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Reduce Injuries and Improve Performances by Addressing the Underlying and Pervasive Eating Disorder Problem

Rachael Steil | Author, Speaker, Coach



Photo: Jeremy Osbern



## RUNNING IN SILENCE

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RUNNING IN SILENCE

My Drive for  
Perfection and the  
Eating Disorder That Fed It

RACHAEL STEIL

RACHAEL STEIL

FOREWORD BY PAULA QUATROMONI, DSc, RD

# RUNNING IN SILENCE

My Drive for Perfection  
and the Eating Disorder That Fed It

SECOND EDITION

# 2-3 times

Sundgot-Borgen J, Torstveit MK. **Prevalence of eating disorders in elite athletes is higher than in the general population.** Clin J Sport Med. 2004 Jan;14(1):25-32. doi: 10.1097/00042752-200401000-00005. PMID: 14712163.

Martinsen M, Sundgot-Borgen J. **Higher prevalence of eating disorders among adolescent elite athletes than controls.** Med Sci Sports Exerc. 2013 Jun;45(6):1188-97. doi: 10.1249/MSS.0b013e318281a939. PMID: 23274604.

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“I haven’t thought about that.”

“I think it’s important to weigh athletes or track body fat.”



“I know it’s a problem but don’t know how to handle it.”



# 5-10%

(Center for Disease Control)

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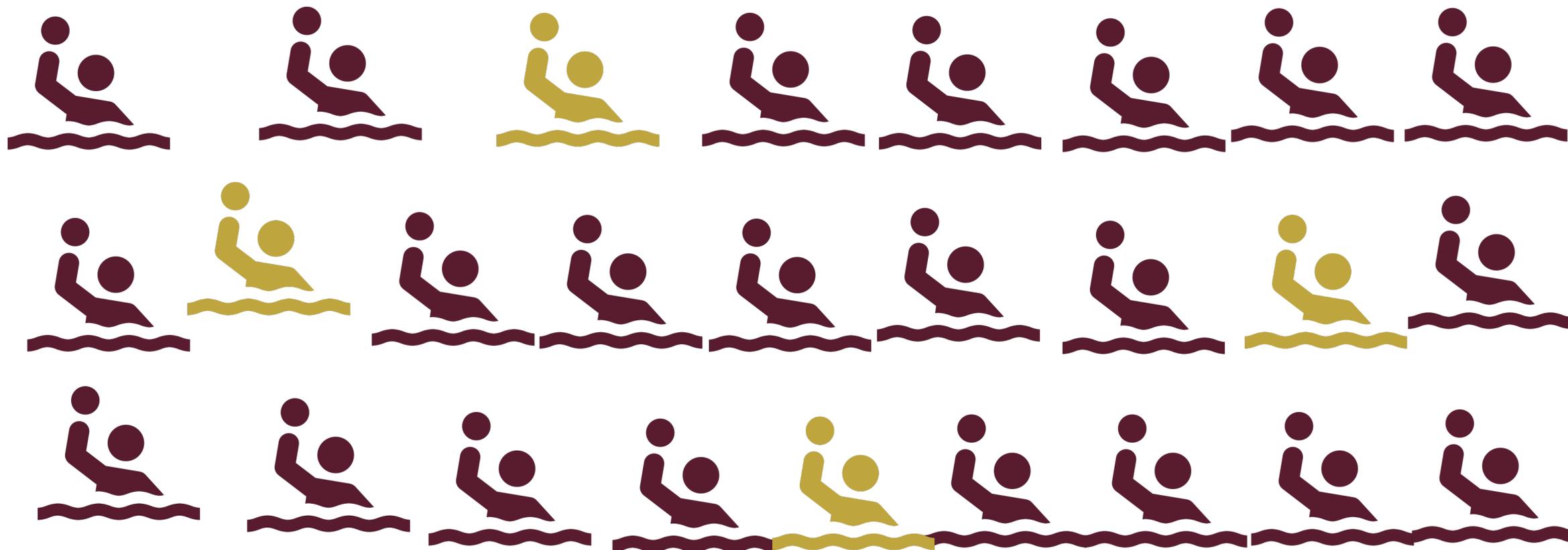


# 13.5%

Sundgot-Borgen J, Torstveit MK. Prevalence of eating disorders in elite athletes is higher than in the general population. Clin J Sport Med. 2004 Jan;14(1):25-32. doi: 10.1097/00042752-200401000-00005. PMID: 14712163.

