

Eating Disorders

Some individuals become so preoccupied with food and weight issues that they find it difficult to focus on other aspects of their life. It is important for student-athletes to seek balance in their relationship with food, as this impacts all aspects of physical and mental health.

Signs and symptoms:

- Obsession with food and exercise.
- Denying self of food to the point of starvation.
- Binge eating and purging behaviors.
- Compulsive exercise beyond what is good for sport performance and health.
- Social withdrawal.
- Fear of eating in public.

What student-athletes can do:

- Accept yourself. It is important to understand that the 'ideal' body weight of each individual differs because of variations in genetic traits and cultural norms.
- Find support with others recovering from an eating disorder.

What everyone can do:

- Learn more about eating disorders at the National Eating Disorder Association, nationaleatingdisorders.org, and at the National Association for Males with Eating Disorders, namedinc.org.

Information from:

http://www.ncaa.org/sites/default/files/2018SSI_Eating_Disorders_Fact_Sheet_20180601.pdf