

## Sports: Male Athletes are Also at Risk

### Sources of Information and Help

- *Full Mouse, Empty Mouse* by Dina Zeckhausen, Ph.D. ISBN: 1-4338-0132-9
- *Skinny Boy: A Young Man's Battle and Triumph Over Anorexia*, by Gary A. Grahl ISBN-13: 978-0-9761547-4-7
- *Eating Disorders* by Jim Kirpatrick, MD and Paul Caldwell, MD CCFP© ISBN: 1-55297-976-8
- Dr. Reddy's page on eating disorders <http://www.drreddy.com/eatingdisorders/>
- National Eating Disorders Association: [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)
- Something Fishy Website on Eating Disorders: [www.somethingfishy.org](http://www.somethingfishy.org)
- National Institute of Mental Health's website on Eating Disorders: <http://www.nimh.nih.gov/health/publications/eating-disorders/>

We traditionally think about eating disorders as being a problem for girls, but it is important to remember that boys can also develop both disordered eating and eating disorders.

Sports that put students at the highest risk for eating disorders are those that classify athletes based on weight (wrestling), those that encourage a certain body aesthetic (dance, figure skating, gymnastics) and those that involve prolonged aerobic activity (cross country, track and soccer).

It is also important to know where your student athlete is in terms of his or her pubertal growth spurt. During peak

growth velocity, athletes require large amounts of calories just to grow (2000-2500 kcal per day for girls and 3000-3500 kcal per day for boys). Add into the mix the amount of calories your student athlete burns during training and competition and these kids need to eat non-stop to keep up with their metabolic needs.

Reassure your students that it is normal to gain considerable amounts of weight due to the increased height and muscle mass they build during puberty. The average girl gains 30-40 pounds during puberty, boys even more. Remind your students that at some point they stop losing "fat" and start losing "muscle" which will negatively affect their performance.



Discouraging your athletes from participating in unhealthy behaviors to "make weight" or restricting their intake to reach unhealthy weights is the most important things you can do as a coach or advisor to protect young athletes from the development of eating disorders.

## "America the Beautiful" Screenings

We are proud to help sponsor two showings of "America the Beautiful," a look at our society's view of beauty and the pursuit to attain it. The PG-13 version was produced for special showings and is not available through rental agencies.

This documentary encourages men and women to rethink how society defines and promotes beauty. The post panel discussions and pre-movie activities are designed to continue the analysis of media's and society's definitions of beauty.

### Listings:

Feb. 19th, 2011 for older students and adults

Feb. 26th, 2011 for families with middle school and high school students

(More information to follow.)