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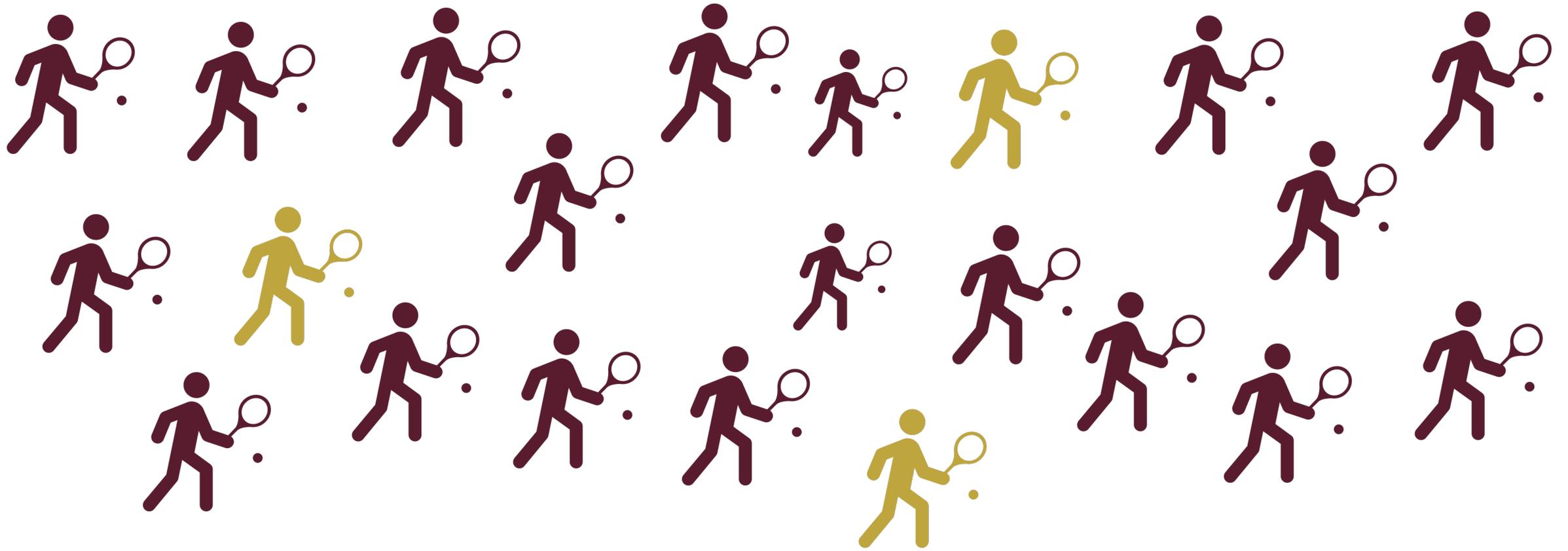




Sundgot-Borgen J, Torstveit MK. Prevalence of eating disorders in elite athletes is higher than in the general population. Clin J Sport Med. 2004 Jan;14(1):25-32. doi: 10.1097/00042752-200401000-00005. PMID: 14712163.

