




ANNUAL REPORT *2023*



No one should face
an eating disorder alone.

Over the past year, Eat Breathe Thrive has worked to deliver life-saving support to people with eating disorders, especially in communities with limited access to treatment.



The year in review



This year, Eat Breathe Thrive celebrated its tenth year as a nonprofit organization.

A decade ago, our Founder Chelsea Roff set up a nonprofit to help people recover from eating disorders. After an eating disorder nearly took her life as a teen, she wanted to ensure all people had access to recovery.

Thanks to your support, we've been able to help over ten thousand people on their path to recovery since 2013.

Over the last three years, our community has expanded internationally. We've offered support to people in 58 countries — including Saudi Arabia, Ukraine, Cameroon, Brazil, and the Netherlands.

But our work only just beginning. As eating disorder cases rise and fewer people are able to afford treatment, our programs are needed more than ever.

We're so grateful for your support and excited to share the impact your donations have made this year.

Eating Disorder Support

We offered free yoga programs to 1,554 people with eating disorders this year. Students joined programs from 16 different countries — including Turkey, Israel, and Ukraine.

Yoga and Recovery Symposium

We welcomed nearly 400 people to this year's symposium, which focused on yoga for eating disorder prevention. Our presenters included Ashley Judd and Dr. Gabor Mate.

Scholarships & Training

We offered \$21,242 in scholarships this year. Demand is up — we received 642 requests for scholarships and 45% of requests came from individuals making less than \$15,000 per year.

Scientific Research

We have five studies underway on the Eat Breathe Thrive intervention. Data collection is now complete on all studies, including two randomized controlled trials. The next three studies will be published next year.



OUR APPROACH | EAT BREATHE THRIVE

MISSION

Our mission is to prevent and help people recover from eating disorders through yoga, psychoeducation, and peer support.

HOW WE WORK

We offer eating disorder prevention and recovery programs in schools, treatment centers, and communities in need.

Education

We teach helping professionals how to safely offer yoga to people with eating disorders

Programs

We offer free yoga and peer support groups to people in need of support

Research

We conduct studies on the benefits of yoga for eating disorder prevention and recovery



EATING DISORDER SUPPORT | IMPACT

THE PROBLEM

Eating disorders fester in isolation, and many people don't have access to timely and affordable treatment.


\$1,500
avg cost PER DAY of residential treatment



1 year
average waiting time for eating disorder treatment in the UK

1 in 10
people who apply for our programs report feeling suicidal

HOW WE HELP

We offer free programs for people with eating disorders to connect with peers and learn yoga practices specifically for eating disorder recovery.

“This program has **changed my life.** It helped me connect more with myself and my eating, and deal with emotional hurdles I've been ignoring for decades.”

– Yoga for Eating Disorder Recovery Program Participant

329

people requested the program this year

47%

of participants earn less than \$30K per year

10%

of applicants report feeling suicidal in the last month

YOGA FOR EATING DISORDER RECOVERY



“

Eat Breathe Thrive gave me a community where I could safely face some feelings of **shame and self-disgust** that I had no idea were running in the background of my mind. These sessions allowed me to start to heal areas that I had hidden away and yet the sessions were fun. I felt supported and allowed to gently face my issues. We were able to laugh together, dine together, stretch together, and learn what projects outside of ourselves we valued. **This work shook me out of the little strange world I had created.**

”

— Eat Breathe Thrive Course Participant





SCIENTIFIC RESEARCH | OUR IMPACT

THE PROBLEM

There is limited evidence on the benefits of yoga for eating disorders, so health systems often don't cover yoga as part of treatment.

NINE 
randomized
controlled trials on
yoga and eating
disorders

2,000+
studies have been
completed on
cognitive behavioral
therapy

\$100 
average cost of a
yoga therapy
session for eating
disorders

HOW WE HELP

We collaborate with researchers to conduct studies on the benefits of yoga for eating disorder prevention and recovery.

“

“After a **single session**, participants reported an immediate improvement in their sense of well-being.”

”

— STUDY AUTHORS

THE IMPACT



FIVE studies

underway on the Eat Breathe Thrive curriculum

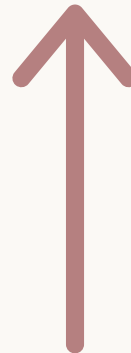


98%

of study participants said they would recommend EBT to others



Eating disorder symptoms
Anxiety
Depression
PTSD
Difficulties with emotion



Mindful eating
Distress tolerance
Interoceptive Awareness
Adaptive coping
Body Appreciation
Self-Compassion
Social Connection

7 weeks of our program

reduced
eating disorder symptoms

Most changes were

sustained after
6 months



PROFESSIONAL TRAINING | OUR IMPACT

THE PROBLEM

Yoga teachers and mental health professionals need skills to safely and impactfully offer yoga to people with eating disorders

200hrs

average length of a yoga teacher training



ZERO

required content hours on eating disorders

1.2



million mental health professionals in the United States

HOW WE HELP

We offer professional trainings on how to safely and impactfully incorporate yoga in eating disorder prevention and recovery.

