

Managing Risk

Sources of Information and Help
(Book links are to Amazon.com)

- [Full Mouse, Empty Mouse by Dina Zeckhausen, Ph.D.](#)
- [When Food Is Love by Geneen Ross](#)
- [Intuitive Eating by Evelyn Tribole and Elyse Resch](#)
- [The Rules of "Normal Eating" by Karen Koenig](#)
- [The Body Betrayed by Kathryn Zerbe](#)
- [I'm Like So Fat! Helping Your Teen Make Healthy Choices About Eating and Exercise in a Weight Obsessed World by Dianne Neumark-Sztainer](#)
- [Parents Guide to Eating Disorders by Marcia Herrin & Nancy Matsumoto](#)
- [The Body Project by Joan Jacobs Brumberg \(You can read about the book and the author on her \[website\]\(#\).\)](#)
- [Analysis Paralysis](#) (A blog entry that looks at a practical approach to explaining the difference between a brain controlled by ED and a "normal" brain).
- [Planet Health](#) (A site offering lessons and activities to help students learn how to make healthy life choices.

It's October, school is back in full swing. Are you making sure that you are doing all of the right things when talking to your athletes? You are stressing teamwork and doing your best over being the best... Check. You are discouraging teammates and parents from pressuring individuals into extreme dieting... Check. You are not criticizing anyone's body size or weight, instead focusing on individual fitness and improvement... Check. So is there still a possibility that someone on the team is struggling with an eating disorder?

Genetics vs. Environmental

Coaches and physical education teachers could run a health-based program with plenty of positive support and students/athletes could still fall prey to an eating disorder. Current research suggests that there must be BOTH genetic and environmental factors in place to trigger Anorexia, Bulimia and Binge Eating Disorders*. However, the environmental trigger can be found in any aspect of a student's life and in any form.

Why Bother? While a positive, health-based training program will not guarantee that athletes will not develop an eating disorder, it eliminates a common trigger, weight loss. Many sports fall under one of three categories: appearance-based, weight-based, or per-

formance-based. Each of these categories brings on its own dangers to anyone susceptible to an eating disorder.

Weight-Based. Sports such as wrestling connect weight with success because of the weight class divisions. While a student, or parents, may stress this connection on their own, a coach's attitude about dropping weight to make it into a lower weight class can play a large role in how an athlete approaches competitions.

Performance-Based. Sports like swimming and track and field stress final results—performance. Consequently, if increased training and dieting is connected with improving performance an athlete may go overboard and an eating disorder can be triggered.

Appearance-Based. Sports like gymnastics and cheerleading stress the athletes' overall appearance. If your program places high value on a thin body shape, students already in the program, as well as students who want to enter the program, may feel a strong pressure to achieve the desired body image.

As coaches and trainers, your attitude toward weight alone as an indication of health or fitness can be a positive or negative influence on your students.



"Full Mouse, Empty Mouse: A Tale of Food and Feelings"

As part of our grant-funded educational program, SMEDA members are available to read the story "*Full Mouse Empty Mouse: A Tale of Food and Feelings*" by Dina Zeckhausen to third-grade classrooms.

During the 2010-2011 academic year, our members gave many read-alouds with discussions in 3rd grade classrooms, including the entire Mattawan 3rd grade. Thanks to the cooperation of physical education teachers, we were able to incorporate the read-aloud and discussion into their efforts to promote healthy life-style choices.

For more information, or to schedule a read-aloud, E-mail us at

mouse@swmichiganeatingdisorders.org

*See our next issue