

THE DAILY RECORD

Health Care

HEROES

don't seek the spotlight. But we think it's time to

shine it
on them.

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STEVEN CRAWFORD, M.D.
THE CENTER FOR EATING DISORDERS AT SHEPPARD PRATT



reach and education initiatives to prevent the illness from developing in the first place. He believes the first step is educating people about the dangers of dieting and about unrealistic media images and societal expectations of physical perfection.

As a result of his efforts, the center annually sponsors several major community outreach events that bring internationally known eating disorder, body image, parenting and social culture experts to Baltimore for free lectures, workshops and advocacy events.

The goal of these educational events for the community is to facilitate early identification of the illness. "Early intervention leads to significantly more positive treatment outcomes," Crawford says.

Crawford says he was attracted to his specialty almost 20 years ago, during his psychiatry residency, when he completed a fellowship at the then-brand new Center for Eating Disorders. "It was both the challenge and complexity of eating disorders that drew me to this position initially, but it has been the ever-present and growing need for improved treatment, education and prevention options that has and will continue to keep me committed to this cause," he says.

— Alan Dessoiff

Eating disorders affect 11 million Americans and have the highest mortality rate of any psychiatric illness. For the last 20 years, Steven Crawford has helped guide thousands of individuals suffering from eating disorders on a journey to recovery. As associate director of the Center for Eating Disorders at Sheppard Pratt, he oversees a clinical staff of 125 who provide state-of-the-art and evidence-based care for patients with eating disorders.

Crawford, regarded as one of Baltimore's top doctors for the treatment of the condition, says he is most proud of his community out-

**HEALTH CARE
PROFESSIONAL**
WINNERS

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