# Eating Disorders

For some people, food and weight concerns become so consuming that focusing on other parts of life is difficult. Student-athletes should seek a balanced relationship with food because it affects every aspect of physical and mental health.

## Signs to recognize:

- Fixation on food and exercise.
- Restricting food to the point of starvation.
- Binge eating and purging.
- Compulsive exercise beyond levels that aid sport performance and health.
- Social withdrawal.
- Fear of public eating.

## Athletics staff: Steps to take:

- Learn the signs and symptoms of eating disorders.
- Team up with campus health providers, including sports dietitians, eating disorder specialists and licensed mental health providers, to support healthy eating and help prevent and treat eating disorders.

## Student-athletes: Steps to take:

- Practice self-acceptance. Each person's 'ideal' body weight varies because of differences in genetic traits and cultural norms.
- Find support among others recovering from an eating disorder.

## Ways we can all help:

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

*Content from NAMI.*



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