



UMASS  
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 walden *behavioral care*  
lasting recovery for body and mind

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***The University of Massachusetts Department of Nutrition and Walden Behavioral Care  
cordially invite you to***

## ***“Athletes and Eating Disorders”***

The presentation will feature Whitney Post, a former Olympic rower and co-founder of Eating for Life Alliance, Dr. Kate Ackerman of Children’s Hospital Boston - Sports Medicine Division and a panel of dietitians from UMass, Walden, and Baystate Medical Center. They will speak on issues related to eating disorders: classification, symptomology, triggers, treatment options, impact on students, families and student athletes and recovery.

### **Who should attend?**

- Nutrition, health, wellness and psychology students at the Five Colleges
- Student athletes at the Five Colleges
- Counseling, health services, wellness, athletics, student affairs and residence life staff and faculty of the Five Colleges

### **Learning objectives**

1. Identify signs, symptoms and triggers of eating disorders in diverse groups of athletes
2. Address the emotional and physical health concerns of athletes struggling with eating disorders
3. Understand the medical consequences of and treatment options for eating disorders in young adult athletes
4. Recognize the different dietary treatments in inpatient, outpatient, and family-based interdisciplinary therapies

**Location:** Campus Ctr. Room 101 - located on the 1st floor of the Murray Lincoln Campus Ctr.

**Date:** November 18<sup>th</sup> from 2 to 4 p.m.

**Directions, parking details:** <http://www.umass.edu/visitorsctr/directions>

## Presentation Details

2 PM - **Welcome** – Judy Dowd, MS, RD,LDN, UMass Dietetic Internship Director (*- intro overall program; collaborations, acknowledgment*)

Intro Maggie Moran or other Walden contact to introduce program

2:10 PM - **Eating Disorders: An Athlete's Perspective** - Whitney Post

*(why ED is common in Athletes, constraints for identification/treatment in athletic setting; personal views re. recovery)*

2:40 PM – **Medical and Psychological Treatment Options for ED in Athletes** – Kate Ackerman, MD, Children's Hospital of Boston *(address medical consequences of eating disorders, what she has seen in her practice, advice she typically gives/referrals especially regarding youth/young adult athletes and ED)*

3:00 PM - **Dietary Treatment Options for ED in College Athletes** – Panel Presentation of dietitians from UMass (Caren Weiner), UMass and Baystate (Claire Norton), and Walden (???) *(each present 5 minutes of their approach to treatment, with 15 minutes of q/a)*

3:30 PM - **Q/A with all speakers - Interdisciplinary treatment perspectives**