

Relative Energy Deficiency in Sport (RED-S): Define, Detect, and Determine Your Plan

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Presentation Learning Objectives

At the end of this presentation, attendees will be able to

1. Define RED-S and describe its implications on student-athletes or recreational enthusiasts.
2. Identify 3 ways in which RED-S can present in student-athletes or an active individual.
3. Enhance clinician confidence in their role as part of an interdisciplinary Eating Concerns team.
4. Equip clinicians with tools to assist in prevention/early detection of RED-S.

Ellen Davis is a registered dietitian and board-certified specialist in sports dietetics (CSSD) specializing in optimizing fueling strategies for developing athletes and active individuals. After recognizing the connection between healthy lifestyle choices and optimal athletic performance while competing as a track and field athlete at the University of Missouri, Ellen pursued a career as a sports dietitian. With over a decade of experience collaborating with athletes to enhance performance, optimize recovery, and reduce injury risk, Ellen has recognized the need to bring greater awareness to the unique nuances of adequate fueling for sport and intense activity. While seeing athletes in a 1 to 1 or group setting is still a high priority, Ellen has shifted a portion of her practice to collaboration with other healthcare practitioners to bring more awareness to the risk detection of disordered eating, eating disorders, and RED-S in athletics. Ellen owns her private practice in West Des Moines but consults with athletes throughout the state of Iowa and beyond. She and her husband are parents of two very active little boys, Milo, and Remington, and one very spoiled fur child, Luka.