


Eating Disorders in Athletes


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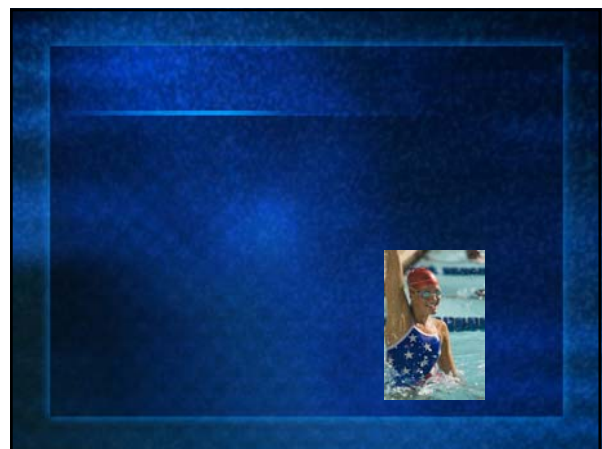
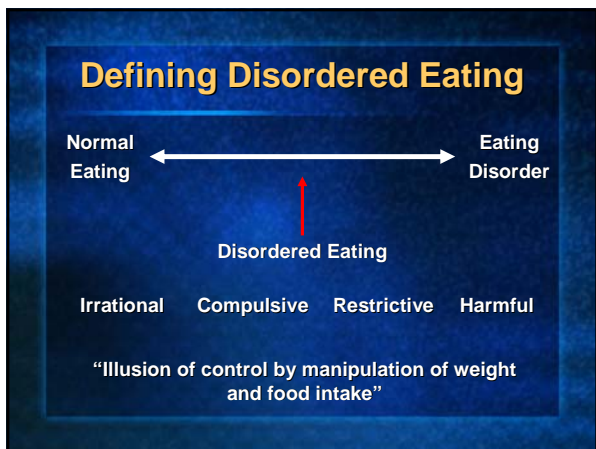
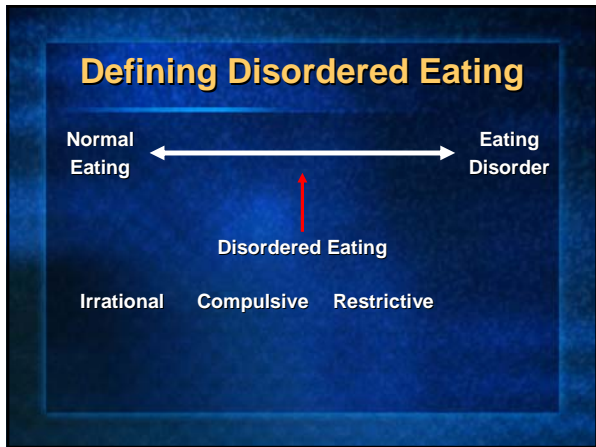
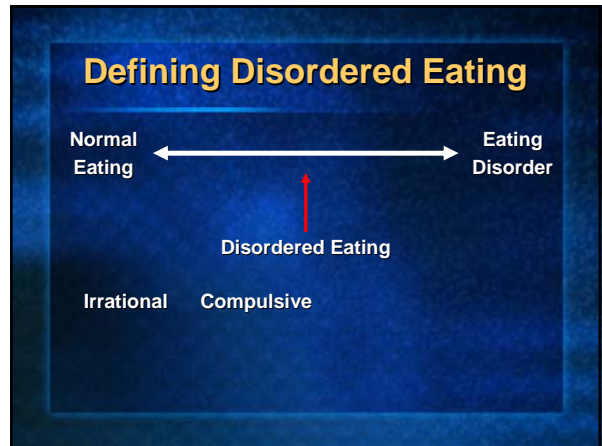
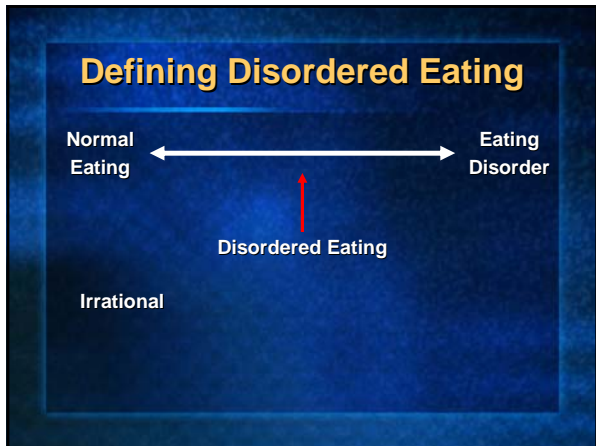


