

Athletes and Eating Disorders



What puts athletes at risk for developing eating disorders?

Sports - Specific Risk Factors

- Aesthetic sports that focus on appearance and have revealing uniforms (gymnastics, ice skating, swimming)
- Sports that focus on the individual vs. team
- Endurance sports (running, swimming, crew)
- Zero-gravity sports (diving, ski jumping, jockeying)
- Sports that have weight requirements or emphasize weight (wrestling, boxing, jockeying)

Other Risk Factors

- Personality traits like perfectionism and/or competitiveness
- Identity based heavily on participation in sport
- Overvalued belief that weighing less will make you better in sport
- Social / team influence about performance and/or eating patterns/ behaviors
- Coaches whose focus solely on performance and success rather than the person as a whole
- Family history of eating disorders or other mental health conditions like anxiety, depression, bipolar and/or OCD

13.5%

of elite athletes have subclinical to clinical eating disorders

Bundgaard-Borgen J1, Torsheim MK.

Athletes are 2-3 times more likely than the average person to develop an eating disorder

Bundgaard-Borgen J1, Torsheim MK.

2-3X

42%

of female athletes competing in aesthetic sports who demonstrated eating disorder behaviors

Bundgaard-Borgen J1, Torsheim MK.

WARNING SIGNS OF EATING DISORDERS SPECIFIC TO ATHLETES

- Concerns of body image, weight and/or appearance
- Slowed heart rate and low blood pressure
- Increased fatigue and perceived exertion
- Decrease in performance, especially when combined with other warning signs
- Longer recovery times
- Decreased coordination, muscle function, speed and/or concentration
- Increased injuries like sprains, strains and fractures
- Withdrawal, apathy and/or moodiness
- Difficulty with tapering or days off
- Increase in workouts; adding in runs or gym time outside of practice or training regimen



For information on athletes and eating disorders
visit www.waldeneatingdisorders.com/GOALS

Helping Athletes With Eating Disorders

Joaquin Dosil



Helping Athletes With Eating Disorders:

Helping Athletes with Eating Disorders Ron A. Thompson, Roberta Trattner Sherman, 1993 Psychologists who direct an eating disorder program tell how athletes because of their concern with their size shape and weight may be at greater than average risk for such disorders as anorexia nervosa and bulimia nervosa They suggest to coaches how to recognize and deal with such conditions Annotation copyright by Book News Inc Portland OR

Treating Athletes with Eating Disorders Kate Bennett, 2021-10-26 This book provides readers with concrete tangible tools for treating athletes with eating disorders by discussing issues that are unique to this population and introducing specific ideas to help facilitate recovery among this population Dr Bennett integrates her experiences in sport and mental health to provide a comprehensive resource for all healthcare providers who support athletes with eating disorders Traditional sport psychology interventions are translated into clinical action to help therapists align with the athletic identities of individuals recovering from eating disorders From diagnosis and neurobiology to athletic identity and excellence this book covers a range of topics to help readers build their own toolboxes of creative and clinically sound psychological interventions This comprehensive guide provides professionals who are new to the field with essential knowledge pertaining to the treatment of eating disorders and offers experienced healthcare providers insight on treatment aspects that are unique to working with athletes

Eating Disorders in Athletes Joaquin Dosil, 2008-02-28 This comprehensive up to date book presents the latest research and applied practice to address all of the key issues relating to sport and eating disorders The book begins by looking at the underlying factors behind the development of disordered eating It goes on to consider evaluation diagnosis and treatment across a wide range of sports and assesses the various types of treatment available and the practicalities of implementing treatment programmes A whole chapter is devoted to the role of the internet both as a source of information and possible treatment for athletes with these disorders The final chapter provides four practical examples and case studies of disordered eating in high risk sports

Eating Disorders Justine J. Reel, 2013-01-08 A timely relevant work this encyclopedia provides a comprehensive examination of a full range of topics related to eating disorders and body image The mortality rate associated with eating disorders is higher than that of any other psychiatric illness What are the factors that influence abnormal perceptions of body image and trigger the deadly behaviors of food deprivation or uncontrollable gluttony This indispensable resource thoroughly examines the complex subject of eating disorders particularly the sociocultural psychological and nutritional aspects of eating disorders and body image

