

ATHLETES AND EATING DISORDERS



“Studies have shown that 25% of female college athletes and 20% of male athletes have a diagnosed eating disorder” -NCAA



Athletes and competitive people who base their self-worth on their performance have a higher risk to develop eating disorders.

This is especially true if appearance or size is an important aspect of the athlete's sport.

SOME OF THESE SPORTS INCLUDE:

- Gymnastics
- Bodybuilding
- Ballet/Dance
- Figure skating
- Running
- Wrestling
- Equestrian
- Swimming
- Rowing

EATING DISORDERS ALSO CAUSE PERFORMANCE DEFICIENCIES

Effects of Eating Disorders in Athletes

- Poor athletic performance
- Fatigue
- Weakness
- Lightheadedness
- Broken bones (stress fractures)
- Cramps
- Irregular heart rate

Effects of Compulsive Exercise

- Obsessive thoughts
- Compulsive behaviors
- Self-worth measured in terms of performance/achievement
- Loss of relationships
- Damaged careers
- Poor school work
- Stress fractures/increased susceptibility to injury
- Depression, guilt, anxiety

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