

My name is Anna Mockel, and I am an 18-year-old student at Walter Johnson High School in Bethesda, Maryland. I am also an advocate with the Strategic Training Initiative for the Prevention of Eating Disorders and the Eating Disorders Coalition. With this letter, I voice my support for HB884, a bill crucial for protecting the mental and physical well-being of youth in our state.

I know how harmful supplements can be, especially when in the hands of minors. I have personally experienced the devastating effects of an eating disorder, specifically anorexia nervosa. During my early teens, I struggled extensively with the medical consequences of the disorder, leading to hospital visits. Weight Loss supplements are under-regulated, and their easy availability to teens promotes dangerous behaviors that play into the health effects associated with eating disorders.

Thanks to the support of my family, and friends, and intensive treatment, I have now recovered from anorexia. However, I know that many young people are still facing these struggles, and harmful supplements put even more adolescents at risk for developing an eating disorder. This is why HB884 is so important. By banning weight loss and muscle-building supplements, the bill helps create a safer environment, improving the health of teens across Maryland.

Sincerely,
Anna Mockel
Walter Johnson High School
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