

Knowing **WHEN** to seek help

Constant comparisons

When SAs constantly compare themselves with others in conversations or on social media



Restricting Food

Observing SAs skipping meals (especially breakfast), not eating despite being hungry, avoiding some food



Bullying/Teasing about weight or appearance

Observing SAs being bullied for their weight or appearance is not acceptable

The Flag Framework:

A guide to assessing risk of Eating Disorders in the Athlete Setting

Prevention



Choosing food appropriately for sport & training

Eating socially

No/low guilt around food choices & eating

Considers choices without over-thinking

General positive attitude towards body

General feeling of health & wellbeing

Socially engaged with others

Connected to hunger/fullness

Any modifications to diet/training managed well

Appropriately managing weight and body in ways that are not problematic

Early Intervention, Monitor



A general over-focus on food, eating, weight, body composition

Restricting diet: Cutting out foods, food groups, deliberate reduction in energy intake

"Rules" around eating, counting grams/calories

Increased exercise, particularly beyond training requirements

Change in food preferences eg. vegetarian/vegan, increased supplement use

Guilt, shame, anxious about eating

Excessive body checking eg. mirrors, body comparisons

Mood changes, anxiety

Weight gain/loss/ fluctuation

Change to period, stress fractures

Intervention, Treatment



Binge eating

Vomiting, laxative use

Restricting significantly, not meeting energy requirements

Can't "not" engage in ED behaviours

More rapid weight loss/gain/fluctuations

Fainting, collapse

Swelling around jaw

Compulsive behavior eg. exercise, eating, alcohol

Problematic use of supplements, steroid use

Self harm

Developed by Fiona Sutherland, The Mindful Dietitian
www.themindfuldietitian.com.au

Knowing **HOW** to seek help

What to do

- Refer to the school counsellor
- Speak to someone from NYSI's nutrition/ sport psychology/ athlete life department

BI Ambassador

- Ensure behaviours in line with guidelines are continued
- Someone that athletes could approach for BI issues
- Point of contact with NYSI team for check-ins