2026



WithAll ANNUAL REPORT

Helping young people feel good in their bodies, and keeping eating disorder recovery within reach.

LETTER FROM WITHALL'S BOARD CHAIR

Serving on WithAll's Board is deeply meaningful to me because this work reaches people at moments when compassion, connection, and the right support can truly change a life.

This year, I've been especially proud to see WithAll continue turning bold ideas into meaningful action. The launch of the What to Say Coaches Certification is one powerful example — taking first-in-the-nation legislation and translating it into practical tools that help coaches better support young people.

As we look ahead, we are entering an important season with clarity and confidence. Our strategic plan calls us to deepen our work with healthcare providers, strengthen relationships with the donors and partners who make this mission possible, and remain steadfast in what will not change: recovery support will continue to be an anchor of our work, and What to Say will remain free and accessible to everyone.

We're also thrilled to welcome back our WithAll spring event this year, and we can't wait to gather our community together again for a fun evening.

Thank you for believing in this work and walking alongside us. Your support makes everything that follows in these pages possible.



Ali Jonswold

Ali Jonswold,
Board Chair

WithAll Board of Directors

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WHAT TO SAY IN 2026: 3 WINS FOR KIDS THANKS TO YOU

18.5K
parents, coaches, and doctors trained

2.9 million
kids benefit from adults being equipped

We launched What to Say Schools.

Completing free resources for every key adult role in a kid's life. The Eating Disorders Coalition recommended the toolkit to the USDA as a wellness policy model, putting WithAll's approach in front of the agency that shapes school nutrition policy nationwide.

What to Say Healthcare is now part of pediatric residencies at three universities.

Every pediatric resident at the Universities of Minnesota, South Dakota, and North Dakota now graduates knowing how to talk about food, weight, and growing bodies. Since 2024, it has reached 534 providers and more than 800,000 young people.

We launched What to Say Coaches Certification, turning a landmark law into real training.

WithAll helped pass first-in-the-nation legislation requiring high school coaches to receive eating disorder prevention training, and our new certification gives them the tools that law calls for.



YOUR GENEROSITY MAKES IT POSSIBLE

232

supported during recovery this past year

99%

of those surveyed said the RSP Grant helped them with their recovery

Recovery Support Program

Living four hours from the nearest treatment center, Em faced an impossible math problem every day: stay in recovery, or stay afloat financially. Meal-plan costs and rent didn't leave room for both.

Your support changed that.

“With basic needs covered, I could stay in treatment fully present — focused on healing instead of finances. I have been able to continue recovery due to the skills and support I received. I feel like a totally different person.

What moved me the most wasn't just the funding, but what it represented: The fact that there are people willing to support our recovery without even knowing us personally makes an incredible impact for hope for a better future."



Em, Recovery Support Program Recipient

What to Say Coaches



As a coach of 9 - 12-year-olds in an endurance sport, **this training is essential.** It made me much more aware of the language and modeling of coaches and fellow athletes around body shapes and sizes, as well as eating habits.

WithAll also provided some clear resources and support for coaches to identify and support youth who are struggling with disordered eating and body image."

-Anne, What to Say Coaches Participant

With YOU

Thank you to our program sponsors, whose support made it possible to offer What to Say resources free online to thousands this year.

- 952 Capital Partners
- Artisan Homes
- Christensen Group Insurance
- County20 Storage & Transfer, Inc.
- CliftonLarsonAllen
- Joel & Teresa Pfister Foundation
- Kitty & Mark Westin
- Kraus-Anderson
- Littler Mendelson P.C.
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- Minnwest Bank
- Mairs & Power
- Old National Bank
- Olsen Thielen
- Polaris
- RBC Wealth Management
- Rosen's Diversified, Inc.
- Toyota

Thank you to Alice and Jeff for hosting another successful LiveBrave 5K and 1 mile. Together, they raised thousands benefiting WithAll.





Derek Waller,
Board Chair
Governance Chair



Dr. Katie Loth
Co-Founder of
What to Say Healthcare

Thank you to our two WithAll Board members who retired after six impactful years leading WithAll.

SAVE THE DATE
April 24, 2027



Thank you, Lisa!

Lisa Radzak led WithAll for nine years, driven by a conviction: that kids deserve to grow up feeling good in their bodies and with food, and that eating disorder recovery should be within everyone's reach. Under her leadership, WithAll carried that conviction to millions.

During her tenure, she led the creation of What to Say and championed first-in-the-nation legislation requiring high school coaches to receive eating disorder prevention training.

