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Every Coach's Role in Mental Health and the 1 in 8 Athletes With Eating Disorders

Rachael Steil | Author, Speaker, Coach



Photo: Jeremy Osbern



RUNNING IN SILENCE

Rachael Steil clocked in as an All-American collegiate runner; she became a girl clawing for a comeback on a fruitarian diet. This year-long struggle with raw food ended when she realized she had to find her self-respect beyond her identity as a successful runner on a perfect diet. *Running in Silence* opens the door on the secret world of eating disorders. It provides vital insights for those who don't suffer from this disorder and an honest and harrowing personal story for those who do. Steil challenges the stigma of eating disorders, looks past appearance, and dives into the heart of obsession.

"I want everyone—athletes, parents, coaches, and others—to read this book. What struck me most was the sheer honesty of how Rachael shares what she went through, how it impacted her sport, and how it affected her emotionally, physically, and socially."

—PAULA QUATROMONI, DSc, RDN, Associate Professor of Nutrition and Chair of Health Sciences at Boston University

"*Running in Silence* is not just about eating disorders and recovery—it's a book that incorporates questions to help others begin dealing with their behaviors."

—SUZY FAVOR HAMILTON, three-time Olympic runner and *New York Times* bestselling author of *Fast Girl*



RACHAEL STEIL writes articles about athletes and eating disorders for runninginsilence.org, and is the founder of the Running in Silence 501(c)(3) nonprofit. She has delivered presentations at conferences, coaching clinics, high schools, and colleges across the country to share her story, raise awareness, and bring hope to coaches and athletes. Steil placed 6th and 7th NAIA All-American in cross country and track, and now coaches high school track and cross country.

runninginsilence.org
Eating Disorders & Body Image
Biography & Autobiography / Sports
Retail Price US \$18.95



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 more likely to struggle with an eating disorder than non-athletes

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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5-10%

(Center for Disease Control)

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13.5%

Ghoch, M. E., et al. (2013). Eating disorders, physical fitness, and sport performance: a systematic review. *Nutrients*, 5:12.

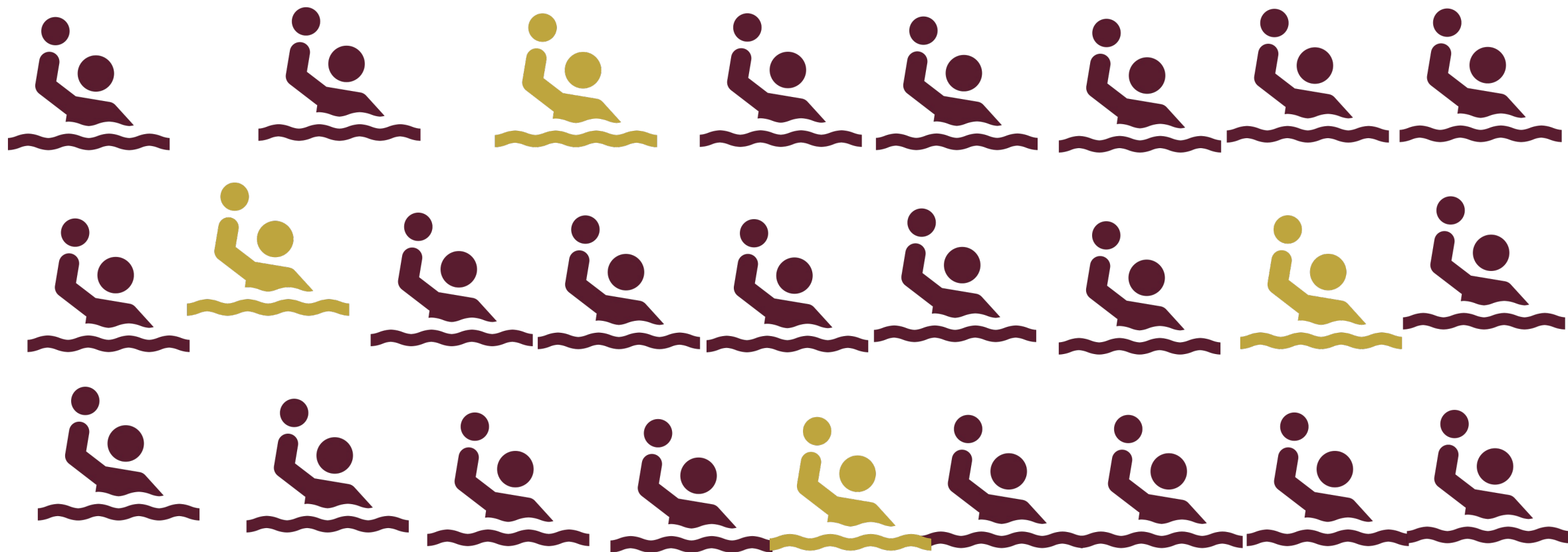
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8x higher risk of injury

