



#4 Disordered Eating in Sport: Taking a new direction

Developed by: CAAWS

Year and country: 2009 – Canada

Type of project: Survey & Recommendation

http://www.caaws.ca/e/wp-content/uploads/2013/02/Self_Esteem.pdf

Synthesis of the case study

This resource provides insight about eating disorders and awareness about the eating habits of the women.

It can be used by parents, coaches, organizations.

Context and approach

Many active girls and women fall into disordered eating habits due to lack of education and many women with eating disorders delay effective treatment due to myths and fears that hold them back from recovering to a healthy weight.

Food is the fuel for an active body. In order to allow women to nourish and not deprive their bodies, we must strive to balance our energy output (activity) with our energy input (nourishment) and therefore avoid an energy deficit that can rob us of our health.

Objectives/Challenges

- to be aware of the difference between being fit and getting in shape;
- to know how to react if there are any eating disorders and have a safe weight reduction.

Target

Young women.

The deliverable (What did they do specifically?)

In this document, you will find some insights about:

- facts, signs and symptoms of eating disorders;
- tips and checklist for parents, coaches sport organizations, fitness instructors;
- guidelines for safe weight loss.

Key learnings/Questions to think about

Suggestions on how to approach this very sensitive topic.

Contact information

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