Eating Disorders Program

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Why?

- No formal procedures
- Poor communication
- Wanted more consistency
- Need for it for the athletes, coaches, administration and ATC's

How

- Meet with University of Maryland Nutritionist and Mental Health Counselor that specializes in eating disorders in mid June of 2006
- Discussed issues that they have dealt with in the past
- Started a rough draft of program early July of 2006
- Got feed back whole month of July
- Mid November finished draft made changes
- Final draft done by beginning of spring semester

Objectives

We have two objectives:

1. To establish a protocol for addressing instances of dysfunctional eating behaviors among University of Maryland student-athletes

2. To provide a plan of prevention, intervention, treatment, and rehabilitation for those student-athletes suffering with an eating disorder

Prevention Plan

- Frequent weigh-ins (greater than two per semester), either as a team or individually, are discouraged except as a mandated by NCAA RULES for participation in a specific sport (e.g. wrestling), for the purpose of monitoring hydration levels, and/or for other reasons as specified by a University of Maryland Team Physician
- Educational programs for student-athletes

Prevention Plan

- Educational programs for coaches
- Educational programs for Sports Medicine and Strength and Conditioning Staff
- Availability of nutritional counseling
- Availability of psychological counseling

Make The Student-Athlete Aware

The health and welfare of the student-athlete will be the primary consideration throughout the intervention, treatment, and rehabilitation process. Furthermore, medical confidentiality will apply to all information shared with medical and counseling personnel (e.g. athletic trainers, physicians, nutritionist, counseling personnel, etc.)

Intervention Plan

- Student-Athletes (Self Referrals)
- Student-Athletes (Peer Concerns)
- Coaches/Administrators/ICA Staff
- Sports Medicine Staff

Treatment & Rehabilitation Plan

1. After consultation with and/or evaluation by a University of Maryland Team Physician, student-athlete will be referred to the University of Maryland Health Center and/or other appropriate entity for follow-up by nutrition and/or clinical counseling staff
2. At the initial appointment, the student-athlete will be asked to sign a HIPPA Release From that will release only pertinent information on the student-athlete's attendance, participation, and/or progress to the University of Maryland Team Physician and athletic trainer as appropriate

Treatment & Rehabilitation Plan

3. The student-athlete will be strongly encouraged to follow-through with the prescribed treatment and rehabilitation plan
4. Student-athlete will continue to be examined by the University of Maryland Team Physician at regular intervals throughout the treatment/rehabilitation period
5. Final determination of a student-athlete's fitness for athletic participation lies with the University of Maryland Team Physician in consultation with the clinical counselor, nutrition specialist, athletic trainer, and/or head coach

Nutrition/Disordered Eating Resources

1. University Team Physicians
2. On-Campus Resources
3. Off-Campus Resources
4. Intensive Out-Patient Treatment Centers
5. Additional Resources
   - National Eating Disorders Association
   - Academy for Eating Disorders
   - Anorexia Nervosa and Relation Eating Disorders, INC
   - Eating Disorder Referral and Information Center
   - American Dietetic Association

Plans For Nutritionist

- Over next 3 years have a plan to phase in fulltime nutritionist

Questions: