

Disordered Eating and Body Image Issues in Athletes: Embracing an Athletic Body

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Objectives:

Participants will learn how to identify athletes with poor body image and disordered fueling patterns.
Participants will learn strategies to facilitate positive self-talk within the athlete to aid in redefining a healthy body weight and achieving acceptance of their body for their sport.

Agenda:

Body Weight and Body Composition: How do you formulate Goals?

Disordered Eating vs. Eating Disorder: Sports Dietitians are NOT Specialists in ED. Know when to refer!

Changing their outlook with food optimism and empowering the athlete to achieve their goals.

Decreasing LONG TERM risk factors associated with disordered eating in college athletes.

- Athletes respond best to Healthy Weight Intervention, an educational technique that links healthier weights to improved performance.
- Creation of a HEALTHY IDEAL inspires athletes to adapt more balanced fueling strategies.
 - i.e. Increasing nutrient density will improve recovery & create favorable weight changes MORE than calorie restriction, which will result in fatigue.

Becker et al. Can We Reduce ED Risk Factors in Collegiate Athletes. *Body Image* 2012 January;9(1) 31-42

Protein intake among females with poor body image and disordered eating.

- The *Journal of Nutrition* published a study in June 2012 that found female athletes with disordered eating (DE) had lower protein & calcium intake than their non-DE counterparts.
- This same study showed low calcium intake, higher body fat and lower muscle mass in the DE group as compared to non DE counterparts.

Disordered Eating Among Adolescent Female Swimmers Dietary, biochemical and Body Composition Factors.
Ferreira et al *Nutrition* 29(2013) 172-177