This fall, Lisa transitioned from her role as Executive Director into a new chapter that draws on her legal background in continued service of the fight against eating disorders, a cause she's carried for nine years and isn't stepping away from. WithAll moves forward on a strong foundation built under her leadership, with deep gratitude for everything she gave this organization.

















Where We're Headed, With You
WithAll's 3-Year Strategic Plan

BUILDING ON A STRONG FOUNDATION

Nine years ago, WithAll set out to change how adults talk with kids about food and bodies. Here's where that's taken us.

98%
of adults say What to Say changed how they show up for kids

1200+
Recovery Support grants delivered, across 36 states

3
universities now teach our healthcare curriculum in pediatric residencies

1st
in the nation legislation protecting student-athletes

4 for 4
free What to Say resources now reach every adult in a kid's life

OUR FOCUS, AND WHY

What we're responding to:

- Body-image distress is rising among young people
- Most who need treatment never receive it
- Trust in broad online information is eroding

Our two bets:

- **Depth:** Going deep with healthcare providers, the adults with the most reach
- **Durability:** Deepening relationships with donors who already believe in this work

WHAT'S NOT CHANGING

- **Resources for all role models**: Every What to Say resource stays accessible for every audience: families, coaches, healthcare providers, schools. Going deep on healthcare doesn't mean stepping back from anyone else.
- **Recovery support is our anchor:** Our recovery grant program isn't changing. It grows exactly as fast as giving grows, a direct, honest link between your support and the people it reaches.

Where We're Headed, With You
WithAll's 3-Year Strategic Plan

OUR THREE-YEAR PATH

FY27
TRANSITION:

Update What to Say Healthcare with what clinicians tell us they need, and launch the search for our next Executive Director.

FY28
BUILD:

Understand how healthcare systems choose training, and build the partnerships that carry this work further.

FY29
GROW:

Test our approach with healthcare institutions at scale, and open our next chapter.

BY 2029

2,000
healthcare providers trained

2.2M+
young people reached through the trained adults

700+
recovery grants awarded, as giving grows

FREE
What to Say resources for all roles reaching thousands

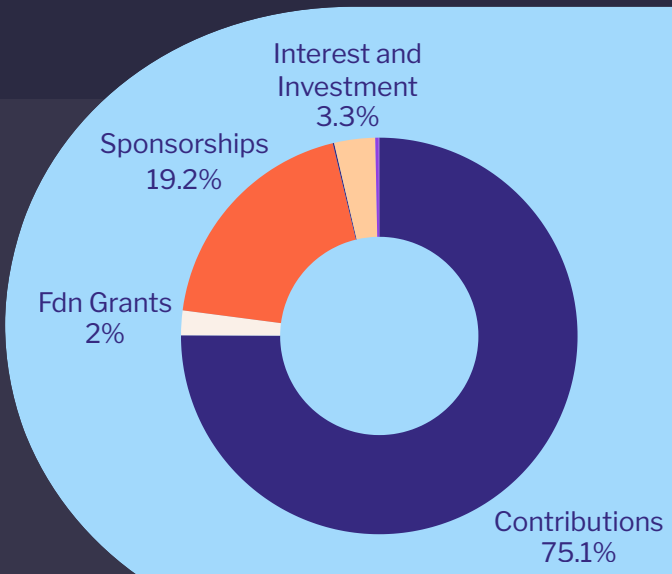
As our Board leads the search for WithAll's next Executive Director, this plan is the foundation they'll inherit and the guidepost they'll build from, ensuring the work you've made possible continues without interruption.

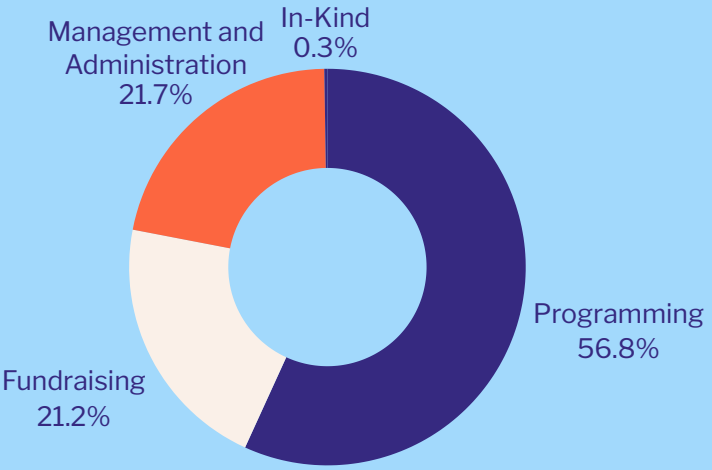
Read the full plan

Share your feedback

FINANCIALS

July 1, 2025 - June 30, 2026





Revenue

Contributions	$ 448,466
Grants	$ 12,000
Sponsorships	$ 114,500
Earned Revenue	$ 695
Interest and Investment	$ 19,920
In-Kind Contributions	$ 1,660
Gain/Loss on Investment	$ 277
Total Revenue	**$ 597,518**

