

TRIGGER WARNING: EATING DISORDERS

IF THIS TOPIC WILL TRIGGER YOU IN ANY WAY, OR CAUSE EMOTIONAL TURMOIL, PLEASE FEEL FREE TO STEP OUT OF THE ROOM AT THIS TIME OR ANYTIME THROUGHOUT AND TAKE A BREAK FROM THE PRESENTATION.



EATING DISORDERS IN COLLEGE ATHLETICS

& WHY IT SHOULD MATTER TO YOU AS
AN ATHLETE, A COACH, OR A COLLEGE OFFICIAL

EATING DISORDERS:

Are characterized by severe alterations in an individual's eating habits that are linked to psychological changes such as preoccupation with food, body weight, and physical appearance

The background features a central white rectangular area. Surrounding this area are various decorative elements: abstract shapes in shades of teal and yellow at the top and bottom, and stylized foliage (leaves and branches) in teal and yellow on the left and right sides. Thin black lines form a frame-like structure, with a vertical line on the left and horizontal lines at the top and bottom.

WHY IS THIS IMPORTANT?

ATHLETE SPECIFIC STATISTICS

- Exercise is often a symptom or maintenance for an eating disorder
- Up to 49.2% of athletes struggle with an eating disorder
 - 13.5% of which are clinically diagnosed
- Gender
 - 45% of female athletes
 - 19% of male athletes
- Prominent in aesthetic sports athletes (dance, gymnastics, diving, figure skating, wrestling, distance running, etc.)
- Negatively affects athletic performance and health



WHAT CAN BE DONE?

LEARN TO RECOGNIZE COMMON SIGNS

Anorexia Nervosa

- Fixation on body weight, shape or size
- Calorie counting
- Intense fear of gaining weight
- Preoccupation on contents and nutritional aspects of food
- Declining/skipping meals
- Refusing to eat in front of others
- Food rules
- Distorted body image
- Participation in an aesthetic sport
- Unusual food behaviors
- Reported lethargy, difficulty with stamina
- Impaired concentration

Bulimia Nervosa

- Binge eating behaviors after practice, interrupted or followed by trips to the bathroom
- Eating in secret
- Hiding food
- Preoccupation with body weight/shape/size
- Distorted body image
- Eating beyond fullness
- Expressing shame or guilt around eating
- Possessing/purchasing diuretics and/laxatives
- Excessive coffee drinking/fluid consumption
- Scarring on the knuckles

RECOMMENDATIONS

- If you're struggling with disordered eating, ask for help.
- If you are worried someone may be struggling with disordered eating, talk to them.
- In general, how we talk about our bodies matters.

HELP IS AVAILABLE!

- At least 20% of people with eating disorders do NOT seek professional help
- On campus:
 - Registered Dietitian, Melissa DaPra
 - Counseling and Psychological Services
 - Health Services
- Off Campus
 - National Eating Disorder Administration (NEDA)
 - Online Chat
 - Call
 - Text
 - Crisis Text Line



For 24/7 crisis support text:
NEDA to 741-741



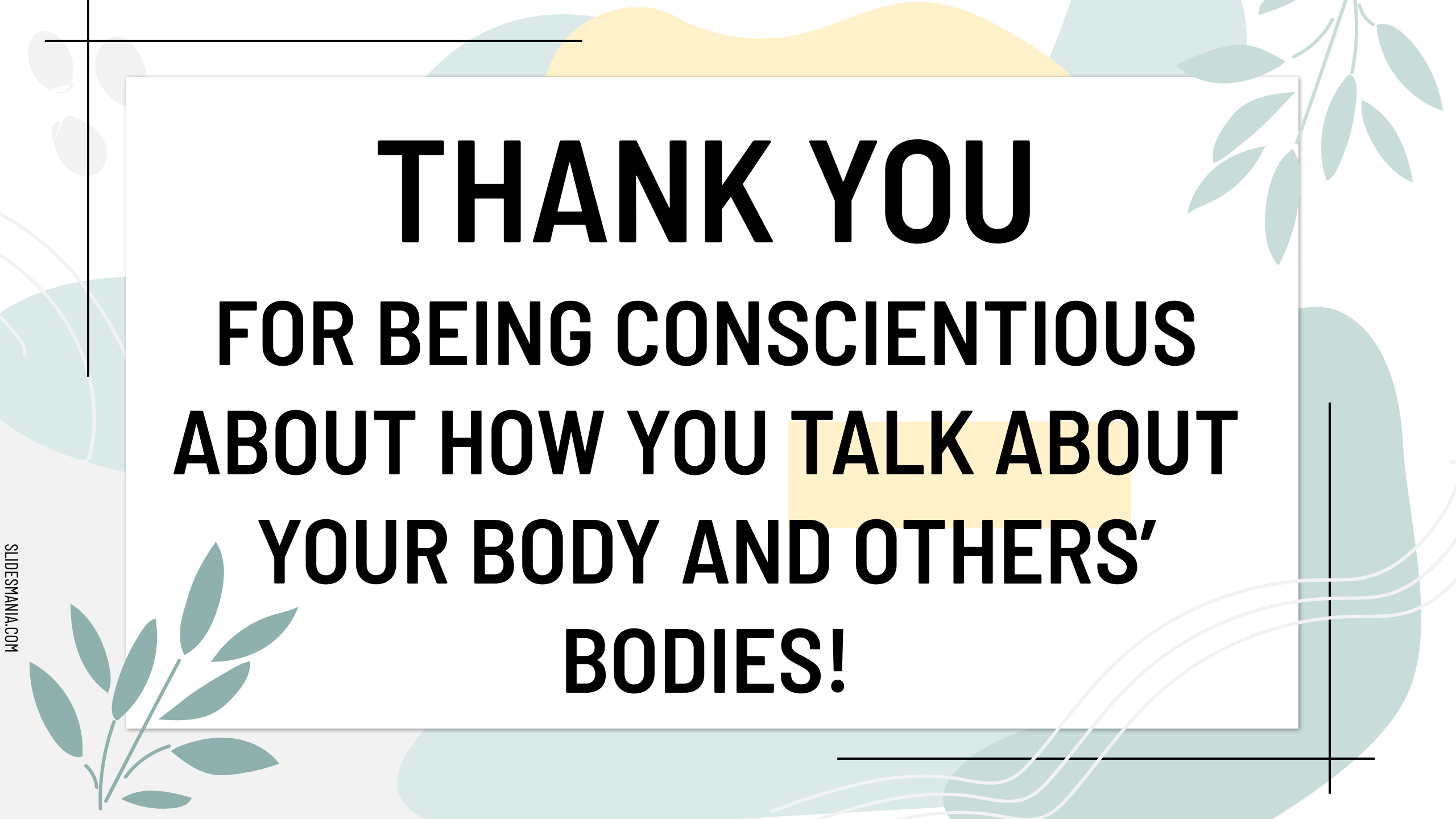
Find resources and treatment options at:
myneda.org/find-treatment



Take a confidential screening at:
myneda.org/screening



National Eating Disorders Helpline:
myneda.org/helpline-chat



**THANK YOU
FOR BEING CONSCIENTIOUS
ABOUT HOW YOU TALK ABOUT
YOUR BODY AND OTHERS'
BODIES!**

RESOURCES

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