



Eating Disorders Awareness Week

This week we bring you a special issue of the Sport Science Institute Newsletter in support of [National Eating Disorders Awareness Week](#). The articles in this issue feature information on two evidence-based eating disorder prevention programs targeted at athletes, tips for coaches and athletics administrators, information about a newly released teaching case about eating disorder prevention in college sport, and information about where to find more NCAA resources related to eating disorders. We hope you find this information helpful in addressing this issue on your campus and providing support and care for student-athlete well-being.

Mind, Body, and Sport: Eating Disorders

Participation in sports has a number of positive effects on student-athletes. They tend to live healthier lives than non-athletes, and they gain skills in teamwork, discipline and decision-making that their non-athlete peers may not. However, some aspects of the sports environment can increase the risk of disordered eating. That means student-athletes and athletics administrators must be vigilant to detect signs of concern. [Read more of this excerpt from Mind, Body, and Sport: Understanding and Supporting Student-Athlete Mental Wellness](#), written by Ron Thompson.

Stories of Health and Recovery

To help facilitate a conversation with student-athletes about disordered eating, [consider sharing this video](#) about a University of Michigan swimmer's experience seeking help, created by the University of Michigan's Athlete Connected Program. Coaches sharing this video with student-athletes are encouraged to emphasize their support of help-seeking for all mental health issues, including disordered eating. To learn more about disordered eating and the importance of early help-seeking to prevent negative health and performance consequences, see the NCAA handbook [Mind, Body and Sport: Understanding and Supporting Student-Athlete Mental Wellness](#).

The Athletes Connected Program was funded by an NCAA Innovations in Research and Practice Grant program. [Click here](#) to learn more about how your campus can apply for an innovations grant.

Innovative Teaching Case About Preventing Disordered Eating Among College Athletes

The Strategic Training Initiative for the Prevention of Eating Disorders program ([STRIPED](#)), based at the Harvard T.H. Chan School of Public Health and Boston Children's Hospital, recently released a teaching case about the prevention of eating disorders among college athletes. A teaching case is a carefully crafted story, often about 10 pages long, that introduces learners to real-world dilemmas in the field through a fictional but realistic case study. Cases are written from extensive background research to be reality-based, timely, topical and dynamic. Each case typically features a lead character facing a critical dilemma that must be problem-solved by learners through teamwork, led by an instructor. In this article, STRIPED program director Dr. Bryn Austin talks about the importance of eating disorder prevention and provides more information about the teaching case. [Read more](#)

10 Eating Disorders Awareness Tips for Coaches and Athletics Administrators

Coaches and others who work closely with student-athletes, such as athletic trainers, strength and conditioning coaches, student-athlete affairs administrators and faculty athletics reps, can play an important role in promoting a healthy team culture. This article will provide 10 tips and strategies to help athletics professionals create an environment of healthy eating behaviors. If you have a suggestion or tip that is not on the list, share it by tweeting us at [@NCAA_SSI](#). [Get the tips here](#).

The Whole Image for Athletes

Disordered eating and body image concerns, prevalent among college athletes, significantly and negatively impact

physical and emotional well-being, academic and sports performance, peers, and the campus community. Limited on-campus disordered eating and body image treatment resources make dissemination of innovative online interventions a priority. The Whole Image for Athletes (WIA) is an online disordered eating prevention and body image enhancement program tailored specifically for college athletes. WIA was piloted among a small group of Stanford University athletes to investigate its effectiveness, feasibility and acceptability. This study was innovative in its match of a clinical need and service within a relevant and easily accessible online learning platform, practical and feasible to implement among a mobile and internet-integrated generation. [Read more](#)

The Female Athlete Body Project

Eating disorders are associated with substantial morbidity, medical complications and mortality. Despite this, many individuals with eating disorders never seek treatment, and among those who do, many do not reach recovery. The Female Athlete Body program (FAB) is an eating disorders prevention program designed for female athletes that is run within a team. FAB utilizes an interactive format in a group setting, and consists of a series of verbal, written, and behavioral exercises requiring participants to embrace their athlete-specific healthy-ideal, which includes balancing physical, mental, and emotional health. [Click here to learn more about eating disorder prevention and FAB.](#)

NCAA Resources Related to Disordered Eating

[Click here for a list of resources related to disordered eating](#), including previous SSI Newsletter articles, sports nutrition fact sheets, NCAA handbooks as well as relevant resources from key stakeholders. This page will be updated as new resources are created so be sure to bookmark this page and check back often for more information related to the prevention and management of eating disorders in college athletes.

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