

B10 A survey on eating disorder risk and total energy intake among young athletes

Hangelica HS and Wong FCP

Nutrition Programme, Faculty of Food Science and Nutrition, Universiti Malaysia Sabah, Kota Kinabalu, Sabah

It is well documented that eating disorders have a negative impact on health and athletic performance. Therefore, the objective of this study was to investigate eating disorders risk and total energy intake among young athletes in Sabah. A total of 104 athletes were selected to participate in this study. Eating Attitudes Test (EAT-26) was used to determine eating disorder risk and 3-day food diary was used to measure total energy intake of athletes. Statistical Package for Social Science (SPSS) Version 27.0 was used to analyse the collected data. Data was expressed in mean±standard deviation. Independent t-test was used to compare eating disorder risk between male and female. This study found aesthetic and weight category sports for both male and female athletes were the highest risk of eating disorder in comparison with weight category, endurance and ball games. Mean daily energy intake for male and female in all sports categories did not meet the Recommended Nutrient Intake (RNI). The risk of eating disorders score was higher in female athletes than male athletes but statistically showed no significant difference ($p>0.05$). These current findings reflected that both male and female athletes were high risk for eating disorder especially in the esthetic and weight category sports.