

DISORDERED EATING COACHING TIPS

ADOLESCENT ATHLETES ARE AT INCREASED RISK FOR DISORDERED EATING AND EATING DISORDERS

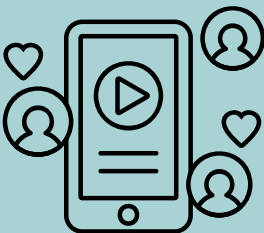
THE SPECTRUM:

- Ranges from mild disturbances to clinical eating disorders (e.g., anorexia nervosa)
- Disordered eating is unhealthy but not always diagnosable



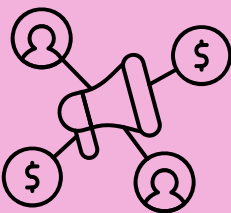
MYTHS VS. REALITY:

- Eating disorders can affect any athlete, regardless of weight, gender, or performance.
- Recovery requires multidisciplinary support, not just increased food intake.



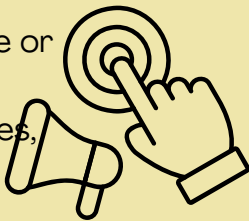
RISK FACTORS:

- Sport type influences risk: endurance, aesthetic, weight-class, and strength/power sports each have unique pressures.
- Adolescence adds vulnerability due to puberty and cultural expectations.



WARNING SIGNS:

- Behavioral: food rituals, eating in secret, restrictive or binge eating, purging, excessive focus on weight.
- Cognitive: trouble concentrating, emotional changes, new inattention.
- Performance: declining stamina, increased injuries, missed practices.



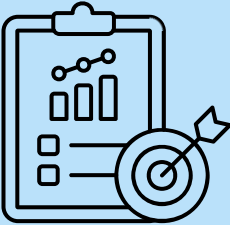
COACH'S ROLE:

- Require regular physical exams and growth monitoring.
- Avoid focusing on weight; discuss nutrition as fuel for performance.
- Implement prevention programs (e.g., yoga with embodiment).



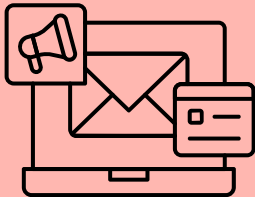
COACH'S ROLE:

- Refer concerns to medical, mental health, and nutrition professionals.
- Do not weigh athletes; let medical teams handle necessary measurements.
- Support sidelined athletes as advocates and team members.



SPECIAL CONSIDERATIONS:

- Relative Energy Deficiency in Sport (REDs) can occur without an eating disorder but still requires attention.
- Male athletes and all sport types are at risk.



CONTACT INFORMATION

Please visit our website and **Search: Youth Tip Sheets** for more information and to learn more.

