



The Alliance for  
Eating Disorders Awareness

*help. support. recovery.*

Statement from Johanna Kandel  
CEO and Founder, The Alliance for Eating Disorders Awareness

We are grateful that To The Bone is raising awareness, creating conversations, and diminishing the shame and stigma surrounding eating disorders. However, after watching the trailer, we have serious concerns that this film will glamorize and sensationalize eating disorders. In addition, it could potentially serve as a “how to” manual on eating disorders, and reinforce the archaic stereotype of what people with eating disorders look like and who develops them.

Eating disorders are a hidden epidemic; stigma and silence continue to create barriers to proper care. There is a misconception that eating disorders are a choice; when, in actuality, they are a potentially fatal biopsychosocial mental illness that knows no bounds with regards to age, race, ethnicity, sex, gender, sexuality, body size, or socioeconomic status. Eating disorders have the highest mortality rate of psychiatric disorders with someone dying as a direct result of the disease every 62 minutes. Over 30 million Americans struggle with eating disorders, yet a mere one in six of them has access to the treatment they desperately need to survive.

The Alliance for Eating Disorders Awareness is a national nonprofit organization headquartered in South Florida dedicated to providing programs and activities aimed at outreach, education, and early intervention for all eating disorders. Founded in October 2000, The Alliance has worked tirelessly to raise awareness, eliminate secrecy and stigma, promote access to care and support for those susceptible to, currently struggling with, and recovered from eating disorders. The Alliance offers educational workshops and presentations, free support groups for those struggling and for their loved ones, advocacy for eating disorders and mental health legislation, national toll-free phone help line, and referrals, support and mentoring services. All services offered by The Alliance are free-of-charge, therefore, making it accessible to everyone. Since its inception in October 2000, The Alliance has offered presentations on eating disorders and positive body image to more than 285,000 nationwide.

For more information about eating disorders, please call The Alliance at 866.662.1235 and to find support please log on to [www.findedhelp.com](http://www.findedhelp.com).

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