Expense

Programming	
Prevention	$ 186,230
Support	$ 186,162
Total Programming Expenses	$ 372,392
Fundraising	$ 139,011
Management and Administration	$ 142,378
In-Kind Expenses	$ 1,660
Total Expenses	**$ 655,441**

Financial Position

Assets	
Total Cash	$ 881,001
Other Receivables	$ 12,151
Prepaid Expenses	$7,869
Total Assets	**$ 901,022**
Equity and Liabilities	
Equity	$ 881,227
Total Liabilities	$ 19,795
Total Equity and Liabilities	**$ 901,022**

THANK YOU

Without donors like you, our work would not be possible. The following donors made gifts to WithAll of $50 or more in FY26 (July 1, 2025 - June 30, 2026).

$25,000+
Paddock Family Foundation
Kitty and Mark Westin
McVay Foundation
RBC Wealth Management
Todd and Christine McVay

$20,000-24,999
Live Brave 5K
Terri and Mike Uline

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The Joel and Teresa Pfister Foundation
CliftonLarsonAllen LLP
Janelle and Frank Schlick
Katie and Bill Miller
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Polaris
Sand Hill Foundation
Ted and Lorraine Glasrud Family Foundation, Inc.
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Cindy and Tad Piper
County 20 Storage and Transfer Inc
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Hall Family Foundation
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Kita McVay and Jim Johnson
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Littler
Lockridge Grindal Nauen PLLP
RTX
Scott Crow
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Vera and Brad Maiorino

$1,500-2,499
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Katee Jonswold
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Kristen Soske
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Joey Vossen and Erik Nelson
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Louie and Melissa Berezovsky
Margaret Perry (Missy)
The Dorsey & Whitney Foundation
The Prouty Project
UBS

$500-999
American Family Insurance
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Bryan Tschida
Caroline and Dave Gettz
Carolyn and Andy Cochrane
Colleen and Tom Scheck
David Calhoun
David Schmit
Dean and Diana Ersfeld
Denise Walters
Doyle Calhoun
Gretchen Piper
Jana Rittgers
Jessica McVay
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Julie and David Burton
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THANK YOU

Without donors like you, our work would not be possible. The following donors made gifts to WithAll of $50 or more in FY26 (July 1, 2025 - June 30, 2026).

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Jessie Diggins
Jim and Mary Lou Judge
Kimberly Arnold
Peggy Wander
Susan Ebertz
The Woods Fine Amish Furniture
United Health Group
William Sims

$100-249

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Caren Martin
Christopher J Lunseth
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Sasha Van Neste
Shari Levine
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$50-99

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Dawn Baker and Aaron Milgrom
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Erin Scheidnes
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Mary Bender
Mary Brick
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Molly Ortner
Nelda Schmidt
Philip and Frances Lewenstein
Rachel Dixon
Shannon and Gregory Ichel
Shannon Edelbrock
Stephanie Layne
Tanya Adelman and Jay Elhardt

In Honor or in Memory of:

Anna Westin
Barb Waller
Brooke Dunning
Evan Hall
Jacquie Schmit
Jessie Diggins
Joan Collier
Jody Houtz
Julie Woltzen
Kayla Murphy
Nicole Gettz
WithAll Team



JOIN THE WITHALL COMMUNITY

Sign up for our email newsletter to get exclusive event invites, learn how your support helps recovery, and get more What to Say tips.

Join Us

WANT MORE FREE RESOURCES?

Get free guides and articles on picky eating, big appetites, body comments, sports, and more at withall.org/resources

Feel free to share our resources with whoever needs it. Print it, email it, or text a link.

GO DEEPER IN YOUR ROLE

- **Parents and families:** Learn the 3 Simple Shifts at withall.org/shifts
- **Coaches:** Get your free What to Say certification at withall.org/coaches
- **Teachers:** Build a body-healthy school culture at withall.org/schools
- **Healthcare providers:** Earn CME credit at withall.org/healthcare

Support This Work

WithAll exists to help kids feel good in their bodies and keep recovery within reach. This work only happens because individuals and businesses fund it directly. Consider donating at withall.org/donate.

Get Financial Help

If you or someone you love is facing an eating disorder, you are not alone. Our Recovery Support Program provides grants for groceries and housing during intensive treatment. Apply at withall.org/apply.

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