaddictioninstitute.org, you will find extensive information about the disease of food addiction as well as a list of referrals for treating the disease. However, this is just the tip of the iceberg.

Current projects include:

- Working for the inclusion of food as a “substance use disorder” in the 5th edition of the American Psychiatric Association’s Diagnostic and Statistical Manual (DSM-5) due out in 2013;
- Reviewing the scientific literature on food addiction (e.g. loss of control, withdrawal, progression, denial, and treatment) and publishing the results;
- Administering and developing the 3-year Professional Training Program for Food Addiction with the goal of formal accreditation;
- Developing an international model of food addiction treatment supported by health care professionals and governmental agencies; and
- Establishing low-cost recovery weekends for food addicts.

The Food Addiction Institute is a volunteer driven 501(c)(3) non-profit organization and we need your help to work toward our vision of research, education, prevention, and support for the healing of all who are grappling with the disease of food addiction. No matter how large or small the gift, your donation matters.

So spread some holiday cheer where it will truly make an impact on the obesity, eating disorder and underlying food addiction crises. Simply visit our website, www.foodaddictioninstitute.org, to make your tax-deductible donation, or mail your contribution to Food Addiction Institute, P.O. Box 51261, Sarasota, Florida 34232. It’s a gift you can feel good about all year long!

Sincerely,

Gail Marcus, Chair

Tina Selinsky, Secretary/Treasurer

Phil Werdell, Director, Professional Training Program



Please, pass this letter on to those who support food addiction recovery.

