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Major Eating Disorder Organization Applauds American Psychiatric Association for Correcting Inaccurate Eating Disorder Severity Criteria

Dallas, Texas — May 29, 2026 — IFEDD, the International Federation of Eating Disorder Dietitians, a leading organization dedicated to improving access to evidence-based eating disorder care, applauds the American Psychiatric Association (APA) for approving and implementing revised severity criteria for anorexia nervosa, bulimia nervosa, and binge-eating disorder.

The newly adopted criteria are widely applauded in the field and represent a significant advancement in the way eating disorders are described to patients, families and insurers. APA severity criteria are used along with diagnosis codes throughout healthcare and insurance systems to make decisions about treatment authorization, reimbursement, and access to care. The previous arbitrary measures such as body weight or symptom frequency alone failed to account for the overall impact of medical complications and functional impairment caused by an eating disorder.

“Accurately describing illness severity is fundamental to effective treatment, meaningful research, and fair insurance decisions,” said Jessica Setnick, MS, RD, CEDS-C, founder and director of IFEDD. “These revisions move the field closer to recognizing the true burden of eating disorders and reduce the risk that patients will be mischaracterized because of outdated or arbitrary criteria.”

IFEDD will continue to provide education, implementation guidance, and advocacy resources to support clinicians and stakeholders in applying the new criteria. Additional resources, including severity-documentation tools and insurance advocacy materials, are available through IFEDD’s advocacy initiatives.

About IFEDD

The International Federation of Eating Disorder Dietitians (IFEDD) is dedicated to improving access to evidence-based treatment for individuals affected by eating disorders through advocacy, education, research, and professional collaboration. IFEDD works with clinicians, families, policymakers, insurers, and healthcare organizations to advance equitable access to quality eating disorder care.

For media inquiries:

Jessica Setnick, MS, RD, CEDS-C
IFEDD
214-674-6455
Jessica@UnderstandingNutrition.com