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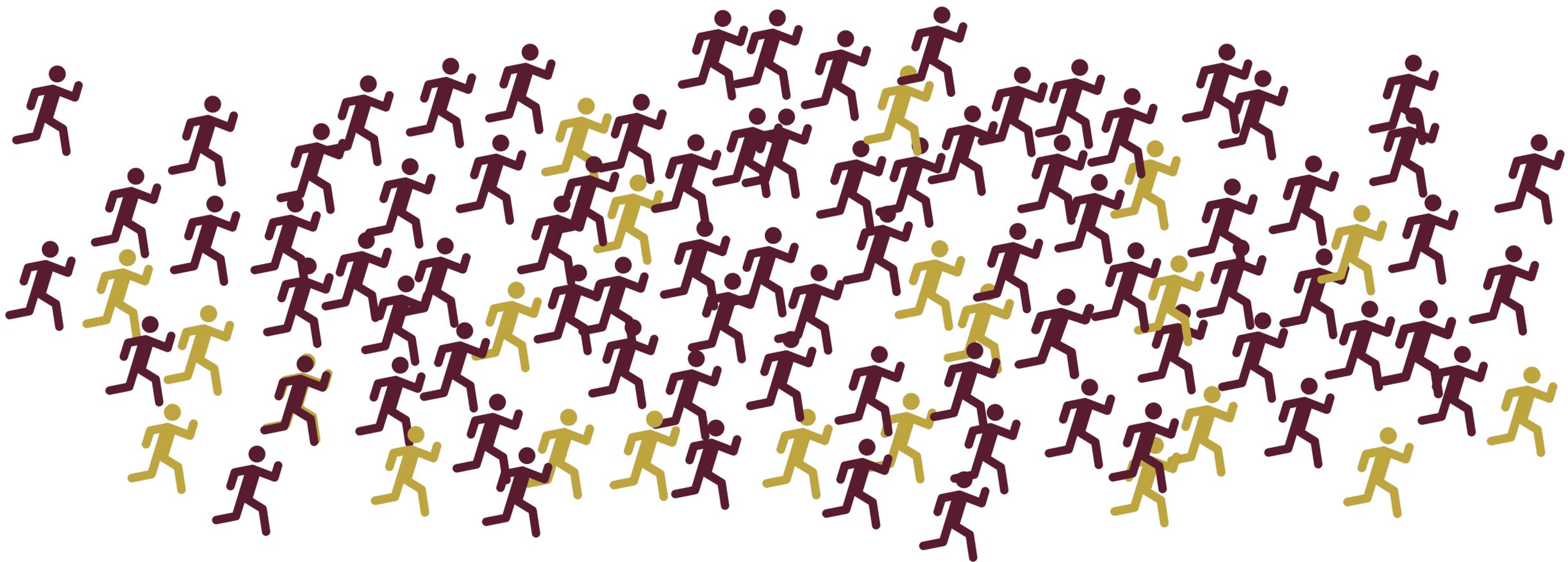




Sundgot-Borgen J, Torstveit MK. Prevalence of eating disorders in elite athletes is higher than in the general population. Clin J Sport Med. 2004 Jan;14(1):25-32. doi: 10.1097/00042752-200401000-00005. PMID: 14712163.

