



ANNUAL REPORT

2020



WithAll

A LETTER FROM OUR EXECUTIVE DIRECTOR & BOARD CHAIR



2020 has been quite a year. “These unprecedented times” seems to be the phrase that is repeated everywhere. Despite its overuse, it is fitting. Most often, the phrase is used when talking about Covid-19, racial injustice, political polarization, wildfires, and other important headlines that are deeply impacting our communities. But these times are also unprecedented for those affected by eating disorders. The impacts of Covid-19 are increasing eating disorders behaviors. UNC/NCEED research shows an increase in restriction for those dealing with Anorexia Nervosa and an increase in binge eating for those with Bulimia Nervosa and Binge Eating Disorder.

Unfortunately, this is not surprising news. Repeated national polls are telling us mental health concerns are rising at rates never seen before. We know that when anxiety is on the rise, so are eating disorders.

And, as if this news is not enough, this summer, Harvard/Deloitte released a first-of-its-kind study showing there are nearly 2.0 million kids alive today in the United States who will develop an eating disorder before they reach adulthood...if nothing is done to change this trajectory.

In seasons like this, it is easy to throw our hands up and feel there is nothing to be done. The problems are too many, too big, and we can only do so much.

But that is not, and never has been, true of the WithAll community. In fact, thanks to your support, WithAll was well positioned and ready to serve when the world shut down last spring.

Thanks to you, in spite of all the upheaval, we accomplished important things for those we serve:

- 130 individuals received a living-expense grant to seek recovery from their eating disorder.
- Because of your support this spring, we were able to double our grants and eliminate the wait list of individuals in financial need due to COVID-19.
- We made WithAll’s What to Say Coaches Challenge accessible to any coach, any place, anytime – providing them simple and relevant ways to support the mental and physical health of the kids they coach.
- When meeting in-person became impossible, we brought our prevention resources online – providing actionable ways to talk to kids about food and body. We reached over 4,000 people through our Instagram Live Series featuring leading eating disorder experts.



Lisa Radzak
Executive Director



Kitty Westin
Board Chair

A LETTER FROM OUR EXECUTIVE DIRECTOR & BOARD CHAIR



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And we are just getting started. This next year, we are focusing on listening to and meeting the needs of our community in this present moment. In this next year, with you, we will:

Strengthen support for recovery by:

- Awarding grants as quickly as possible for those needing support for treatment.
- Making the application process smoother and more efficient for applicants so they can get the financial support they need without “red tape” to add to their stress.
- Making this program more accessible to a wider, more diverse audience, including neighbors who identify as Black, Indigenous, or a Person of Color.

Prevent eating disorders by:

- Working to reach 25,000 individuals with eating disorder prevention resources this year, all toward the goal of reaching 1 million adults each year by 2030.
- We are focusing on stopping weight talk and harmful food labeling. [Learn more here.](#)
- Ensuring What to Say prevention resources are accessible to every adult, including, of course, our neighbors who are Black, Indigenous, or a Person of Color.

We see our current times, unprecedented as they are, as pivotal. These are the days to build together—the future we will create and leave for our children. Let us look back on this time as when we went to work to alter the course of the destruction caused by eating disorders.

Thank you for being an important part of this community.



VISION

A world without eating disorders.

MISSION

We advance eating disorder prevention and support by providing simple, actionable resources.

FY21 STRATEGIC AGENDA



EMPOWER PREVENTION

ACTION: Lead a campaign to engage more adults, faster, in What to Say - to create a multitude of adults working to prevent eating disorders.

GOALS: Reach 25,000 individuals with eating disorder prevention resources, enlisting over 3,000 committed pledgers, all towards the goal of reaching 1 million adults each year by 2030.

STRENGTHEN SUPPORT FOR RECOVERY

ACTION: Increase recovery by expanding the Financial Assistance Program and making this program more accessible to a wider, more diverse audience, including neighbors who identify as Black, Indigenous, or Person of Color.

GOAL: Issue 100 grants to individuals seeking recovery from an eating disorder by June 2021.



