

EATING DISORDER IN ATHLETICS

While most athletes follow a training regime accompanied by a diet that supports health and performance, some will struggle with their weight and body image. Those who follow diets that do not provide the correct nutritional intake and engage in excessive training programmes are at greater risk of developing disordered eating patterns, which can, in some instances lead to eating disorders such as anorexia nervosa or bulimia nervosa. Eating disorders are complex. Whether or not they occur in a sporting context, they will seriously compromise the health of the individual and indeed can be life-threatening. Complex problems seldom have simple solutions or explanations. Nonetheless, measures can be incorporated into the support that athletes receive that will reduce the risk of problems developing and/or expedite recovery.

IF YOU OR YOUR CHILD HAS AN EATING DISORDER, PLEASE ADVISE YOUR COACH.

HELP CAN ALSO BE FOUND AT:

[Beat Eating disorders](#)

The UK's largest eating disorder charity, [Beat](#), can be a great source of advice and support. The charity have a lot of resources on their website and also run online and telephone support services. Their website has [information about accessing support services](#).

Adult Helpline: 0808 801 0677

Studentline: 0808 801 0811

Youthline: 0808 801 0711

A [free online short course](#) to increase awareness and knowledge of the transitions experienced by young people (people aged 12 to 25) affected by an eating disorder (use the icon in the top right to create an account).

Beat ambassadors

Beat have a network of ambassador volunteers who are able to engage on a grassroots level with clubs/coaches to educate and raise awareness as well as input their experiences to development work. Clubs interested in a visit from Beat ambassadors, please email [Sara Preston](#), Senior National Officer (Scotland).

[CARED – Scotland](#)

CARED is an online resource, developed in partnership with NHS Lothian, is for parents and carers of a young person with a recently diagnosed eating disorder, providing hints, tips, resources and tutorials. This resource has been created to give parents up-to-date knowledge about these illnesses, as well as providing opportunities for skills development.

Accessing Help

The resources listed above provide information and access to support. There are also specialist NHS services providing treatment for eating disorders in most areas of Scotland. These are child and adolescent mental health services ([CAMHS](#)) or adult eating disorders services. The services are shown [here](#). Access to these services is by GP referral and therefore your GP is your first port of call. Beat provide a [handy guide](#) about meeting with your GP, which can be accessed [here](#).

Further information / links

[Anorexia and Bulimia Care website](#). Helpline: 0300 01 11 213

[NHS information on Eating Disorders](#) online

[NEEDS website](#) (North East Eating Disorders Support Scotland)

[Scottish Eating Disorders Interest Group](#)

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