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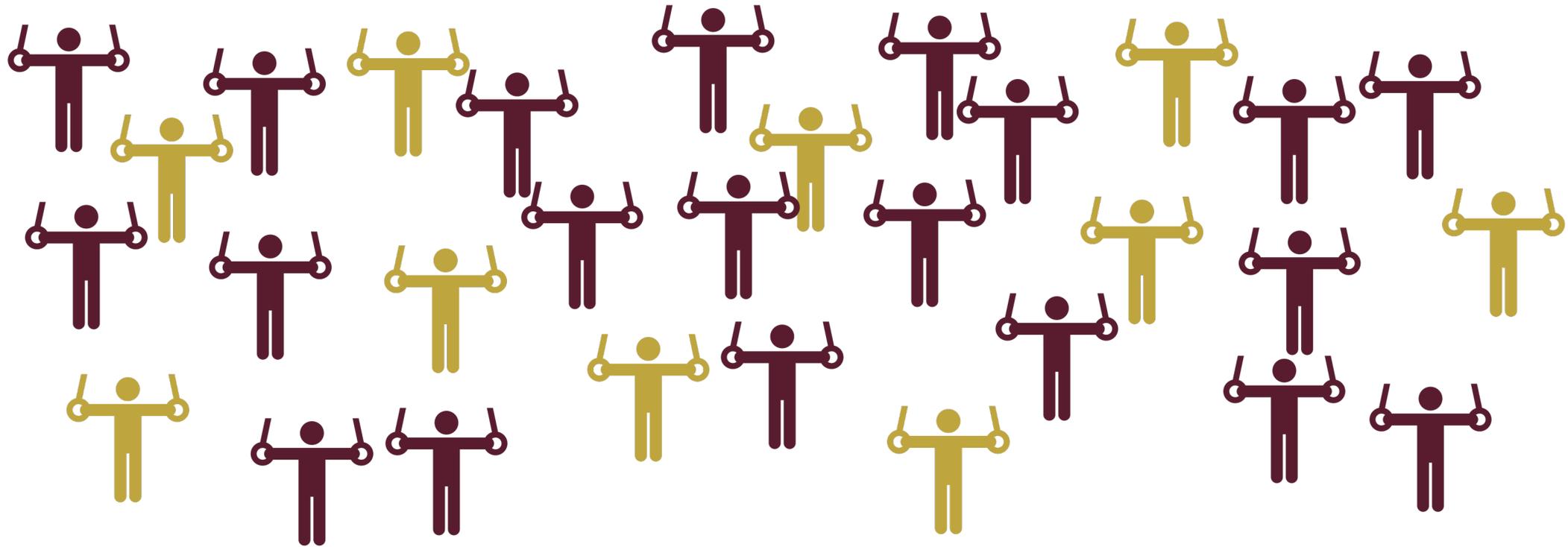




Thompson, Sharon. (2007). Characteristics of the Female Athlete Triad in Collegiate Cross-Country Runners. Journal of American college health : J of ACH. 56. 129-36. 10.3200/JACH.56.2.129-136.

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Sport Nutrition for Coaches by Leslie Bonci, MPH, RD, CSSD, 2009, Human Kinetics. Byrne et al. 2001; Sundot - Borgen & Torstviet 2004

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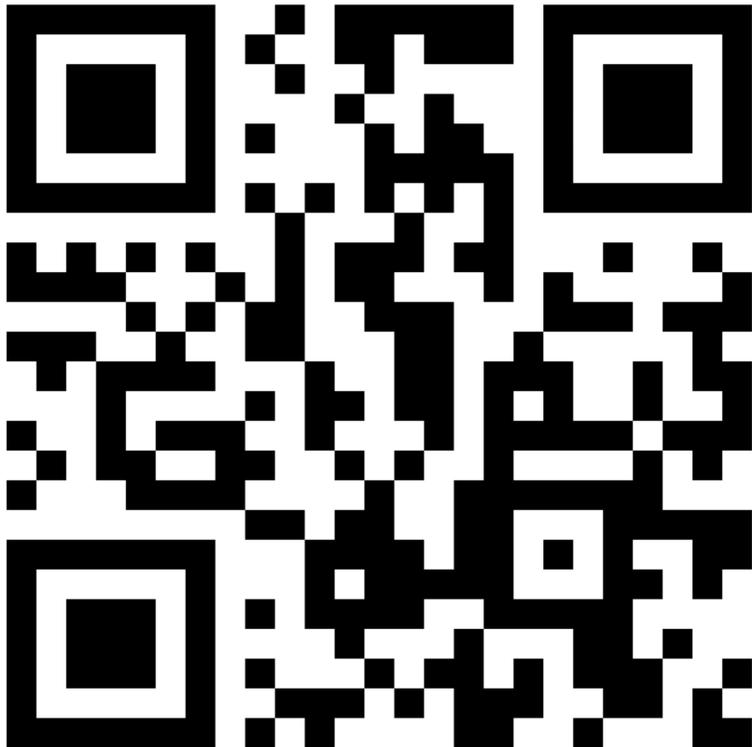


▶ **Recognize**    ▶ **Receive Help**    ▶ **Recovery**

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**Submit questions:**





# Recognition





# Weight Isn't Necessary

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**Keep Kids Out of the Clean Plate Club**



44% of athletes receive no mental health education from athletic department

6% of student-athletes visit counseling center

Thompson RA, Sherman R. Reflections on athletes and eating disorders. Psychol Sport Exerc 2014. 15(6): 729-34.