Eating Disorders An Encyclopedia of Causes Treatment and Prevention explores the definitions risk factors symptoms and health consequences of such illnesses as anorexia bulimia and binge eating The author discusses the assessment and treatment of these conditions and imparts health education strategies related to the Do's and Don'ts of awareness and prevention efforts Additionally she shares tips for recognizing symptoms and discusses where to seek help if a friend or family member is affected Topics include flight attendants and body weight

requirements the impact of Virtual Reality and media and sociocultural influences *Anita Bean's Sports Nutrition for Young Athletes* Anita Bean, 2013-08-30 A healthy diet can help the young sports stars of tomorrow fulfil their potential Around 85% of children regularly take part in sports activities outside lessons Swimming is the most common activity for girls with football for boys 43% of children spend between 1 5 hours per week doing sport outside lessons Sport England But as any parent or coach knows it s hard to get the right balance especially if you re running between school and training sessions Children don t always eat or want to eat the very foods that will help them compete at the highest level the snacks and meals that will give them energy help them keep going through a long training session or recover afterwards Throw into the mix the need to keep hydrated and lots of children are training and competing below par Carefully researched and satisfying the real need for a nutrition book specifically for young athletes *Sports Nutrition for Young Athletes* offers clear advice to sports coaches teachers and parents of young people wanting to maximise their sports performance through eating healthily and sensibly Find out about specific nutritional requirements for different sports from running to swimming gym to dance racquet sports to football and rugby Learn more about tricky weight issues myths about body composition and the warning signs for eating disorders This is a above all a practical book written and road tested by bestselling nutrition author Anita Bean and packed with nutritional tips eating plans for training and competition and easy delicious and nutritious recipes and snacks to give your young sportsperson the competitive edge **Eating Disorders in Sport** Ron A. Thompson, Roberta Trattner Sherman, 2011-01-19 Over the past fifteen years there has been a great increase in the knowledge of eating disorders in sport and effective means of treatment In this book the authors draw on their extensive clinical experience to discuss how to identify manage treat and prevent eating disorders in sport participants They begin by examining the clinical conditions related to eating problems including descriptions of specific disorders and a review of the relevant literature Special attention is given to the specific gender and sport related factors that can negatively influence the eating habits of athletes The second half of the book discusses identification of participants with disordered eating by reviewing symptoms and how they manifest in sport management issues for sport personnel coaches athletic trainers and healthcare professionals treatment and medical considerations such as the use of psychotropic medications A list of useful resources is included in an appendix as well as a glossary of important terms *Eating Disorders* Raymond Lemberg, Leigh Cohn, 1999 Offers a collection of articles which discuss the causes symptoms health and psychological effects and treatments of eating disorders and provides a directory of facilities and programs designed to help people with these disorders **The Psychology of Eating Disorders** Christine L.B. Selby, Christine Selby, 2018-12-28 Offers a clear concise up to date introduction to eating disorders for students in the health professions This is a concise accessible introduction to eating disorders for undergraduate and graduate students in psychology as well as those specializing in health education and nutrition Easy to read and grounded in DSM 5 definitions and the most up to date research the text is designed for students

in the health professions as well as health professionals seeking a basic understanding of the challenges associated with their diagnoses and treatment Written by a licensed psychologist and certified eating disorders specialist the book describes what eating disorders are and are not who is likely to develop them and signs and symptoms of specific disorders It discusses biological medical psychological interpersonal and socio cultural risk factors and helps the reader to identify those who are at risk for experiencing an eating disorder and how to refer them for evaluation Scenarios reflect the wide spectrum of people who suffer from eating disorders including young and old male and female and athlete and non athlete Uniquely the book also covers the range of reactions someone including treatment providers can have to an individual diagnosed with an eating disorder The text also delivers strategies for treatment and prevention with overviews of their effectiveness Print version of the book includes free searchable digital access to its entire contents Key Features Provides an easy to read introduction to the full range of eating disorders Discusses risk factors and warning signs of eating disorders Discusses evidence based treatment approaches and prevention Considers long term effects of eating disorders Includes illustrative narratives of diverse individuals with EDs Authored by a certified eating disorders specialist Disordered Eating Among

Athletes Katherine A. Beals,2004 This text integrates and evaluates current research on disordered eating among athletes It aims to increase reader understanding of eating disorders and to give health and fitness professionals practical examples for creating their own effective treatment programme **Nutrition and the Female Athlete** Jamie S. Ruud,1996-08-05

Whether you exercise for fun or in competitive situations you should understand the important role nutrition plays in fitness This useful new text focuses on nutrition as it specifically relates to female athletes It addresses topics of major importance to women in sports coaches trainers sports nutritionists and physicians Each chapter is a mini course on a particular aspect of nutrition Subjects include the nutritional practices of female athletes the requirements for carbohydrates proteins and fats details on vitamins and minerals with special emphasis on the nutrients of importance to female athletes the role of water and electrolytes including prevention of dehydration and guidelines for optimal fluid replacement body weight and composition factors affecting energy balance how to achieve a healthy competitive weight and an overview of eating disorders in athletes including definitions and diagnostic criteria prevalence risk factors and effects on health and performance

