

Running  
IN SILENCE

Runninginsilence.org

Competition Cut Short: The Coach's Role in Eating Disorder Prevention and Discussion

Rachael Steil | Author, Speaker, Coach

Photo: Jeremy Osborn

1

---

---

---

---

---

---

---

---

---

---



2

---

---

---

---

---

---

---

---

---

---

Running  
IN SILENCE

RACHAEL STEIL  
FOREWORD BY PAULA QUATROMONI, DSc, RD

My Drive for Perfection  
and the Eating Disorder That Fed It

SECOND EDITION

Runninginsilence.org

3

---

---

---

---

---

---

---

---

---

---



4

---

---

---

---

---

---

---

---

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



“I haven’t thought about that.”

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

5

---

---

---

---

---

---

---

---

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.

Follow us ● [Running In Silence](#) ● [@RunningInSilence](#) ● [@Running\\_Silence](#)



6

---

---

---

---

---

---

---

---

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.

Follow us ● Running In Silence ● @RunningInSilence ● @Running\_Silence



7

---

---

---

---

---

---

---

---

---

---

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

Follow us ● Running In Silence ● @RunningInSilence ● @Running\_Silence



8

---

---

---

---

---

---

---

---

---

---

**“Athlete well-being is part of a coach’s responsibility.”**

~Dr. Paula Quatromoni, CSD, RD



9

---

---

---

---

---

---

---

---

---

---



Follow us

- Running In Silence
- @RunningInSilence
- @Running\_Silence

Runninginsilence.org  
rachaelseil@runninginsilence.org

10

---

---

---

---

---

---

---

---

- ▶ Recognize
- ▶ Receive Help
- ▶ Recovery

Follow us ● Running In Silence ● @RunningInSilence ● @Running\_Silence



11

---

---

---

---

---

---

---

---



# Recognition

12

---

---

---

---

---

---

---

---



13

---

---

---

---

---

---

---

---



14

---

---

---

---

---

---

---

---



15

---

---

---

---

---

---

---

---



16

---

---

---

---

---

---

---

---



17

---

---

---

---

---

---

---

---

## Weight Isn't Necessary

Follow us [Running In Silence](#) [@RunningInSilence](#) [@Running\\_Silence](#)



18

---

---

---

---

---

---

---

---



19

---

---

---

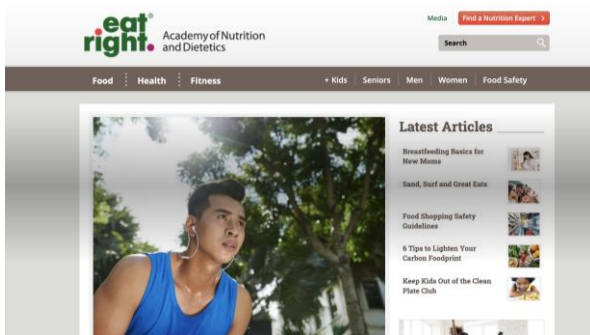
---

---

---

---

---



20

---

---

---

---

---

---

---

---



21

---

---

---

---

---

---

---

---



# Receiving help



22

---

---

---

---

---

---

---

---



this is long, so you'll need to take some tim

I Steil <xccheetachic012@aim.com>



Message-----  
I Steil <xccheetachic012@aim.com>  
il@gmail.com

6, 2012 10:28 pm  
this is long, so you'll need to take some time to read it all

I need to tell you all of this via email because it's hard to speak vocally abt  
ees I need to tell you too, because I've felt alone in it.  
Ever since Angela started losing weight a few years ago, right before my su  
and for me because it thought that for my entire life I was always eating he  
\* Obviously you know that I know better than that now. Angela's weight los  
and once I did, things started improving. I wasn't sure about how much wei  
ning the fastest times I'd ever run in high school, and I ended the year on i  
That was a rough semester though, as you know. Now that I look back on i  
I'd how I went a few times without dinner after practice in an effort to lose i  
down the anorexic path or anything, and it hasn't been until now that I rea

23

---

---

---

---

---

---

---

---

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

Follow us • Running In Silence • @RunningInSilence • @Running\_Silence



24

---

---

---

---

---

---

---

---



- 1 Check in
- 2 2-3 behaviors
- 3 Willing to get help?



