

# WithAll

## 2025 ANNUAL REPORT

*Helping young people feel good in their  
bodies and with food while supporting  
eating disorder recovery.*



# The Problem



**75% of young people experience body image distress.**

**$\frac{1}{2}$  of girls and  $\frac{1}{3}$  of boys ages 9-14 want to be thinner.**

**Teenagers on average spend 3.5 hours a day on social media and 46% of adolescents aged 13-17 said it makes them feel worse about their body.**

**Body dissatisfaction contributes to not only eating disorders, but also anxiety, depression, self-harm, tobacco smoking, alcohol misuse and poor mental and physical health-related quality of life.**

**Athletes are 3x more likely to develop an eating disorder than non-athletes.**

**Eating disorders are the second most deadly mental illness, with someone dying every 52 minutes from an eating disorder.**

**3.3 million healthy life years worldwide are lost because of eating disorders.**

**80% of those with an eating disorder cannot access treatment, often due to financial factors.**



# With All's Offerings

## RECOVERY SUPPORT PROGRAM

Apply for a grant to cover living-expenses like groceries, and rent/mortgage if facing financial barriers to intensive eating disorder treatment. BIPOC individuals receive priority support through our Recovery for All Fund.

## WHAT TO SAY PARENTS

Learn what you can do to prevent body dissatisfaction in kids through our 3 Simple Shifts Video and Guide. Then join the What to Say community for access to additional resources to help you live it out.

## WHAT TO SAY COACHES

Learn the five phrases you can use with young athletes to prevent body dissatisfaction through our Coaches Challenge. Then join the What to Say community for seasonal resources to help you live it out.

## WHAT TO SAY HEALTHCARE

Learn the latest evidence-based strategies for fostering constructive conversations about weight, BMI, and food relationships with children and their families through our 2.0 credit CME course.

## WHAT TO SAY WHEN CONCERNED

Learn warning signs, what to do when concerned a loved one has an eating disorder and access recommended resources to get help.





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## Letter From WithAll's Board Chair

This year, WithAll made bold strides in preventing eating disorders and promoting healthier messages for kids and families. Together, we equipped more than **802,000 adults** with tools that will positively shape the lives of over **1.7 million kids**.

We grew our prevention programs in powerful ways—partnering with seven state chapters of the American Academy of Family Physicians (AAFP) to expand our What to Say – Healthcare continuing medical education (CME) course nationally, joining with the United States Council of Athletes Health to bring What to Say – Coaches to leaders across the country, and launching What to Say for Me, an 8-week course for parents to strengthen their own relationship with food and body while supporting their children. At the same time, our Recovery Support Program provided financial aid to **215 individuals** this year—part of more than 1,000 people helped since the program began. And to ensure our programs remain at the cutting edge, we established WithAll's Expert Advisory Panel, drawing on leaders in public health, medicine, sports, and eating disorder prevention.

**These achievements are only possible because of you. To our donors, partners, and friends—thank you.** Your generosity creates hope, fuels innovation, and ensures kids grow up in a world free from the harms of diet culture.

As the year came to a close, we also honored the service of eight retiring board members, whose leadership built a strong foundation for WithAll's future.

We are excited to welcome new members whose expertise and vision will guide us into the next chapter.

With gratitude and hope,  
Derek Waller  
WithAll Board Chair





*A heartfelt thank you to the eight Board members  
who retired in June.*



Dena Angelos



Jennifer Cramer-Miller



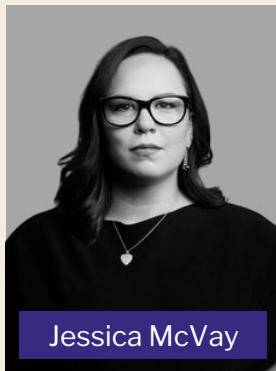
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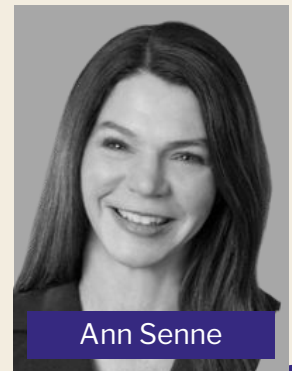
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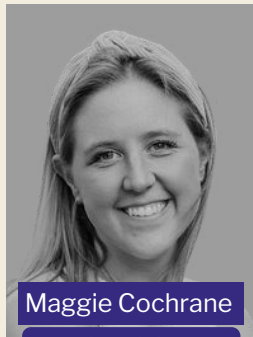
Ann Senne

