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Identifying eating disorders in the athletic population

This presentation will review identifying eating disorders in the athletic population, medical implications of eating disorders and appropriate medical nutrition therapy for athletes with eating disorders. The audience will gain understanding in clinical care through a case study of an athlete with an eating disorder. Familial and teammate support will be explored for long-term treatment of eating disorders. Ways to incorporate positive body image thoughts, intuitive eating and challenging disorder eating thoughts will be investigated for clinicians and the team setting. Most sources and information were gathered from the Eating Disorder Journal and Academy of Nutrition and Dietetics.

Biography

As Director of Nutrition Services, Margaret's job entails many duties. She oversees the dietitians, carries a caseload, supervises the menu and meal plans and develops nutrition-related protocols. She also implements current nutrition recommendations, community outreach and trains dietitians. Prior to joining Timberline Knolls, Maggie was the Nutrition manager at Revolution. She started with Timberline as a registered dietitian and dietary technician. Maggie attended Eastern Illinois University for her undergraduate degree in dietetics; she did her dietetic internship at Ingalls Memorial Hospital.

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