Nutrition and disordered eating in dance: Artistry, athleticism and the role of the multidisciplinary support team

A one-day symposium organised by Dance UK

Monday 30th April 2012

Venue:
Guy Whittle Auditorium
The Royal Society of Medicine
1 Wimpole Street
London W1G 0AE
Nutrition and disordered eating in dance: Artistry, athleticism and the role of the multidisciplinary support team.
Monday 30th April 2012

Aims and Objectives:

Dance UK’s Healthier Dancer Programme is bringing together a host of artistic and healthcare professionals to speak about nutrition and disordered eating in dance. Over a one-day conference, they will debate how to encourage healthy eating habits in dancers and consider solutions to prevent disordered eating in dance.

This topic is prevalent in today’s society and the importance of optimum nutrition in dance warrants the focus given at this conference. Whilst the problem is not the dance world’s alone, the dance sector is often attributed with negative stereotypes of endemic and extreme dieting problems among its artists. Whether this stereotype is true or not, dancers need to maintain elite athlete levels of fitness and stamina, which is impossible without eating healthily.

This conference aims to aid the dancer and those working with dancers to identify and encourage healthy eating behaviours and deal effectively with disordered eating patterns when necessary. Panel discussions from leading artistic directors, dancers, and support staff will allow the delegates to learn of the nutritional challenges that face dancers and dance companies. Health experts will be offering insights and evidence to support an alternative to constant dieting, demonstrating the healthy way of achieving a lithe athletic physique. Expert advice aims to provide a variety of tools for early intervention and prevention of eating disorders. To conclude, a panel discussion on the role of the multidisciplinary team will offer insight to individuals on how to create lines of communication when dealing with disordered eating patterns.

This conference is directed towards medical and complimentary practitioners who are working with dancers (or are interested in doing so); practitioners working in related areas; and dance teachers, choreographers, and dancers who wish to optimise performance and prevent injury.

Steering Committee:
Nick Allen MSc (Sports Med), BSc (Hons), MCSP, SRP
Jasmine Challis BSc (Hons), Nutr., RD
Dr Huw Goodwin
Helen Laws
Dr Sanna Nordin-Bates
Moira McCormack MSc
Dr Emma Redding
Rachel Rist MA
Nicola Stephens MSc, MCSP, MMACP
Heather Walker PG Cert

Special Thanks to:
Shauna Meredith
Jillian Descoteaux
Kenneth Tharp OBE
Susan Ringwood and Mary George (Beat)
Selina Shah MD FACP
Council for Dance Education and Training
Dance/USA Task Force for Dancer Health
Nutrition and disordered eating in dance: Artistry, athleticism and the role of the multidisciplinary support team.
Monday 30th April 2012

SESSION ONE
9.45 am Panel - Demands of dance: Perspectives from artistic directors on the aesthetic and physical requirements and their implications for dancers' health
Chair: Alistair Spalding
Chief Executive and Artistic Director, Sadler’s Wells
Richard Alston CBE
Artistic Director, The Place
Dame Monica Mason DBE
Director, The Royal Ballet
David Bintley CBE
Director, Birmingham Royal Ballet
David Nixon OBE
Artistic Director, Northern Ballet
Ann Sholem
Artistic Director, National Dance Company Wales

10.25 am Questions

10.45 am Panel - Performance demands, education, and support: The dancers’ perspective
Chair: Matthew Lawrence
Principal, Birmingham Royal Ballet
Ben Duke
Artistic Director, Lost Dog
Lauren Cuthbertson
Principal, The Royal Ballet
Zenaida Yanowsky
Principal, The Royal Ballet
Gemma Nixon
Dancer, Rambert Dance Company
Teneisha Bonner
Principal, ZooNation Dance Company
Archana Ballal
Freelance Dancer (Contemporary/South Asian)

11.20 am Questions

11.30 am Tea break

SESSION TWO
11.45 am An introduction to prevention and early intervention of disordered eating and eating disorders
Chair: Rachel Peppin
Former Principal Dancer, Birmingham Royal Ballet

11:50 am Dr Huw Goodwin
Research Associate, Loughborough University Centre for Research into Eating Disorders (LUCRED)

12:15 pm Louise Dunne
Volunteering Co-Ordinator, Beat

SESSION THREE
11.45 am An introduction to prevention and early intervention of disordered eating and eating disorders
Chair: Jasmine Challis BSc (Hons), Nutr., RD
Registered Dietician and Nutritionist (SENR)

11:50 am Dr Huw Goodwin
Research Associate, Loughborough University Centre for Research into Eating Disorders (LUCRED)

12:15 pm Louise Dunne
Volunteering Co-Ordinator, Beat

SESSION FOUR
Panel – Foundations for success: Creating and utilizing a multidisciplinary team
Chair: Kenneth Tharp OBE
Chief Executive, The Place

4.00 pm Nicola Stephens MSc, MCSP, MMACP
Clinical Lead and Owner, Performers Physiotherapy

4.15 pm Nick Allen MSc (Sports Med), BSc (Hons), MCSP, SRP
Clinical Director, Birmingham Royal Ballet

Martin Collins
Centre for Advanced Training (CAT) Programme Manager, Trinity Laban
Dr Alison Joy MB, BCHir, MA, MRCGP, MRCP
Doctor to the Royal Ballet School
Tracey Lee FISTD (Examiner) Cert Ed.
Principal, Performers College
Elizabeth Nabarro
School Counsellor, London Contemporary Dance School
Heather Walker PG Cert
Student Co-Ordinator, London Studio Centre

4.45 pm Questions

4.50 pm Review of the day
Kenneth Tharp OBE
Chief Executive, The Place

5.00 pm Close of meeting