

# 第248回スポーツサイエンス研究会

日時 2025年2月17日(月) 13:30 より

場所 早稲田大学所沢キャンパス 100号館 第一会議室

演題 A Human-First Approach to Nutritional Rehabilitation for ED/DE

演者 Christina Scribner (Arizona State University)

## 抄録

The increasing visibility of eating disorders (EDs) and disordered eating (DE) among athletes brings the need to identify, treat, manage, and help prevent EDs. Sports RDNs are often among the first to encounter an athlete with DE or an ED. It is essential that the RDN working with athletes is prepared to provide effective nutrition-based care for the athlete suffering from an ED or DE. RDNs serve a critical role for athletes, blending their knowledge of medical nutrition with an understanding of behavior change and collaboration.

Attendees will gain a greater understanding of individuals who suffer with DE and EDs, early identification of ED or DE, and the qualifications and therapeutic qualities of effective RDNs as an integral member of an interdisciplinary treatment team. Christina will share 40 years of experience as an RDN and Eating Disorders Specialist, including lecture and interactive discussion around providing a “human-first” treatment approach, utilizing case examples across various ages, genders, and levels of sports participation. Finally, suggestions for preventing EDs and DE among athletes will be shared.

## Biography:

Christina Scribner is an instructor at Arizona State University, College of Health Solutions. She is national board certified in Health & Wellness Coaching (NBC-HWC) and a Certified Eating Disorders Specialist (CED-S). She is a past director of the Disordered Eating and Eating Disorder subunit of the Academy of Nutrition and Dietetics Sports, Cardiovascular and Wellness Nutrition dietetic practice group, and a past Chair of the Nutrition Special Interest Group of the Academy of Eating Disorders. She owns a nutrition consulting practice, Encompass Nutrition LLC, in Littleton, Colorado, where she specializes in disordered eating and eating disorders.