“

As a mental health professional and yoga teacher, I am passionate about combining the two professions and creating a space for healing through the practice of yoga. Eat Breathe Thrive has given me a platform from which to spread the benefits to yoga to those in recovery in an incredibly impactful way. Connection and support is imperative in recovery and this program provides all of the necessary elements to help people develop a loving and compassionate relationship with their bodies and food.

”

— Whitney Owens, PsyD

THE IMPACT



497
professionals
trained in yoga and
eating disorders



1554
students
attended our courses
and trainings in 2023



\$22K
scholarships
offered to those in
financial need



58
countries
where professionals
lead our programs



YOGA AND RECOVERY SYMPOSIUM

THE PROBLEM

Researchers, clinicians, and yoga professionals are working in silos, and we need collective action to bring yoga into healthcare.



80%
of yoga students are dealing with mental illness

NICE

guidelines in the UK state yoga should **NOT** be used in treatment



1 in 3

people with eating disorders also struggle with addiction

HOW WE HELP

We convene leading thinkers to disseminate research, share practices, and foster dialogue about yoga for addiction and eating disorders.

"What an extraordinary symposium. The caliber of the presenters was **superb** and the content **excellent**."

- Yoga and Recovery Symposium Attendee

2,229

new students signed up for online courses and events

354

people attended the Yoga and Recovery Symposium

27

clinicians, researchers, and civic leaders presented

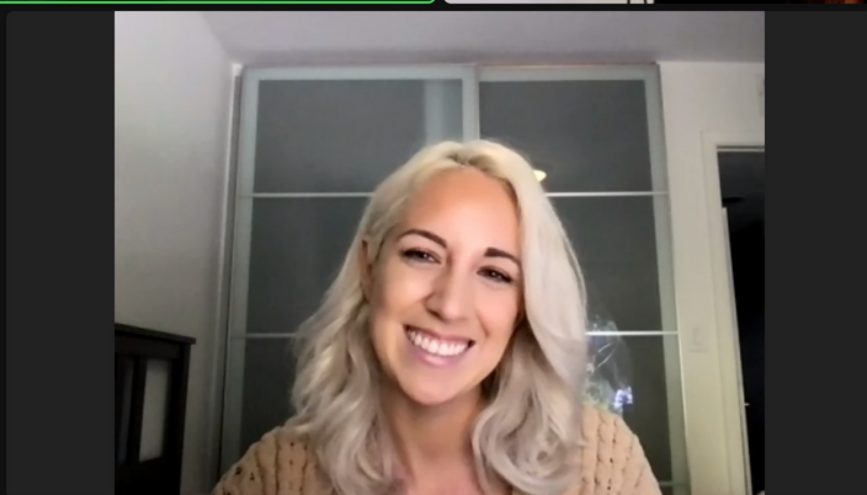
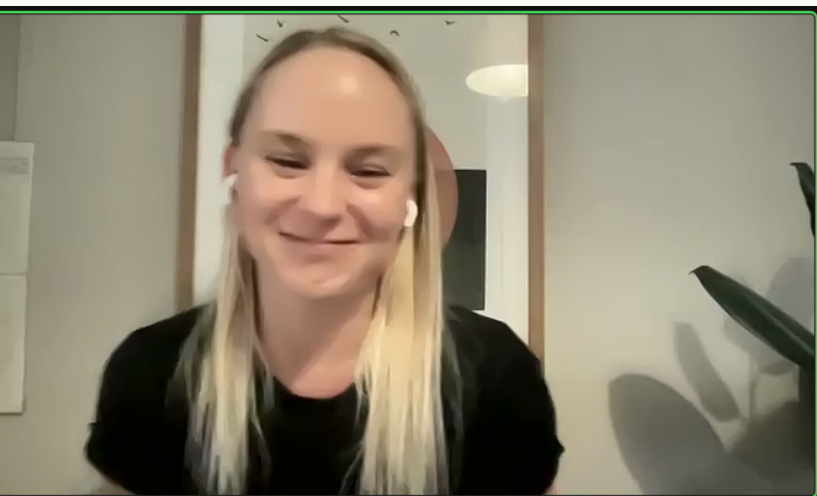


“

This symposium was a magnificent achievement. It is the beginning of a marriage between several needed services in this world. Yoga has been a leading discipline for helping people to overcome their problems in life for a long time. It's great that it has become a practice for helping people who are in need of recovery from mental health and health care services. While yoga is still a psychospiritual practice, it is quickly becoming a great discipline for people discovering their pathway to illumination.

”

— Yoga and Recovery Symposium Attendee



Thank you