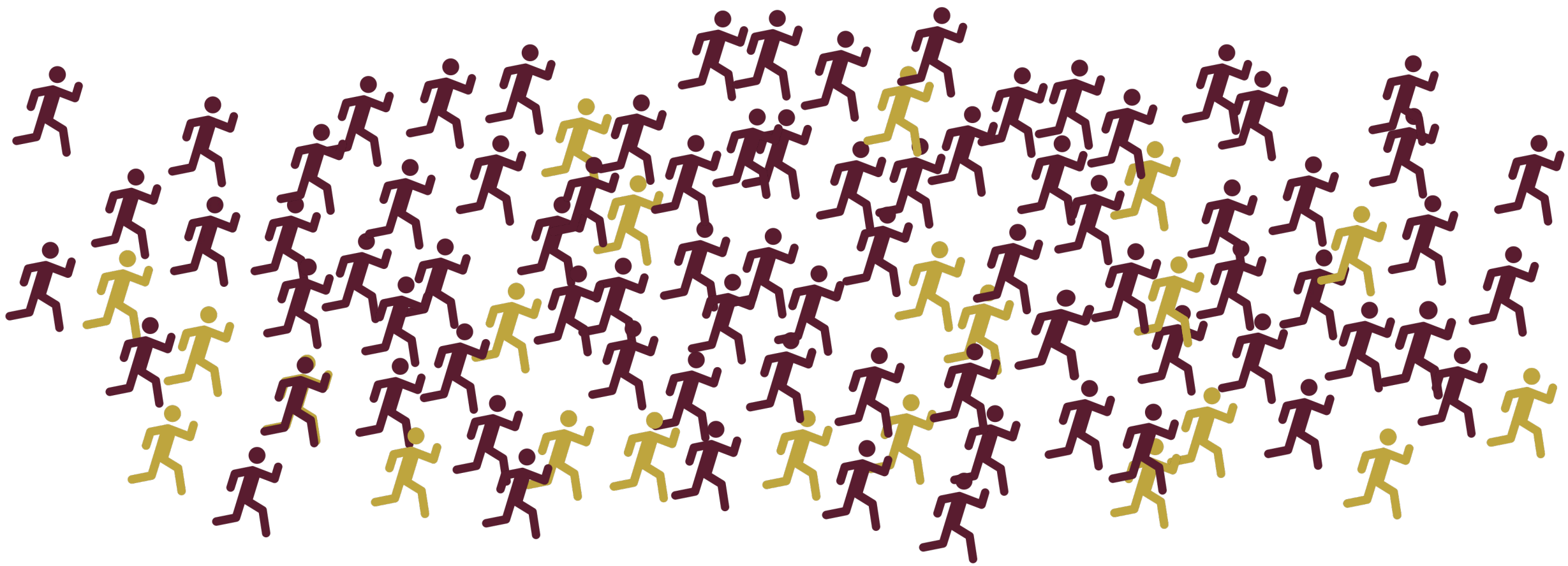
Jankowski, C. (2012). Associations Between Disordered Eating, Menstrual Dysfunction, and Musculoskeletal Injury Among High School Athletes. *Yearbook of Sports Medicine*, 2012, 394-395.
doi:10.1016/j.yspm.2011.08.003



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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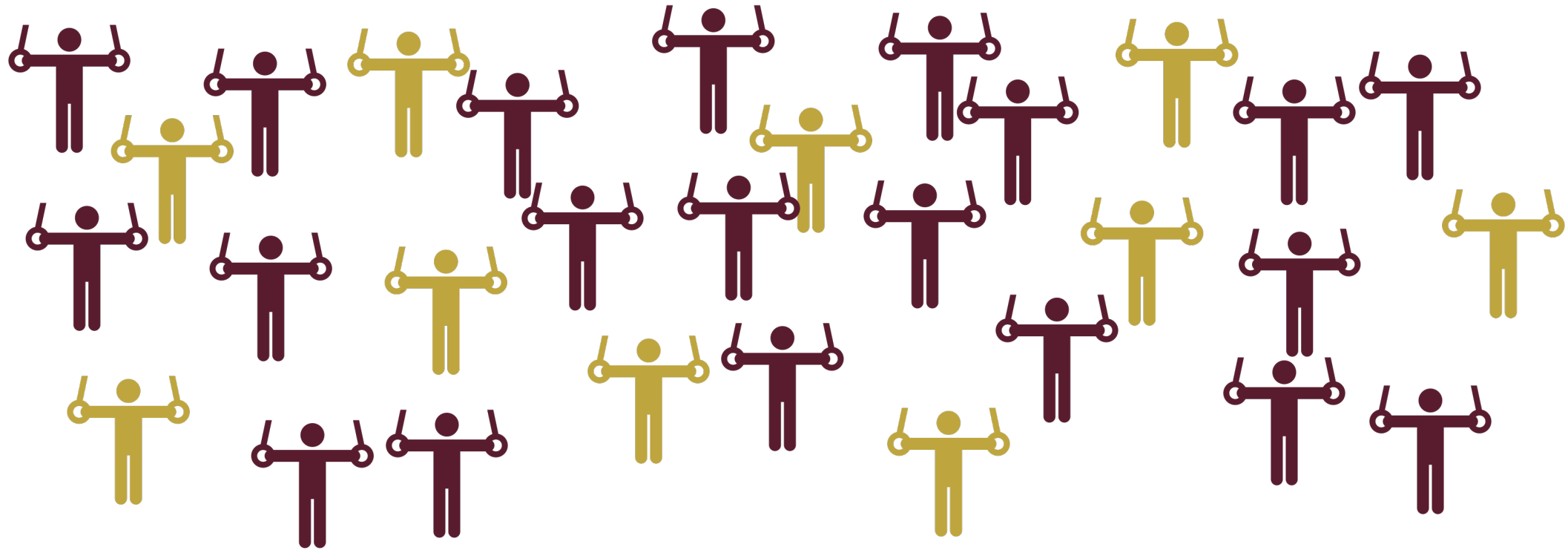