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# Receiving help



*Say* something  
ask for *Support*  
if they can't support, ask for *Someone* who will

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## **For Coaches, Approaching an Athlete with an Eating Disorder: Q&A with Dr. Paula Quatromoni**

February 5, 2018 / in Coaching, Q&A / by Rachael

*This is part of a Q&A series with leading expert in eating disorders and sports, Paula Quatromoni. For more Q&As [click here](#).*

### **Q: How do you recommend approaching an athlete you think might have an eating disorder?**

**A (Paula Quatromoni):** **Set up a private meeting** with the athlete to discuss your concerns. Never, ever, ever do this in public and do not do it without some purposeful thought and advance preparation. In other words, do not have this conversation off the cuff or in the heat of a moment when you are having any kind of emotionally charged interaction with the athlete, like after a bad sport performance or when they suffer an injury.

It is important that you know the signs and symptoms of an eating disorder and that you have objective data and personal observations that align with those warning signs. Do not act on hearsay or second-hand information that could be false or inaccurate. **Make notes about your observations and your concerns so that you can stay focused on the facts when you have this conversation.**

Discuss your concerns with the Athletic Trainer. If your school does not have an AT, consult the school nurse or a guidance counselor. The AT or school nurse or counselor can help to validate your concerns, ask insightful questions for clarification, share additional observations, provide clinical input, and help you decide who should have this difficult conversation depending on the relationship dynamics you each have established with the athlete. The AT is a trained sports medicine professional. The coach is in a different position of power and



Meeting with the  
athletic trainer

**1** Check-in

**2** Behaviors

**3** Follow up



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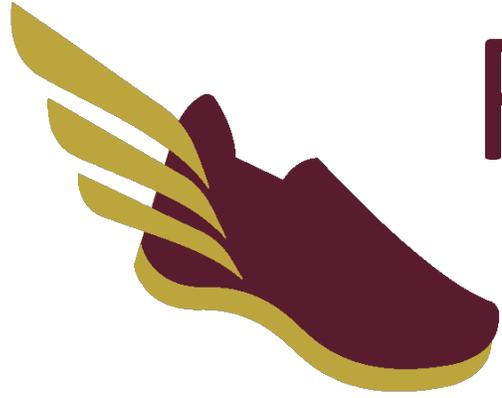


- Registered sports dietitian?
- Campus dietitian?
- Sports psychologists?
- Mental health counselors?
- Athletic trainers?

- Multidisciplinary eating concerns team?
- Athlete fueling stations?
- Ongoing nutrition education?
- Protocols to recognize & address disordered eating?

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# Recovery



# ***What are the differences between a therapist, dietitian, and athletic coach?***

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# No . . .

- ▶ **Food-shaming, Body-shaming**
- ▶ **Weighing athletes**
- ▶ **Restrictive eating or dieting**

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Arthur-Cameselle, Jessyca & Quatromoni, Paula. (2014). A Qualitative Analysis of Female Collegiate Athletes' Eating Disorder Recovery Experiences. *The Sport Psychologist*. 28. 334-346. 10.1123/tsp.2013-0079.

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- ▶ **Encourage 3 meals and snacks throughout day**
- ▶ **US Dietary Guidelines**
- ▶ **Food isn't “earned” through workouts**

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▶ **Skills, tactics**

▶ **Leadership, Character**

▶ **Check-ins**

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RUNNING IN SILENCE

**Empowering the athletic community through eating disorder education and awareness so athletes can receive help and achieve their potential in both health and athletic performance.**

[WATCH THE VIDEO](#)





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