Teen Fitness And Nutrition Guide Pasquale De Marco,2025-08-09 Teen Fitness And Nutrition Guide is the ultimate guide to achieving your fitness and nutrition goals This comprehensive book covers everything you need to know about eating healthy exercising effectively and living a healthier lifestyle In the first section of the book you will learn about the basics of nutrition You will explore the different types of nutrients and their role in the body You will also learn about the importance of eating a balanced diet and how to make healthy choices at the grocery store and when eating out In the second section of the book you will learn about the importance of exercise You will explore the different types of exercise and how to create a personalized fitness plan You will also learn about the importance of warming up cooling down and staying

hydrated In the third section of the book you will learn how to put it all together You will learn how to create a healthy lifestyle that includes both fitness and nutrition You will also learn how to set realistic goals and make gradual changes This book is your guide to a healthier lifestyle It is filled with practical advice and tips that you can start using today Whether you are looking to lose weight improve your fitness or simply live a healthier life this book has something for you Teen Fitness And Nutrition Guide is written by Pasquale De Marco a certified personal trainer and registered dietitian Pasquale De Marco has helped thousands of people achieve their fitness and nutrition goals He is passionate about helping people live healthier happier lives If you like this book write a review The Young Athlete Helge Hebestreit, Oded Bar-Or, 2008-04-30 This essential new volume in the Encyclopaedia of Sports Medicine series published under the auspices of the International Olympic Committee provides a thorough overview of the unique physiologic characteristics responsiveness to training and possible health hazards involved in the training coaching and medical care of young athletes Intense involvement in competitive sports often begins during childhood During adolescence many athletes reach their peak performance and some may participate in World Championships and Olympic Games at a relatively young age The Young Athlete presents the available information relevant to exercise and training in youth reviewed and summarized by authors who are recognized as leaders in their respective fields The Young Athlete is subdivided into seven parts covering the physiologic bases of physical performance in view of growth and development trainability and the consequences of a high level of physical activity during childhood and adolescence for future health the epidemiology of injuries their prevention treatment and rehabilitation non orthopedic health concerns including the pre participation examination psychosocial issues relevant to young athletes diseases relevant to child and adolescent athletes the methodology relevant to the assessment of young athletes This valuable reference summarizes a large database of information from thousands of studies and is especially relevant to sports physicians pediatricians general practitioners physical therapists dietitians coaches students and researchers in the exercise sciences *Nutrition in Exercise and Sport, Third Edition* Ira Wolinsky, 1997-10-22 The third edition of Nutrition in Exercise and Sport has been updated and expanded to include the latest developments in the field This third edition of a bestseller among sports nutrition and health professionals now fully discusses the role of exercise and nutrition in both wellness and in disease prevention In addition new chapters on the history of sports nutrition antioxidants vegetarianism the young athlete the older athlete the diabetic athlete the physically disabled athlete sports specific nutrient requirements and body composition changes have been added Top sports nutrition practitioners and exercise scientists have contributed chapters that provide practical nutritional guidelines for those engaged in various types of physical performance This book is a one volume library on sports nutrition for research scientists in applied sports nutrition dietitians exercise physiologists sports medicine physicians coaches trainers athletes and nutritionists The first two editions of this book have been widely used in sports nutrition courses Nutrition in Exercise and Sport is the standard in the field *Eating Disorders For Dummies* Susan

Schulherr,2011-02-08 Do you think that you or someone you love may suffer from an eating disorder Eating Disorders For Dummies gives you the straight facts you need to make sense of what's happening inside you and offers a simple step by step procedure for developing a safe and health plan for recovery This practical reassuring and gentle guide explains anorexia bulimia and binge eating disorder in plain English as well as other disorders such as bigorexia and compulsive exercising Informative checklists help you determine whether you are suffering from an eating disorder and if so what impact the disorder is having or may soon have on your health You'll also get plenty of help in finding the right therapist evaluating the latest treatments and learning how to support recovery on a day by day basis Discover how to Identify eating disorder warning signs Set yourself on a sound and successful path to recovery Recognize companion disorders and addictions Handle anxiety and emotional eating Survive setbacks Approach someone about getting treatment Treat eating disorders in men children and the elderly Help a sibling friend or partner with an eating disorder Benefit from recovery in ways you never imagined Complete with helpful lists of recovery dos and don'ts Eating Disorders For Dummies is an immensely important resource for anyone who wants to recover or help a loved one recover from one of these disabling conditions and regain a healthy and energetic life

Preventing Eating Disorders Niva Piran,Michael Levine,Catherine Steiner-Adair,2013-06-17 This comprehensive resource provides multiple prevention strategies programs and approaches for health and mental health workers educators researchers students and interested members of the community at large who work to prevent eating disorders and related problems