**STATEMENT OF FINANCIAL
POSITION**

**FISCAL YEAR ENDING
JUNE 30, 2019**

| | |
|-------------------------------|--------------------------|
| Assets | |
| Current Assets | |
| Cash | |
| 1170 FDN Wells Fargo Checking | 290,057 |
| 1171 FDN Bremer Checking | 612 |
| 1175 FDN Wells Fargo Savings | 79,741 |
| 1176 FDN Bremer Savings | <u>1,000</u> |
| Total Cash | 371,410 |
| Other Receivables | 1,157 |
| Prepaid expenses | <u>3,564</u> |
| Total Current Assets | <u>376,131</u> |
| Total Assets | <u><u>\$ 376,131</u></u> |
| Liabilities and Equity | |
| Current Liabilities | |
| Accounts payable | 23,941 |
| Other accrued liabilities | <u>5,039</u> |
| Total Current Liabilities | 28,980 |
| Long-term debt, net | <u>50,200</u> |
| Total Liabilities | <u>79,180</u> |
| Equity | <u>296,951</u> |
| Total Liabilities and Equity | <u><u>\$ 376,131</u></u> |



FINANCIAL ASSISTANCE PROGRAM

Unprecedented anxiety, social isolation, and uncertainty as a result of Covid-19 are significantly impacting our society. This is especially true for those experiencing, or at risk of developing, eating disorders. At the same time, many in our community are unemployed or working fewer hours.

For these reasons, WithAll is focused on ensuring that our grants are meeting the needs of the communities we serve during this particularly challenging time.

Eating disorders are treatable, but many experience barriers to treatment. Our grants help cover living expenses so those in treatment can focus on their recovery. These small grants make an immediate difference and our ability to distribute them quickly is critical. This simple act can have a big impact.

With you, we increased the reach of the Financial Assistance Program by increasing grants from 100 in FY19 to 130 in FY20.



With you, we are making this program more accessible to a wider, more diverse audience, including our neighbors who identify as Black, Indigenous, and Persons of Color.



With you, we're investing in infrastructure to ensure our financial-assistance grant-application process is as smooth and efficient as possible, to get applicants the financial support they need without "red tape" to add to their stress.





FINANCIAL ASSISTANCE PROGRAM

From just a few of the people you helped serve this past year:

"I am currently unemployed and no longer financially dependent on my parents. Due to the severity of my eating disorder, I was unable to work prior to coming to treatment and won't be able to work while in treatment due to the time commitment. Additionally, with the quarantining due to COVID-19, I will be unable to look for part-time work to alleviate the financial burden. Finally, because we cannot attend treatment in-person during the pandemic, I need to supply all my own food...which is rough, as I don't want to spend money I don't have on food I don't want. And I don't know how long this is going to last." –Avery



"I am coming to eating disorder treatment with nearly no financial means. I do not have any family or friends who can help with expenses. I did go through the process of applying for cash assistance and food stamps, but it take time for either to come through. I am praying that I qualify for this grant. The expenses for which I will use this grant are groceries and rent for the month until I can find a job or the cash assistance comes through." –Joe



"Before entering treatment, I provided the primary income for my household. I was so sick that I had to choose between work or getting better. My husband and I are currently living off our savings as he is a full-time student. With Covid-19 he was laid off from his part-time income. The grant would contribute a good amount toward one month of our expenses. This will reduce big stress I feel about finances while I am in treatment from my eating disorder. Thank you."



"I live with my mom and have financially helped her when I was working. That was before treatment. I know she is struggling to make ends meet, and my being in treatment and not helping with income has been stressful. This grant would help me contribute, because I have no other way to get us to keep moving forward. My being able to help my mom would give me a little peace to stay focused on treatment. I just need a little time to focus on recovery only." – Lesley



"I need this grant to allow me to purchase groceries for my upcoming level of treatment. Due to the current conditions and treatment plan, I am unable to work and earn money to cover the costs." – Stephanie

The great news is that your financial support provided grants to these individuals. Thanks to you, we're reaching more and more people seeking treatment, but the demand is constant. We don't want simple, but significant financial barriers to stand in peoples' way. With you, we can remove barriers to those seeking treatment.

WHAT to SAY



WithAll's What to Say program is the United States' first ever eating disorder prevention program targeted at adults in the general population to prevent eating disorders in kids/teenagers.

What to Say ("WTS") is a "primary" prevention program – i.e., about reaching kids before the disordered thinking and behavior related to food and body begin. No longer are we left to just wait, and hope, our child, grandchild, niece/nephew, and/or all the other children we care about, are not hit with a life-threatening eating disorder.

Instead, WithAll, with you as our partner, built What to Say based off decades of eating-disorder-prevention research that repeatedly and consistently points at the incredible influence adults have on children's body image, relationship with food, and likelihood a child will go on to develop an eating disorder. Thank you for your meaningful contribution and continued support.



WithAll's What to Say program is equipping adults to act early, with simple tools, tips, and talking points—knowing from research, that this prevents eating disorders.



WHAT to SAY



WHERE WE'VE BEEN

Research tells us that key role models and what they say has a major impact on our kids. We aim to reach as many of these role models as possible.

