

ED 101: Understanding Eating Disorders in Sports

Zoom Presentation by: Cameryn Cohen MDN, RD, LD & Nicole Raulli RD, LD

Date: February 8, 2023

Time: 10:00am-12:00pm

Have you ever suspected an athlete may be struggling with an eating disorder and wondered what kind of specialty care is available? In this presentation, we will discuss eating disorder diagnoses, ways to identify eating disorders, and treatment options.

Cameryn Cohen is a Registered Dietitian in the young adult partial hospitalization program at The Emily Program. Cameryn joined The Emily Program in August 2022, after completing her Master's in Dietetics and Nutrition and dietetic internship from no other than THE Ohio State University. In her current role, Cameryn works with clients ages 16-22 with a wide range of eating disorders and supports them in improving their relationship with food, disrupting eating disorder behaviors, and reducing any negative symptoms they are experiencing. Outside of her passionately supporting and counseling her clients, Cameryn loves to cook, cheer on Cleveland sports teams, teach cycle classes and spend time with family and friends.

Nicole Raulli is a Registered Dietitian working at The Emily Program Columbus Outpatient Site. Nicole joined the Emily Program in 2020 and currently specializes in serving adolescent clients and providing family-based treatment (FBT) on an interdisciplinary team at the partial hospitalization level of care. She received her Bachelor of Science in Dietetics, Coordinated Program from The University of Akron. Nicole is passionate about education surrounding weight/weight bias, intuitive eating, and the importance of community support within eating disorder treatment. In her free time, Nicole teaches group exercise at a studio geared toward women and body inclusivity.

After this course, participants will be able to:

- 1) Differentiate between the different types of eating disorders
- 2) Identify an athlete who may be struggling with an eating disorder using three different methods
- 3) Describe four levels of treatment for athletes with eating disorders
- 4) Compare modalities that are commonly used to treat eating disorders in athletes

Learning Objectives: Upon completion of this course, participants will be able to:

1. Differentiate between the different types of eating disorders

2. Identify an athlete who may be struggling with an eating disorder using three different methods

3. Describe four levels of treatment for athletes with eating disorders