



ATHLETES & EATING DISORDERS

EATING DISORDERS IN SPORT

The presence of an eating disorder (ED) can profoundly affect an athlete within their sport, both on and off the field. Athletes of all ages have a unique vulnerability to developing an ED and an unhealthy relationship to exercise. Although sport participation provides various benefits, specific pressures increase the risk of an athlete developing an ED. For example, athletes experience pressure to win, and emphasis on their body weight, shape and size. Athletes with EDs have a higher risk of injury and long-term systemic issues compared to non-athletes, including physical, mental, and social health effects that can threaten the longevity of their athletic careers.

SPORT & EXERCISE TRACK OVERVIEW

Program Goals

Given the additional pressures and risk factors that athletes face within their sport environment, UC San Diego Health Eating Disorder Center (UCSD EDC) created programming to educate, treat, and safely return athletes to their sport. Beyond the athlete, our programs help educate coaches, trainers, parents, teammates, and the community on prevention tools and risks of ED's.

Athlete-Specific Programming

The Sport & Exercise Track at the UCSD EDC treats EDs and other comorbid conditions in athletes. After determining that a patient will benefit from specialized athletic programming, they are incorporated into our Sport & Exercise Track where they receive additional support assisting them in meeting both ED and athletic treatment goals. Athletes in our adult and adolescent programs receive individualized exercise prescriptions to assist them in safely reintegrating back into sport and exercise once they meet medical, behavioral, and nutritional criteria.

Phased Training Prescriptions

Athletes in our adult and adolescent programs receive individualized exercise and fueling prescriptions through a phase-training model. This model assists patients to prioritize safe physical rehabilitation and adequate nutrition, while addressing the possibility of exercise compulsion.

UC SAN DIEGO HEALTH EATING DISORDERS CENTER

Contact us today for a free assessment, to schedule a talk for your clinic or school, and/or to learn more about our services and programs.



eatingdisorders.ucsd.edu



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Exercise-Specific Programming

In addition to our athlete programming, our team supports patients and families establish and reassess healthy relationships with exercise and movement. Similar to other ED behaviors, exercise is often used for weight control purposes. Within our exercise programming, we offer patients the space to explore and discuss their relationship with movement so that it can become a pillar of their ED recovery. For many patients, this topic is essential to achieving a sustainable lifestyle around exercise that is supportive of physical rehabilitation, versus a behavior that jeopardizes health and ED recovery.

SPORT & EXERCISE TOPICS INCLUDE

- + Relative Energy Deficiency in Sport (RED-S)
- + Athletic Identity
- + Motivation for Sport Engagement
- + Excellence vs. Perfectionism
- + Athlete Body Image
- + Overtraining & Burnout
- + Fuel & Hydration for Sport and Exercise
- + Safe Reintegration into Exercise
- + Transitioning from Sport
- + Relapse Prevention & Common Risk Factors
- + And More!

*Each program offers weekly athlete and exercise-specific specialty groups that are adjusted based on the needs and ages of our patients.

OUR TEAM

Our athlete track has several primary staff members dedicated to overseeing and assisting patients through their treatment while addressing the unique needs of recovery as an athlete. Staff includes Licensed Therapists, Registered Sports Dietitians, Certified Personal Trainers, Strength and Conditioning Coaches, and Certified Group Fitness Specialists.

RESOURCES

Scan the following QR code to learn more about our Athletic Resources.



bit.ly/3JG2UYb

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