Thompson, Sharon. (2007). Characteristics of the Female Athlete Triad in Collegiate Cross-Country Runners. Journal of American college health : J of ACH. 56. 129-36. 10.3200/JACH.56.2.129-136.

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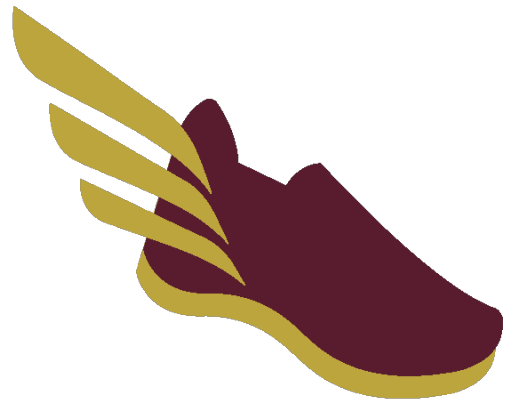
▶ **Recognize** ▶ **Receive Help** ▶ **Recovery**

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Submit questions:





Recognition



Eatright.org

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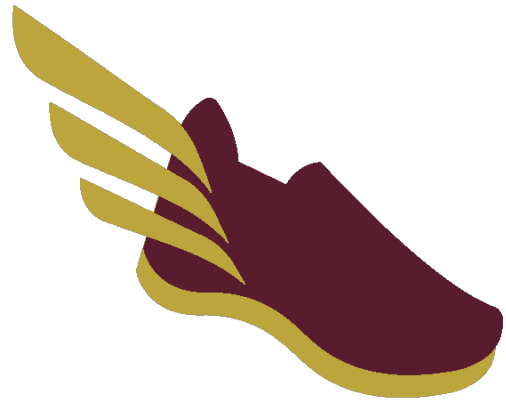


ED screening

Tool to lower ED risk and help
everyone achieve their full potential
(Paula Quatromoni - DSc, RD)

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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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Our newsletter:



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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

