

Athletes and Eating Disorders



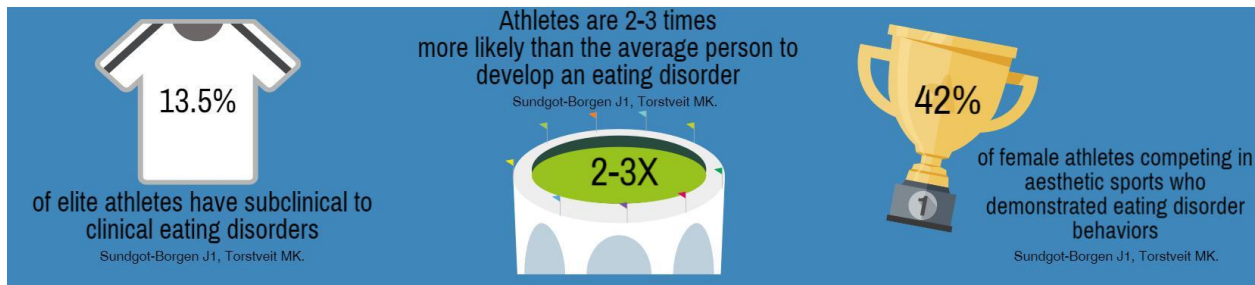
What puts athletes at risk for developing eating disorders?

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



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