A Survey on Eating Disorder Risk and Total Energy Intake among Young Athletes in Sabah

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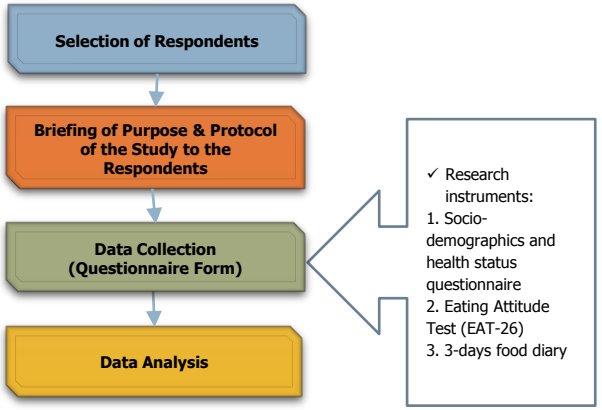
Undergraduate

INTRODUCTION

- Eating disorder is a psychological illness characterized by unusual or disturbed eating habits which can be associated with emotional stress (Rikani *et al.*, 2013).
- It is well documented that eating disorders have a negative impact on health and athletic performance (Melin *et al.*, 2015; Mehler, 2017) and athletes are high risk for eating disorders (Rodriguez *et al.,* 2015; Blair *et al.,* 2017)
- Nutrition plays an important role in athletic performance as it helps athletes to enhance sports performance and faster recovery after exercise (Beck *et al.*, 2015). To date, there is still scanty information on eating disorders and nutritional status among young athletes in Sabah.
- Therefore, the objectives of this study was to investigate eating disorders risk and total energy intake among young athletes in Sabah.

METHODS

- Study design : Cross-sectional study
- Participants : Athletes (n=104)
- Location : Kota Kinabalu, Sabah



CONCLUSION

These current findings reflected that both male and female athletes were at high risk for eating disorder especially in the aesthetic and weight category sports.

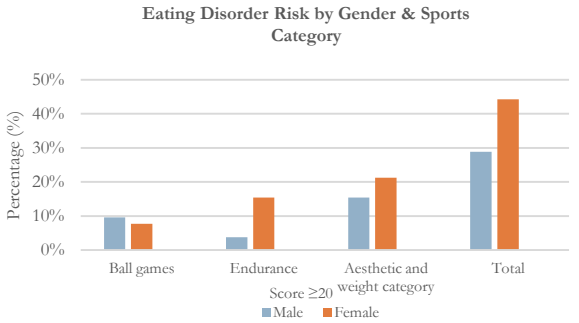
RESULTS & DISCUSSION

Table 1. Socio-demographic characteristics

Characteristics	Male (n=52)	Female (n=52)	Total (n=104)
	Mean ± SD / Frequency (%)		
Age (year)	23.0 ± 2.5	22.9 ± 2.4	23.0 ± 2.5
Race			
Kadazan Dusun Murut	22 (42.3)	29 (55.8)	51 (49.1)
Malay	13 (25.0)	10 (19.2)	23 (22.1)
Others	17 (32.7)	13 (25.0)	30 (28.8)
Type of Sport			
Ball games	25 (48.1)	18 (34.6)	43 (41.3)
Endurance	16 (30.8)	16 (30.8)	32 (30.8)
Aesthetic & weight category	11 (21.2)	18 (34.6)	29 (27.9)
Level of Invovement			
Univercity / College	14 (26.9)	17 (32.7)	31 (29.8)
District	8 (15.4)	14 (26.9)	22 (21.2)
State	12 (23.1)	4 (7.7)	16 (15.4)
National	10 (19.2)	10 (19.2)	20 (19.2)
International	3 (5.8)	4 (7.7)	7 (6.7)
Others	5 (9.6)	3 (5.8)	8 (7.7)
Disease (e.g.: hypertension, diabetes, heart disease, lung disease)			
Yes	0 (0)	0 (0)	0 (0)
No	52 (50.0)	52 (50.0)	104 (100.0)

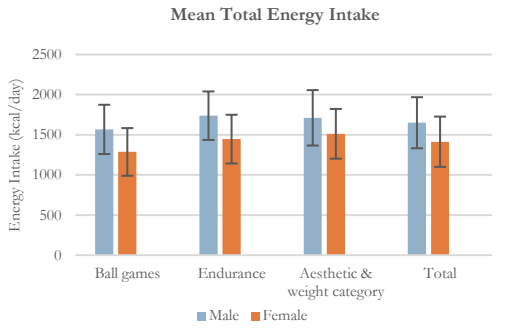
- Table 1 presents the socio-demographic characteristics of respondents.
- A total of 104 athletes (male=52 subjects; female= 52 subjects) participated in this study.
- Ball game sports was the majority types of sports participated in this study and followed by endurance, aesthetic and weight category sports.
- All respondents are healthy and without any chronic diseases.

Figure 2. Eating disorder risk



- Aesthetic and weight category sports for both male and female athletes were the highest risk of eating disorder in comparison with endurance and ball game categories. This finding was agreement with several previous studies also found that weight and aesthetic sports had a higher risk of eating disorder compared to the endurance and ball game categories (Chatterton & Petrie, 2013; Thiemann *et al.,* 2015; Teixidor *et al.,* 2021)
- The risk of eating disorders was higher in female athletes than male athletes, but statistically showed no significant difference (p≥0.05) between their eating disorders score.

Figure 3. Energy intake



- The mean total energy intake in ball game, endurance, and aesthetic and weight category sports did not achieve the recommended energy intake. Other previous studies also found athletes have a lower energy intake compared to the recommended nutrient intake (Zapolska *et al.,* 2014; Baranauskas *et al.,* 2015; Santos *et al.,* 2015).

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