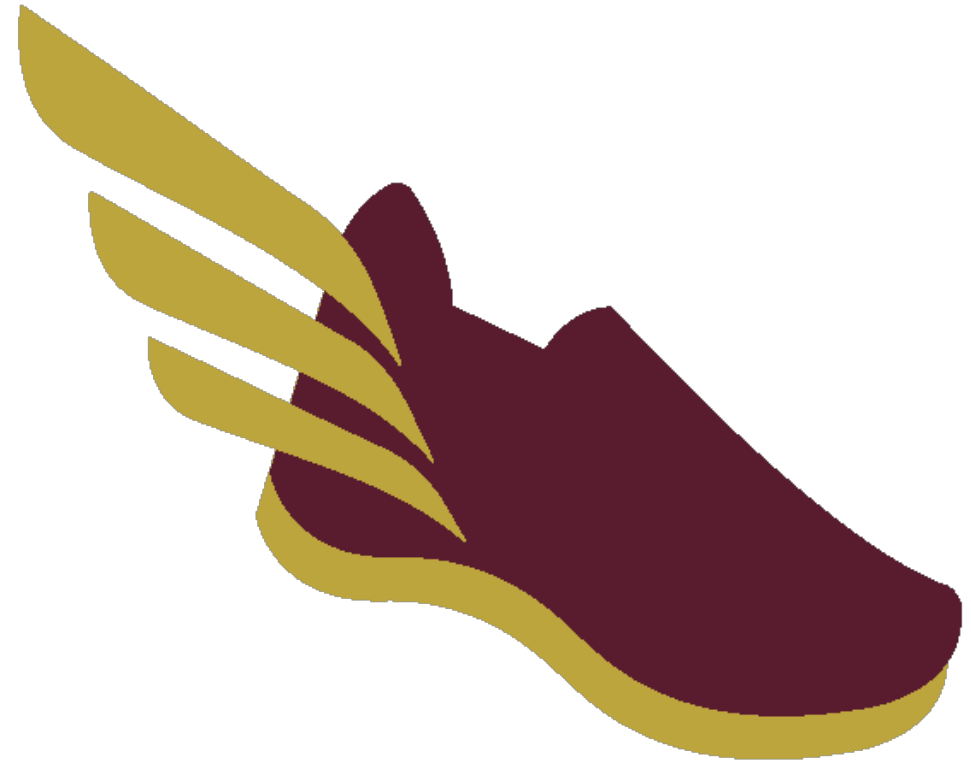
Meet with your athletic
trainer



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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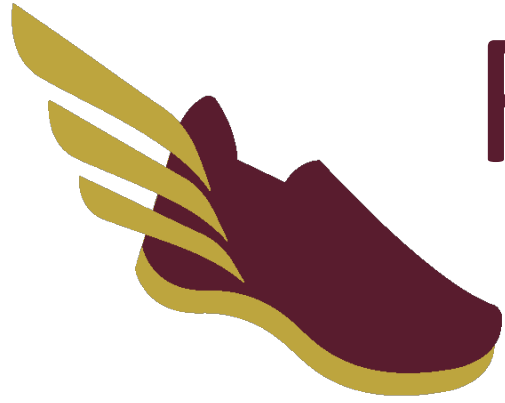


Eating Disorder Protocol

- Eating concerns team with key stakeholders
- How to have a conversation with an athlete or parents
- Action plan: depends on infrastructure, resources, and relationships in any specific situation
- Referral network of ED specialists to provide parents with referrals to outpatient providers

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Recovery



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

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No . . .

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

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Coaches are helpful when involved with the prevention and treatment of eating disorders.

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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Nancy Clark's Sports Nutrition Guidebook, by Nancy Clark, MS, RD

Finding Your Sweet Spot. How to Avoid RED-S (Relative Energy Deficiency in Sport) by Optimizing Your Energy Balance, by Rebecca McConville, MS, RD, CSSD, CEDRD

The College Student's Guide to Eating Well on Campus, by Ann Selkowitz Litt, MS, RD, LD

NCAA's performance nutrition resources: <http://www.ncaa.org/sport-science-institute/nutrition-sleep-and-performance>

Collegiate and Professional Sports Dietitians Association (CPSDA): sportsrd.org/downloadable-resources

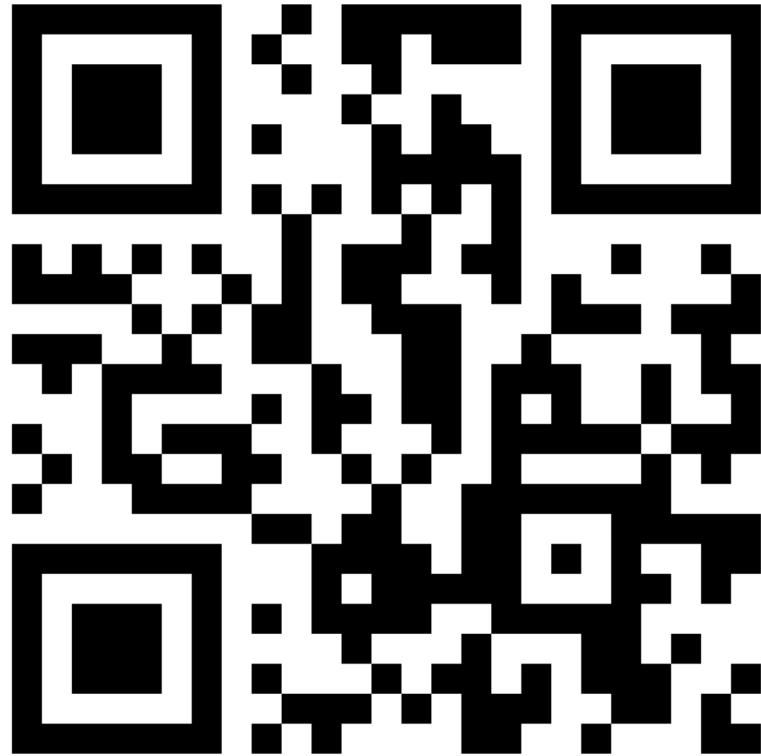
Team USA nutrition resources: <https://www.teamusa.org/nutrition>

Academy of Nutrition and Dietetics, Tips for Athletes: eatright.org/fitness/sports-and-performance/tips-for-athletes

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Book a Running in Silence talk today.

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