

INCLUSIVE NUTRITION AND DISORDERED EATING COUNSELING FOR LGBTQ+ ATHLETES



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SUPPORTING PERFORMANCE AND EMOTIONAL NEEDS OF LGBTQ+ ATHLETES

LGBTQ+ athletes are everywhere, however 70% of LGBTQ+ athletes do not come out to their teammates or coaches.

Specific challenges for LGBTQ+ athletes

- Higher risk for developing an eating disorder and substance use disorder than cisgender heterosexual peers.
- Restriction and overtraining lead to relative energy deficiency in sport (RED-S), avoidance of bathrooms, and fulfilling queer body archetypes.
- Unmet healthcare needs and patient dissatisfaction with heteronormative attitudes of healthcare providers.

REFLECTION QUESTIONS FOR ALLIES

- What have I done to make the lives of LGBTQ+ athletes better?
- When have I not taken action, but could have? Why not?
- What will I commit to do to make LGBTQ+ lives better?

MEANINGFUL ALLYSHIP ACTIONS

- Share and ask pronouns everywhere possible.
- Apologize when you make a mistake. Allow space for your client to correct you and educate you.
- Respect and listen to client's lived experience.
- Assure their privacy and offer to help with a problem.
- Provide resources for community building.



ADDITIONAL RESOURCES

READINGS

- Caring for Transgender Patients and Clients: Nutrition-Related Clinical and Psychosocial Considerations [https://jandonline.org/article/S2212-2672\(18\)30299-5/fulltext](https://jandonline.org/article/S2212-2672(18)30299-5/fulltext)
- Nutrition Considerations for the Transgender Community <https://foodandnutrition.org/from-the-magazine/nutrition-considerations-transgender-community/>
- Eating Disorders in the LGBTQ+ Community <https://www.todaysdietitian.com/newarchives/0918p46.shtml>
- NCAA Transgender Student Athletes Inclusion Handbook <https://www.ncaapublications.com/p-4335-ncaa-inclusion-of-transgender-student-athletes.aspx>

Developed in collaboration with the Gatorade Sports Science Institute.

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ADDITIONAL RESOURCES

LGBTQ+ RESOURCES

- National LGBT Health Education Center
- Trans Folx Fighting Eating Disorders
- Health Professionals Advancing LGBT Equality
- American Medical Association Advisory Committee on LGBTQ Issues
- TransAthlete.com
- [NCAA's list of inclusion resources](#)

LGBTQ+ EATING DISORDER SUPPORT GROUPS (FREE)

- [Eating Recovery Center](#)
- [The Alliance for Eating Disorders Awareness](#)
- [Athlete Eating Disorder Support Group](#)
- [The Eating Disorder Foundation](#)
- [FEDUP Collective \(offers support and maintains a list\)](#)

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