What to Say Coaches Challenge

After assessing feedback from the first What to Say Coaches Challenge pilot (conducted spring 2019), we updated the program content and evaluation measures to increase and measure the impact of the program. We also conducted two additional pilot programs using this updated content.

Take the
5 week
coaches
challenge

We secured an in-kind donation of software developer to build an automated (weekly text and email) version of Coaches Challenge program, which launched in January 2020.



What to Say Pediatricians

Working with Sanford Health (North Dakota) Center for Eating Disorders and Pediatricians, we created What to Say for pediatricians. Program content connected these pediatricians directly to eating disorder prevention research on best practices. Seven (7) pediatricians participated in this pilot program and 100% of participants said it was a valuable program they would recommend to their colleagues.



On August 8, 2019, we partnered with Mall of America for a 200-person informational event for parents regarding What to Say to prevent eating disorders.

In May 2020, after the COVID-19 pandemic hit, we transitioned our previously planned breakfast event to promote & raise money for What to Say to a month-long Instagram live series about eating disorder prevention. We reached 4,000 people during this series and featured experts and community leaders, including Jessie Diggins, Kitty Westin, Dr. Carly Anderson, and Lea Olsen.



WHAT to SAY

WithAll 

WHERE WE'RE HEADED



This year, Harvard/Deloitte released a first-of-its-kind study showing there are nearly 2.0 million kids alive today in the United States who will develop an eating disorder before they reach adulthood...if nothing is done to change this trajectory.

**IF WE DO NOTHING TO
CHANGE THEIR TRAJECTORY.**



We have a narrow window to reach these kids. We need to employ what decades of research on eating disorder prevention shows us, so clearly: provide clear guidance to adults so they know what to say to/around kids to support a healthy body image and relationship with food.

To address this in 2021, WithAll is doing to following related to early prevention of eating disorders:



TAKE THE PLEDGE

Protect kids from eating disorders with the way you talk to kids about food & body

Leading a campaign to engage more adults, faster, in What to Say – to create a multitude of adults working to prevent eating disorders. The campaign will utilize a “pledge”, as hundreds of other public health campaigns have proven this is effective at reaching more people and creating real behavior change.

In addition to the Pledge, we will build out What to Say eating disorder prevention resources, making the information simple and accessible for all adults., including our neighbors who identify as Black, Indigenous, or Persons of Color. A key component of this work will be achieved through intentional outreach to individuals and potential partner organizations with members who have been traditionally underrepresented in eating disorder awareness, support, and prevention.




WithAll
GET INVOLVED



WithAll is dedicated to reaching people where they are, no matter their experience with eating disorders or lack thereof. We believe a world without eating disorders is possible and can be best achieved in collaboration with partners and people who share a vision of health for all.

WithAll is thankful for each and every one of our amazing volunteers.

Whether you volunteer your time to sign cards for financial assistance grant recipients, give your time at our annual gala, sit on our Board of Directors, or any other activities that our volunteers help with - we are so grateful!

We couldn't do this important work without YOU!



With You



WithAll

We invite all – individuals, communities, networks and partners – to be part of our growing work. Learn more at withall.org and reach us at hello@withall.org to get involved.



CONNECTING WITH YOU

It was an honor to connect in the community (and virtually!) with you this past year. You remind us that with you, anything is possible.



We look forward to seeing you again soon!



With you, this is possible...

We believe our children deserve full health — including healthy relationships with their bodies and the foods that nourish them. This is what we all deserve.

We believe in decades of research that has shown what we say to children about their bodies and food matters. A lot.

We believe that by supporting and equipping adults, we empower our children to not only know, but truly believe, they are enough.

We believe in strength in numbers and stand by partners who want health for all. Mental. Physical. All of it.

We believe eating disorders are too common, and terribly misunderstood. We believe eating disorders can be prevented.

We believe those living with or recovering from an eating disorder are strong beyond measure, and so are their loved ones.

We walk alongside them, so they know they are not alone — no matter where they are on their journey.

We believe with wherewithal, determination and working together, a world without eating disorders is possible.

We believe, together, WithAll, we can create this world.

It's time. Let's go.

Thank you for your incredible support. Let's keep going, together.

THANK YOU FROM WithAll

With you – individuals, corporations, and foundations – we were able to make major leaps in prevention programming and support for recovery in FY20. The following donors made gifts to WithAll of \$50 or more in FY20 (July 1, 2019-June 30, 2020) or an honorarium donation.*

Thank you for your very generous support.

CORPORATIONS & FOUNDATIONS

\$10,000 and above

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