



**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 30<sup>th</sup> April 2012**

**Venue:  
Guy Whittle Auditorium  
The Royal Society of Medicine  
1 Wimpole Street  
London W1G 0AE**

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### **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  
Moirra McCormack MSc  
Dr Emma Redding  
Rachel Rist MA  
Nicola Stephens MSc, MCSP, MMAPCP  
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 30<sup>th</sup> April 2012

<p>9.00 am <b>Registration and coffee</b></p> <p>9.35 am <b>Keynote</b> Kenneth Tharp OBE Chief Executive, The Place</p> <p><u>SESSION ONE</u></p> <p>9.45 am <b>Panel - Demands of dance: Perspectives from artistic directors on the aesthetic and physical requirements and their implications for dancers' health</b> Chair: Alistair Spalding Chief Executive and Artistic Director, Sadler's Wells</p> <p>Richard Alston CBE Artistic Director, The Place</p> <p>Dame Monica Mason DBE Director, The Royal Ballet</p> <p>David Bintley CBE Director, Birmingham Royal Ballet</p> <p>David Nixon OBE Artistic Director, Northern Ballet</p> <p>Ann Sholem Artistic Director, National Dance Company Wales</p> <p>10.25 am <b>Questions</b></p> <p>10.45 am <b>Panel - Performance demands, education, and support: The dancers' perspective</b> Chair: Matthew Lawrence Principal, Birmingham Royal Ballet</p> <p>Ben Duke Artistic Director, Lost Dog</p> <p>Lauren Cuthbertson Principal, The Royal Ballet</p> <p>Zenaida Yanowsky Principal, The Royal Ballet</p> <p>Gemma Nixon Dancer, Rambert Dance Company</p> <p>Teneisha Bonner Principal, ZooNation Dance Company</p> <p>Archana Ballal Freelance Dancer (Contemporary/South Asian)</p> <p>11.20 am <b>Questions</b></p> <p>11.30 am <b>Tea break</b></p> <p><u>SESSION TWO</u></p> <p>11.45 am <b>An introduction to prevention and early intervention of disordered eating and eating disorders</b> Chair: Rachel Peppin Former Principal Dancer, Birmingham Royal Ballet</p> <p>11:50 am Dr Huw Goodwin Research Associate, Loughborough University Centre for Research into Eating Disorders (LUCRED)</p> <p>12:15 pm Louise Dunne Volunteering Co-Ordinator, Beat</p>	<p style="text-align: right;">12:25 pm Prof Joan Duda PhD Professor, University of Birmingham</p> <p>12.55 pm <b>Questions</b></p> <p>1.15 pm <b>Lunch</b></p> <p><u>SESSION THREE</u></p> <p>2.15 pm <b>Recommendations for healthy nutrition practices, nutrition education, and prevention of disordered eating and eating disorders</b> Chair: Jasmine Challis BSc (Hons), Nutr., RD Registered Dietician and Nutritionist (SENR)</p> <p>2.25 pm Jacqueline Birtwisle BSc, MA, RD Visiting Dietician, Royal Opera House and Central School of Ballet</p> <p>2.50 pm Mhairi Keil Bsc (Hons), MSc, PG Dip Sp Nut, RNutr Performance Nutritionist and Consultant, English Institute of Sport</p> <p>3.15 pm <b>Questions</b></p> <p>3.30 pm <b>Tea break</b></p> <p><u>SESSION FOUR</u></p> <p><b>Panel – Foundations for success: Creating and utilizing a multidisciplinary team</b> Chair: Kenneth Tharp OBE Chief Executive, The Place</p> <p>4.00 pm Nicola Stephens MSc, MCSP, MMAPC Clinical Lead and Owner, Performers Physiotherapy</p> <p>4.15 pm Nick Allen MSc (Sports Med), BSc (Hons), MCSP, SRP Clinical Director, Birmingham Royal Ballet</p> <p>Martin Collins Centre for Advanced Training (CAT) Programme Manager, Trinity Laban</p> <p>Dr Alison Joy MB, BChir, MA, MRCGP, MRCP Doctor to the Royal Ballet School</p> <p>Tracey Lee FISTD (Examiner) Cert Ed. Principal, Performers College</p> <p>Elizabeth Nabarro School Counsellor, London Contemporary Dance School</p> <p>Heather Walker PG Cert Student Co-Ordinator, London Studio Centre</p> <p>4.45 pm <b>Questions</b></p> <p>4.50 pm <b>Review of the day</b> Kenneth Tharp OBE Chief Executive, The Place</p> <p>5.00pm <b>Close of meeting</b></p>
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