



NourishED Research Foundation, Inc. (NRFi)
NOURISHING KNOWLEDGE, EMPOWERING HOPE

NourishED Research Foundation (NRFi)

**Nourishing Knowledge, Empowering Hope,
For Eating Disorders, For Everyone!**

Who, What, Why, & How?

September 2024

nourished@nourishedrfi.org | www.nourishedrfi.org



NourishED Research Foundation, Inc. (NRFi)
NOURISHING KNOWLEDGE, EMPOWERING HOPE



NourishED Research Foundation, Inc. (NRFi)
NOURISHING KNOWLEDGE, EMPOWERING HOPE

NourishED Research Foundation

Nourishing Knowledge, Empowering Hope, for Eating Disorders, for Everyone!

What is NourishED?

NourishED Research Foundation (NRFi) is a nonprofit organization that raises awareness about eating disorders and their social justice issues to create a better future for everyone.

Why Should I Care About Eating Disorders?

Eating Disorders impact millions. Binge eating disorder (BED) is the most common eating disorder, with up to 35% of Americans experiencing BED at some point in their life. Despite its high prevalence, BED is widely undetected, under-screened, under-diagnosed, and untreated, leaving millions to navigate their eating disorders without support (see [Bray et al., 2022](#) for references).

Current data finds that 75-95% of folks who have binge eating disorder never receive a formal diagnosis or treatment and often fail to recognize the underlying eating disorder psychopathology in themselves see ([Bray et al., 2022](#) for references). They often believe they are "fat and lazy" even though that is far from the case. Moreover, ~85% lack access to healthcare altogether (see [Bray et al., 2022](#) for references).

Who Can Have an Eating Disorder?

There is an outdated misconception that ascribes eating disorders to "Skinny White Affluent Girls" (the "SWAG stereotype;" see [Bray et al., 2022](#) for references). Historically, this demographic saturates treatment populations and research studies that recruit from treatment centers. However, this demographic represents only ~5-25% of eating disorders.

For example, BED has 2-3 times higher risk and prevalence rates in individuals who use government assistance and in BIPOC and LGBTQ2+ community members, underscoring the social justice roots that underpin binge eating (see [Bray et al., 2022](#) for references).



NourishED Research Foundation, Inc. (NRFi)
NOURISHING KNOWLEDGE, EMPOWERING HOPE

How are Eating Disorders Related to Social Justice?

NRFi's founder and director, Dr. Brenna Bray (PhD) has identified 12 environmental factors that experts most commonly associate with binge eating disorder ([Bray et al., 2022](#)):

1. Invalidating environments and experiences.
2. Systemic issues and systems of oppression.
3. Marginalized and under-represented populations.
4. Economic status.
5. Stigmatization and its psychological impacts.
6. Trauma and adversity.
7. Food insecurity.
8. Interpersonal factors.
9. Social messaging and social media.
10. Nutrition scarcity.
11. Predatory food industry practices.
12. Research and clinical gaps.

References:

Bray B, Bray C, Bradley R, Zwickey H. Binge Eating Disorder Is a Social Justice Issue: A Cross-Sectional Mixed-Methods Study of Binge Eating Disorder Experts' Opinions. *Int J Environ Res Public Health*. 2022 May 20;19(10):6243. Doi: 10.3390/ijerph19106243. PMID: 35627779; PMCID: PMC9141064. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9141064/>



NourishED Research Foundation, Inc. (NRFi)
NOURISHING KNOWLEDGE, EMPOWERING HOPE

What We Do At NourishED

At NourishED, we raise awareness about eating disorders and their social justice implications to help support under-resourced individuals with eating disorders and the systems they engage with. We also improve the environments eating disorders occur in to create a better future for everyone. We do this using a four-pronged approach.

I. Direct Support to Under-Resourced Individuals with Eating Disorders.

At NourishED, we develop and distribute eating disorder resources that are affordable, accessible, and socioculturally sensitive, inclusive, and responsive to provide direct support to the ~75-95% of individuals with eating disorders who navigate their experiences without clinical support.

II. Empower Health and Service Workers to Support Eating Disorder Care.

At NourishED, we provide accredited healthcare trainings for health and social workers. We use research findings to improve eating disorder detection, screening, diagnosis, management, care, and bedside manner. Our trainings help providers avoid the stigmatization, discrimination, and other treatment barriers that lead to healthcare avoidance and other missed opportunities for eating disorder detection, screening, diagnosis, and support.

III. Change the Environments Eating Disorders Occur In.

At NourishED, we use social media campaigns, public speaking engagements, and community-centered education and outreach activities to raise awareness about binge eating and its social justice implications and improve the environment eating disorders occur in, creating a better future for everyone.

IV. Use Research to Improve Eating Disorder Awareness and Support.

At NourishED, we collect and disseminate information about the ~75-95% of under-resourced individuals with eating disorders to better understand and respond to their needs.



NourishED Research Foundation, Inc. (NRFi)
NOURISHING KNOWLEDGE, EMPOWERING HOPE

Join Us!

NourishED is a nonprofit organization (501(c)(3) status under review). We rely entirely on the support and donations of our volunteers, donors, and subscribers like you. It's supporters like you that keep us going. We deeply value your engagement!

Want More?

- Follow us on [LinkedIn, Facebook, Instagram, YouTube](#): <https://linktr.ee/nourishedrfi>.
- Subscribe to our newsletter [here](#)!
- Share our [socials](#) and [newsletter subscription](#) with your network!
- [Donate!](#) We rely on your support! (Donate [here](#)).
- Read [Dr. Bray's 2022 publication "Binge Eating Disorder is a Social Justice Issue" here](#).

Anything Else?

Anything else you want? Please let us know at nourished@nourishedrfi.org.

THANK YOU!!

NRFi is a nonprofit organization. We rely entirely on the support and donations of subscribers like you, and we deeply value your engagement. THANK YOU! 🙌🙏👉

In Warmth & Gratitude,

Brenna & NourishED

Brenna Bray, PhD | Founder, Director, CEO, & Principal Investigator
NourishED Research Foundation | www.nourishedrfi.org
nourished@nourishedrfi.org | brenna@nourishedrfi.org
[206-819-9647](tel:206-819-9647)