Practical Applications In Sports Nutrition Heather Fink,Lisa Burgoon,Alan Mikesky,2009 The Second Edition of Practical Applications in Sports Nutrition provides students and practitioners with the latest sports nutrition information and dietary practices so they can assist athletes and fitness enthusiasts in achieving their personal performance goals This guide not only provides the most current sports nutrition guidelines and research but also includes the tools and guidance necessary to most appropriately apply the information in the real world In addition this text demonstrates effective ways to communicate sports nutrition messages to athletes and how to motivate individuals to make permanent behavior change

School Sport Psychology Charles A Maher,2013-01-11 Find out how and why sports can help you better understand your students Because participation in sports is an integral part of the educational experience for students in both public and private schools it's essential that school psychologists and counselors have a solid foundation to help ensure the well being of student athletes School Sport Psychology is a comprehensive overview of this fast growing field with guidelines for school psychologists who want to gain a better understanding of sport psychology to extend their skills and enhance their effectiveness The book presents perspectives programs and procedures for working with administrators and coaches to help students develop physically mentally and emotionally School Sport Psychology examines the practical interfaces between school and sport psychology with an emphasis on parent and family involvement Contributors representing sport psychology school psychology and clinical and community disciplines examine the theory research and

practice of sport psychology and how its evolution parallels the development of school psychology The book addresses the benefits and risks of using sport to promote the development of self esteem identity and feelings of competence in students School Sport Psychology examines evidence based sport psychology programs including GOALS ATLAS and ATHENA a case study of the design and implementation of a sport psychology program in an urban high school the use and abuse of alcohol and other drugs among high school student athletes the use and abuse of steroids eating disorders among high school student athletes a systems oriented method of school sport psychology assessment and intervention program planning and evaluation framework the knowledge and skills needed to work in sport psychology and much more School Sport Psychology is an essential professional resource for psychologists counselors and health service providers **Encyclopedia of Obesity** Kathleen Keller,2008-01-24 This work featuring a reading level appropriate for high school audiences and above is recommended for academic and public libraries Library Journal The Encyclopedia of Obesity is as much of a reference resource as it is a tool to raise awareness in the medical and public health communities With almost 500 entries these two volume summarize pertinent topics in obesity and related health conditions including molecular biology psychology medicine public health and policy food science environmental health and pharmaceuticals The editor has chosen topics that capture the current climate of obesity research while still addressing and defining the core concepts related to this condition Based on a theme of Moving Forward in an Ever Expanding World articles address topics for a changing society that is slowly adapting to accommodate obesity including recent lawsuits new options for medical and dietary treatment and the importance of prevention in children Key Themes Biological or Genetic Contributors to Obesity Children and Obesity Dietary Interventions to Treat Obesity Disordered Eating and Obesity Environmental Contributors to Obesity Health Implications of Obesity Medical Treatments for Obesity New Research Frontiers on Obesity Obesity and Behavior Obesity and Ethnicity Race Obesity as a Public Health Crisis Psychological Influences Outcomes on Obesity Societal Influences Outcomes on Obesity Women and Obesity Worldwide Prevalence of Obesity The Encyclopedia of Obesity is intended to serve as a general and nontechnical resource for biology sociology health studies and other social science students teachers scholars researchers and anyone in the general public who wishes to understand the development of obesity as it prevails in the United States and worldwide **Practical Applications in Sports Nutrition** Heather Hedrick Fink,Alan E. Mikesky,2023-11-27 Practical Applications in Sports Nutrition provides students with the latest sports nutrition information and dietary practices so they can assist athletes and fitness enthusiasts in achieving their personal performance goals With data and statistics from the latest nutrition research and guidelines it demonstrates effective ways to communicate sports nutrition messages to athletes and how to motivate individuals to make permanent behavior change **BOOK ALONE: PRACTICAL APPLICATIONS IN SPORTS NUTRITION 4E** Heather Hedrick Fink,Alan E. Mikesky,2013-11-27 Revised and updated to keep pace with the growing changes in the field the Fourth Edition of Practical Applications in Sports Nutrition provides students and

practitioners with the latest sports nutrition information and dietary practices and prepares them to assist athletes and fitness enthusiasts in achieving their personal performance goals Early chapters provide an introduction to sports nutrition and give a thorough explanation of macronutrients micronutrients and water and their relation to athletic performance Later chapters focus on the practical and applied aspects of sports nutrition including behavior change through consultations and weight management Chapter 15 targets the unique nutrition requirements of special populations such as athletes who are pregnant vegetarian or have chronic diseases The text concludes with a chapter dedicated to helping readers discover the pathway to becoming a sports dietitian through education and experience New to the Fourth Edition New discussion of sports nutritionists as evidence based practitioners Current MyPlate food group recommendations Revised discussion of the relationship between current body weight and carbohydrate intake as well as the types and the amounts of carbohydrates that should be consumed during exercise New Food For Thought callouts identify related material in Sports Nutrition Workbook and Assessments Updated statistics guidelines and regulations found throughout the text including obesity statistics carbohydrate intake and vitamin needs

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