



Residential Eating
Disorders Consortium

REDC Sample Letter to the Editor:

Empower your community through spreading the word about REDC in your local media! Through this medium, you can play a role in increasing knowledge about the adverse effects with the shortcomings of health insurance coverage for residential treatment of eating disorders. Add local information or reference any recent coverage that eating disorder residential treatment centers have received in your area in your letter, thus increasing this likelihood that your letter is printed.

Dear *(insert newspaper editor's name)*,

Eating disorders are biologically-based treatable mental illnesses that affect an estimated 30 million Americans in their lifetimes. Access to care is vital, yet health insurers have historically limited coverage for mental health services through higher cost-sharing and stricter limits on benefits.

Full recovery from eating disorders is possible when individuals have access to proper care. With treatment, it has been shown that up to 60% of people with eating disorders recover. Yet when treatment is cut short by denial of coverage, patients do not receive the skills necessary to sustain treatment gains, resulting in the life-threatening and costly revolving door of inpatient admissions and outpatient care for the individual and family.

We *(your organization, you as a professional, family member, etc)* believe it is imperative that Congress... *(detail our policy goal and why it is important)*

Both the leaders and citizens of *(insert your state)* must recognize the great importance of this legislation. Eating disorders affect people of all races, ages, genders, and socio-economic statuses. I urge the *(your community)* to support REDC in the battle for improved training on eating disorders and complete health care coverage of this serious mental illness.

Sincerely,

Your name, town and contact information (email and phone)