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Eating Disorders in Athletes

- Definition
- When to intervene
- Who is at risk
- Triggers
- Signs
- Changes
- Treatment
- Prevention







Personal
 High achiever
 Driven / Self motivated
 Perfectionist
 Disciplined



Who is at Risk?

Personal
 High achiever
 Driven / Self motivated
 Perfectionist
 Disciplined



Who is at Risk?

Personal
 High achiever
 Driven / Self motivated
 Perfectionist
 Disciplined
 Obsessive / depressive
 Internal coping strategies
 Low self esteem
 Sport only social outlet



Who is at Risk?

<u>Personal</u> High achiever Driven / Self motivated Perfectionist Disciplined Obsessive / depressive Internal coping strategies Low self esteem Sport only social outlet	<u>Family</u> Avoid conflict Unusually close Rigid / over protective
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Triggers for Eating Disorders



Triggers for Eating Disorders

Outside sport
 Genetic link
 Physical / sexual abuse
 Dysfunctional family
 Traumatic event



Triggers for Eating Disorders

Outside sport

Genetic link
Physical / sexual abuse
Dysfunctional family
Traumatic event

Within sport

Focus on performance
Told to lose weight
- words used
- lack of guidance



What to Look For

Physical

Weight change
Covering up
Sensitive to cold
Discoloured hands / feet



What to Look For

Physical

Weight change
Covering up
Sensitive to cold
Discoloured hands / feet

Emotional

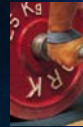
Self critical
"feel fat"
Resistant to weight gain
Depressive / withdrawn



What to Look For

Behavioural

Increased exercise
Excessive training
Training through injury



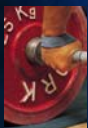
What to Look For

Behavioural

Increased exercise
Excessive training
Training through injury

Food related

Skip meals
Decreased portion sizes
Leave food
Secretive eating
Food disappearing
Avoid food / eating
Ritualistic / rigid