*Introducing WithAll's Expert Advisory Panel*



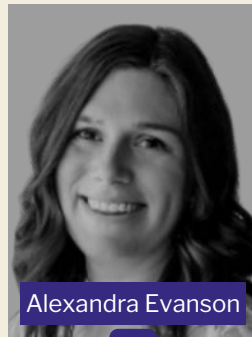
Tatyana Bidopia

B.S., Clinical Psychology  
PhD Student



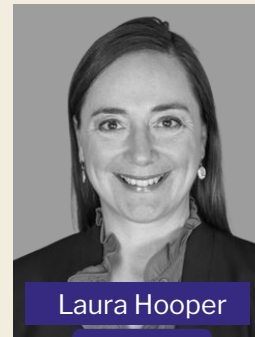
Maggie Cochrane

M.A., CMPC Student



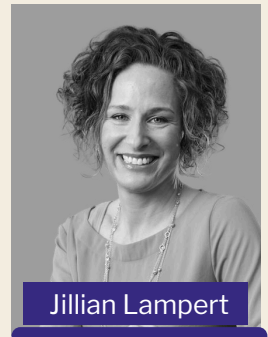
Alexandra Evanson

RD



Laura Hooper

PhD, MS, RD



Jillian Lampert

PhD, MPH, RD, LD, FAED



Katie Loth

PhD, MS, RD



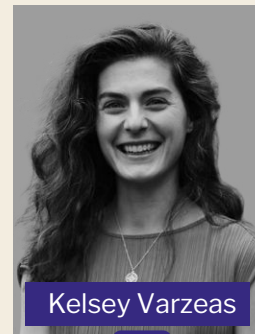
Charlotte Markey

PhD



Rasa Troup

MS, RD, CSSD, LD, OLY



Kelsey Varzeas

PhD



Lesley Williams

MD

# Impact

## Behind Every Number is a Story



### THE YEAR AT A GLANCE – WITH YOU, PROGRESS AND IMPACT

**Recovery Support Program** - What began as fewer than 30 grants annually has grown into a powerful, sustained movement for recovery—now reaching **1,072 individuals supported** during their intensive treatment to recover from an eating disorder.

**What to Say** - The prevention initiative grew significantly this year with courses for healthcare providers, coaches, and parents. [What to Say Healthcare](#) is now certified by the American Academy of Family Physicians and Eligible for AMA PRA Category 1 Credit™.

- We also launched [What to Say for Me](#) to help parents of young children foster healthy body image and food attitudes.
- In partnership with the U.S. Council for Athletes' Health, we developed the **first national training for coaches** in eating disorder prevention. WithAll's role on the USCAH Advisory Board strengthens our leadership in setting national standards for coach education.

**99% of those surveyed said the RSP Grant helped them with their recovery.**

**95% of those surveyed reported they changed their behavior because of WithAll's prevention resources.**

**215**  
supported  
during  
recovery

**12,500+**  
adults  
educated  
with  
resources

**802,000**  
adults  
made aware  
with  
resources

**1.7 million**  
kids benefit  
from adults  
being  
equipped

# YOU MADE THIS HAPPEN.

**Thank you for supporting people in recovery and young people's body and relationship with food.**

"When I entered treatment for my eating disorder, I was overwhelmed — not just by recovery, but by the daily stress of survival. I often worried about having enough for food or rent.

The Recovery Support grant helped cover groceries and part of my housing. That support gave me the stability to focus on healing—learning new skills, managing tough days, and rebuilding my life.

Today, I'm working full time, reconnecting with my creativity, and finally laughing again. I'm healing—physically, mentally, and emotionally.

Thank you to every donor who gives to WithAll."



Megan,  
Recovery Support  
Recipient

"Each week, your webinar gives me more than guidance on what to say—it helps me understand how to change deep-rooted patterns of low self-worth and body image.

It also makes me feel less alone, having a community that tries to wrap their heads around these issues means a lot to me, too."

– *What to Say For Me Participant*

"This was an incredibly helpful resource. I've encouraged all providers at my practice to take the course. I hope we can shift our approach—starting by no longer focusing conversations around patients' weights during routine physicals.

It's a small but important step toward changing the culture around growing bodies in pediatrics."

– *What to Say Healthcare Participant*





# Financials

## Expense

July 1, 2024 - June 30, 2025

<u>Programming</u>	
Prevention	\$ 201,649
Support	\$ 165,387
Total Programming Expenses	\$ 367,036
<u>Fundraising</u>	
Development	\$ 166,069
Event	\$ 66,241
Total Fundraising Expenses	\$ 232,310
Management and Administration	\$ 148,502
In-Kind Expenses	\$ 26,281
<b>Total Expenses</b>	<b>\$ 774,130</b>