Follow us ● Running In Silence ● @RunningInSilence ● @Running\_Silence



25

---

---

---

---

---

---

---

---

---

---



**What If an Athlete Denies Having a Possible Eating Disorder? Q&A with Dr. Paula Quatromoni**

June 21, 2021 / In Coaching Q&A / by Rachel

*This Q&A was originally part of the second Q&A here, but is republished below to separate and make it easier to find questions/topics. This is part of a Q&A series with the leading expert in eating disorders and sports and registered dietitian, Dr. Paula Quatromoni. For more Q&As click here.*



**TRENDING POSTS**

- What I Eat in a Day in Eating Disorder Recovery
- Q&A: "I'm a Runner Who is Binge..."
- "They Just Disappeared": Beyond Anorexia in Runners
- What Questions About

26

---

---

---

---

---

---

---

---

---

---

- 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?

Follow us ● Running In Silence ● @RunningInSilence ● @Running\_Silence



27

---

---

---

---

---

---

---

---

---

---



# Recovery



28

---

---

---

---

---

---

---

---



29

---

---

---

---

---

---

---

---

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

Follow us [● Running In Silence](#) [● @RunningInSilence](#) [● @Running\\_Silence](#)



30

---

---

---

---

---

---

---

---

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.

Follow us ● Running In Silence ● @RunningInSilence ● #Running\_Silence



31

---

---

---

---

---

---

---

---

No . . .

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

Follow us ● Running In Silence ● @RunningInSilence ● #Running\_Silence



32

---

---

---

---

---

---

---

---



33

---

---

---

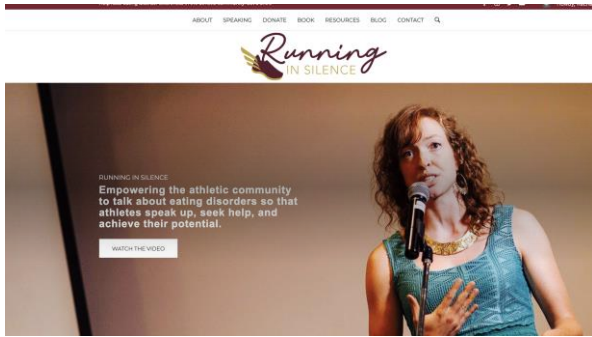
---

---

---

---

---



34

---

---

---

---

---

---

---

---

---

---



35

---

---

---

---

---

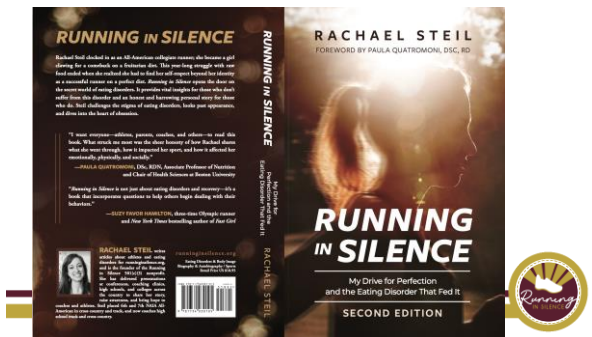
---

---

---

---

---



36

---

---

---

---

---

---

---

---

---

---



37

---

---

---

---

---

---

---

---

▶ Recognize ▶ Receive Help ▶ Recovery

Follow us • Running In Silence • @RunningInSilence • @Running\_Silence



38

---

---

---

---

---

---

---

---

*Running*  
IN SILENCE

[paypal.me/runninginsilence](https://paypal.me/runninginsilence)

*Follow us*

- Running In Silence
- @RunningInSilence
- @Running\_Silence

[Runninginsilence.org](https://Runninginsilence.org)  
[rachaelsteil@runninginsilence.org](mailto:rachaelsteil@runninginsilence.org)



39

---

---

---

---

---

---

---

---