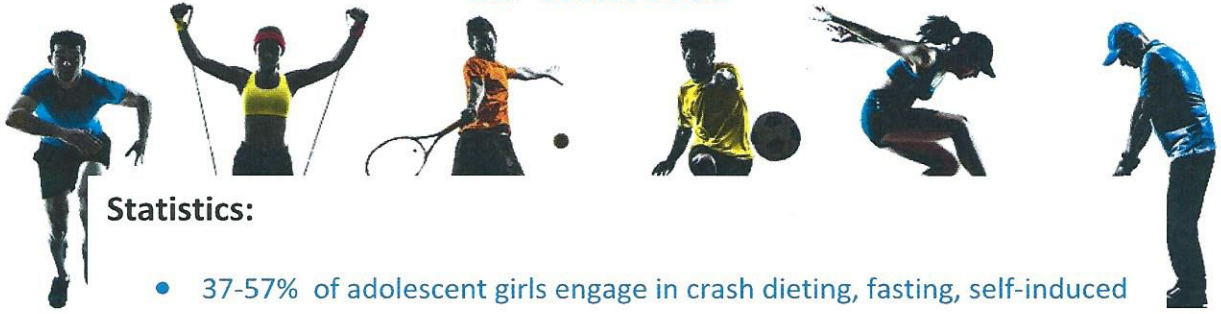


Eating Disorder Awareness

In Athletes



Statistics:

- 37-57% of adolescent girls engage in crash dieting, fasting, self-induced vomiting, diet pills or laxatives. (Wertheim, E., Paxton, S., & Blaney, S. (2009). *Body image in girls*. L. Smolak & J. K. Thompson (Eds.), *Body image, eating disorders, and obesity in youth: Assessment, prevention, and treatment (2nd ed.)* (pp. 47-76). Washington, D.C.: American Psychological Association.
- Overweight girls are more likely to engage in the above listed behavior
- Athletes are more likely to underreport symptoms and consider their eating disorder behavior, a sign of commitment.
- As many as 70% of athletes in weight class sports are dieting or have disordered eating behavior. (Joy et.al Br J Sports Med 2016)

Contributing factors:

- Perfectionism
- Stress
- Drive and commitment
- Athletes are more likely to suffer from anxiety and OCD
- Peer pressure from teammates who may also have disordered eating behaviors (www.waldeneatingdisorders.com)

Warning signs

- Eating too little, or exercising too hard
- Increased focus on body shape or size
- Rapid or recent weight loss
- Stress fractures, or overuse injuries
- Overly restrictive vegetarian diets
- Very self critical
- Exercising or training even when feeling sick or unwell

What Should a Parent Do?

Talk with your child's pediatrician. They can perform a more comprehensive assessment, and evaluate if it would be a good idea to meet with a mental health provider and a dietitian as well.

Kim Minogue MS, RD. LDN