

Food Addiction Institute (FAI) Newsletter

2/17/2017

FAI One Question More Campaign

FAI's Board of Directors and members of the FAI Working Groups network have been laboring for more than a year to design an outreach program intended to get more of those struggling with their use of food and those supporting and/or caring for them to bring up the possibility of food use disorder / food addiction during health care visits.

We hope to launch this campaign late 2017 / early 2018.

Campaign Task Forces:

- Resources
- Website Pages
- Screening
- Co-Sponsor Enrollment
- Toolkit Revision
- Promotion
- Financial Development

If you would like to join one of these groups, please contact OQM Campaign Coordinator

Amanda Leith at
<amanda.molly@hotmail.com>

FAI Website Redesign

We are hard at work redesigning our entire Food Addiction Institute website – with the help of website vendor RKA Ink - in hopes of making it ever so much friendlier for those suffering with a food use disorder / food addiction, their families, those supporting them and those providing professional care for them. The redesigned site will include appropriate entry portals for the One Question More campaign. And all resources on the site will be significantly updated. We hope to launch this renewed version of the FAI website by the end of August.

FAI March Webinar:

Dr. Nicole Avena

“Update on Food Addiction Research”

March 3, 2017 11-12am ET

Dr. Avena is an Assistant Professor of Pharmacology and Experimental Therapeutics at Ichan School of Medicine at Mount Sinai, New York City.

(Check the FAI website for a link on the day of the webinar.)

New: FAI Webinars Available on Youtube



We are pleased to announce that our FAI Youtube Channel is now live.

We have four webinars that are available for viewing. Another will be posted in March.

- **Seeking Common Definitions of Food Addiction** with Dr. Vera Tarman and Phil Werdel
- **Experiencing Food Addiction from the Inside** with Michael Prager
- **A New Food Addiction International Professional Training Program** with Esther Helga Guðmundsdóttir
- **Feeding the Food Addict with or without Bariatric Surgery** with David Avram Wolfe

Go to **Youtube** and simply type “Food Addiction Institute” in the search bar.

Schedule of FAI Newsletters, Balance of 2017: May, August, & November

International School for Food Abuse / Addiction Counselor Training Launched

The INFACT School for International Food Abuse/Addiction Counselor Training's first term launched with 16 participants February 4th 2017 and will conclude with examinations May 26th.

Those that complete the training will be certified as Food Addiction Counselors from the Nordic/Baltic Certificate Regional Board. This is truly an international group of professionals; among them MD's, MFT, University professors, Dietitians, Addiction counselors, and nurses, from Australia, Canada, USA, Newfoundland, Iceland, Hungary, Spain, Israel and Jordan.

The faculty are internationally known experts in the field: Dr. Marty Lerner, psychologist from USA; Dr. Vera Tarman, MD from Canada; Philip Werdell MA and Mary Foushi, directors of ACORN, USA; Theresa Wright MS, a dietician from USA; Bitten Jonsson, registered nurse and an addiction specialist from Sweden; and Esther Helga Gudmundsdottir MSc, addiction specialist and principal of INFACT from Iceland.

The next training will start early September 2017. For more information: www.infact.is and esther@mfm.is

FAI Update from Phil Werdell, FAI Founder

- The FAI Board **renewed its commitment to FAI's One Question More campaign** at its recent retreat in Orlando.
- Members of the Board attending the retreat were able to reach consensus on a **new FAI Mission Statement:**
"Advocating widespread acceptance of food addiction as a disease of substance abuse and the availability of effective, abstinence-based solutions."
- Building on a memorial donation of **\$10,000** in support of the 2nd national conference that we jointly sponsored with the UMass Medical School's Dept. of Psychiatry, Fall of 2015, FAI received a grant of **\$12,000** from an anonymous donor to support coordination of the initial planning phase of the One Question More campaign. Last fall, we were able to raise an additional **\$7,000** plus via the Giving Partner Challenge in Sarasota, FL.
- We are hopeful of raising substantial additional funds to support **full implementation of the One Question More campaign** over the next two years.
- A **revision of the "Food Addiction Toolkit"** first developed for the 2015 Food Addiction Conference is currently underway. It should be completed well in advance of our redesigned FAI website.
- **FAI and UMass are about to launch a collaborative, multi-site pilot of a 3 fold brochure and accompanying resource sheet** that we have been developing for some time. Ultimately, we intend to distribute this resource via providers, 12 step groups, health fairs, schools, libraries, etc. to those who suspect they might possibly be suffering with a food use disorder (food addiction), as part of the One Question More campaign.
- We are pleased to announce the following additions to the FAI Board of Directors: Cynthia Myers-Morrison, EdD (Vice Chair); Beth Rocchio Candon, MD; David Avram Wolfe, MS, RD, LDN, CNSC; and Christy Carreno, Health Coach and Nutritionist.
- FAI will shortly be launching a new blog on the topic of abstinence on its website.

Schedule of 2017 FAI Webinars

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Friday March 3, 2017 11-12 am
Sunday May 7, 2017
Sunday July 9, 2017
Sunday September 10, 2017
Sunday November 12, 2017