More Advanced Signs

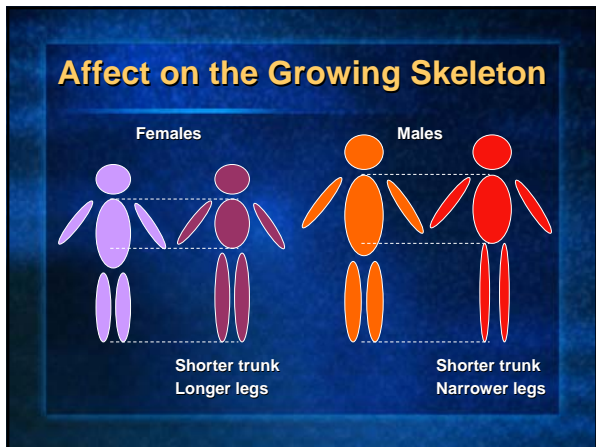
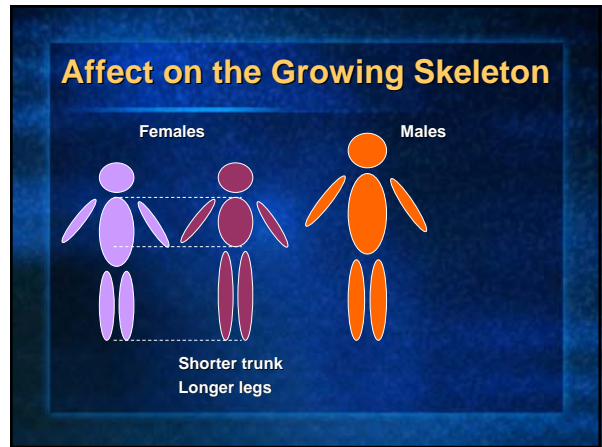
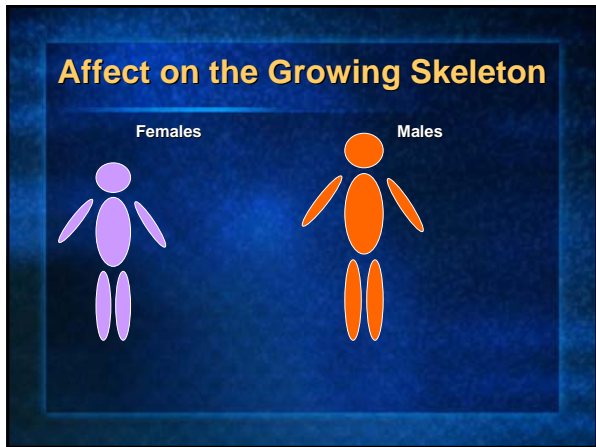
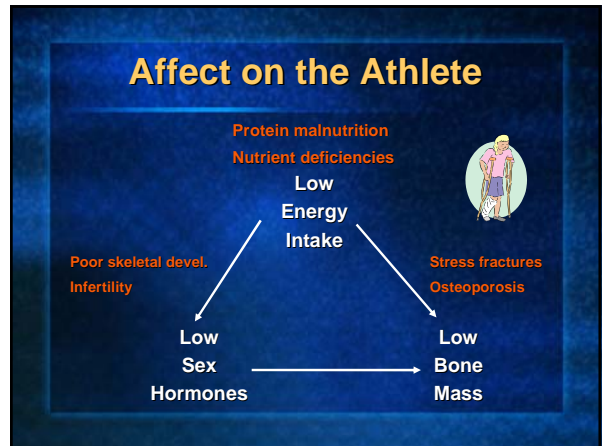
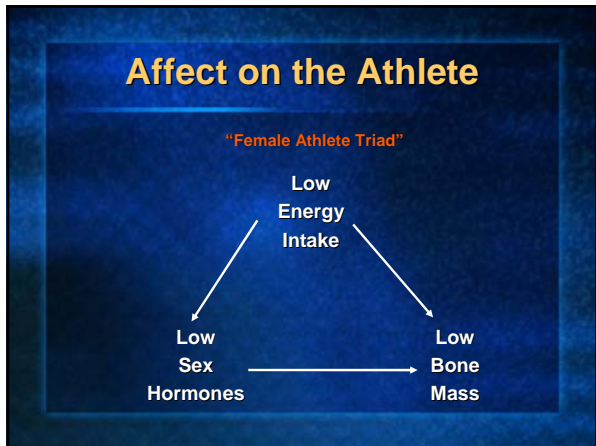
Anorexia Nervosa

Decreased body fat
Muscle wastage
Dry brittle hair
Lanugo hair
Low BP & HR

Bulimia Nervosa

Red puffy cheeks
Dental erosion
Calloused hand





Treatment

Medical

- Weight stabilization
- Health status
- Re-feeding
- Medical issues

Nutrition

- Improve nutrition
- Normalise eating
- Portion control
- Energy needs

Counseling

- Family
- Individual
- Behav. Mod
- Coping strategies

Support

- Family
- Friends
- Social
- Sport

Prevention

Communication - open and honest

Education - affects

Food for training not weight

Knowledge - nutrition

Improve self esteem

Support - compassion

- sensitivity



Eating Disorders in Athletes

Like all bad habits, unhealthy eating patterns become harder to break the longer a person does them.

The most critical thing about treating eating disorders is to recognise and address the problem as soon as possible.

Eating disorders can do a lot of damage to the body and mind if left untreated and they don't get better by themselves.

www.kidshealth.org