## Revenue

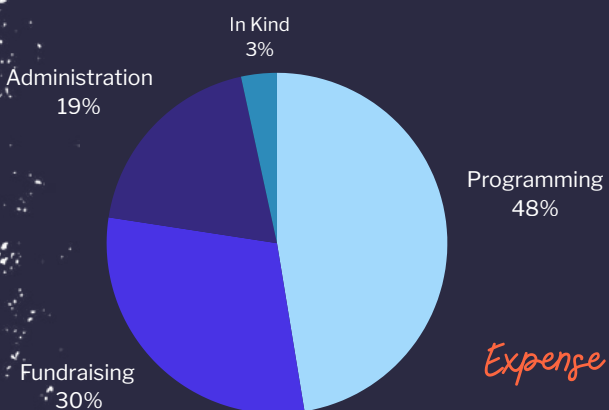
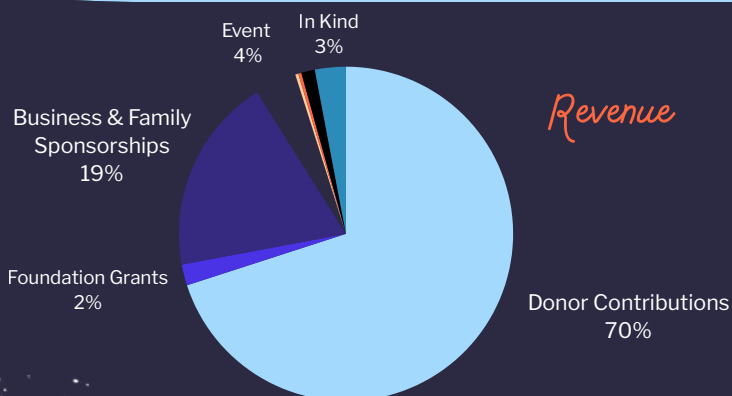
July 1, 2024 - June 30, 2025

Contributions (Individuals, Corporations, Foundations)	\$ 563,934
Foundation Grants	\$ 16,000
Sponsorships	\$ 152,750
Event Sales and Auction	\$ 29,381
Earned Revenue	\$ 5,063
Interest	\$ 4,726
In-Kind Contributions	\$ 26,281
Gain/Loss on Investment	\$ 16,070
<b>Total Revenue</b>	<b>\$ 814,205</b>

## Financial Position

June 30, 2025

<u>Assets</u>	
Total Cash	\$ 944,432
Other Receivables	\$ 13,752
Prepaid Expenses	\$ 32,547
<b>Total Assets</b>	<b>\$ 990,731</b>
<u>Equity and Liabilities</u>	
Equity	\$ 936,999
Total Liabilities	\$ 53,732
<b>Total Equity and Liabilities</b>	<b>\$ 990,731</b>



# Looking Ahead



## **NEW TRAINING FOR COACHES OF TEENS**

Because athletes are significantly more likely to develop an eating disorder, coaches can be the first line of prevention and support. This training will ensure they have the tools they need.



## **WHAT TO SAY FOR ME: ANYTIME ACCESS**

Parents loved our eight-session What to Say for Me pilot course, helping adults reflect on food and body image while supporting their child. In 2026, it becomes evergreen—available anytime, anywhere, self-paced.



## **GROWING HEALTHCARE PROVIDER PARTNERSHIPS**

Our What to Say Healthcare course (2 AMA PRA Category 1 Credits™) is expanding through partnerships with health departments, conferences, and medical schools—equipping more providers with vital tools to support patients.



## **HELPING MORE PEOPLE ACCESS RECOVERY**

This year, 236 people with a life-threatening eating disorder will receive Recovery Support Program grants, the most in our history. These grants help pay for housing or groceries making treatment and recovery possible.

**Partner  
With  
Us!**

Business leaders have a unique opportunity to make an impact while connecting with our large and growing network of parents, coaches, and healthcare professionals. To learn more about sponsorship opportunities, please contact:  
**Lisa Radzak | Email: [lradzak@withall.org](mailto:lradzak@withall.org)**



*We couldn't have done it without  
your generous support.*

Thank You! We are deeply grateful to our donors, volunteers, and event attendees for your generosity and commitment this year. Your support made a lasting impact and helped make 2025 a true success.

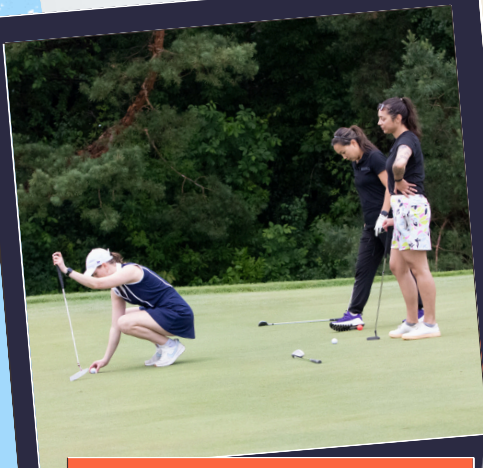
**3rd Annual WithAll ForeAll  
& Sunset Social**



Live Brave  
5K and 1 Mile



3rd Annual





# Thank you!

Without donors like you - individuals, businesses, corporations, and foundations our success would not be possible. The following donors made gifts to WithAll of \$50 or more in FY25 (July 1, 2024 - June 30, 2025).

## **\$100,000**

Paddock Family Foundation

## **\$25,000+**

Ann and Jay Senne  
Kitty and Mark Westin  
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## **\$20,000-24,999**

Debby and John Christakos  
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## **\$10,000-19,999**

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Brian Wald and Barb Schmid

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Jennifer Loudon

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Kirsten Nielsen  
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Terri Traudt  
Violeta Lara

## *In Honor and in Memory of:*

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Carl Johnson  
Clare Humphrey  
Evan Hall  
Jacquie Schmit  
Jessie Diggins  
Jim Brick  
Joan Collier  
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Kayla Murphy  
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**WithAll** 

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