FOOD CONSUMPTION, SYMPTOMS OF EATING DISORDERS AND MUSCLE DYSMORPHIA IN SWIMMERS FROM BELO HORIZONTE, BRAZIL.

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INTRODUCTION: Nutrition is one of the most important factors for physical development. When its balanced, it can reduce fatigue, allowing the athlete to practice for longer or recover faster between exercise sessions. Whenever nutrients are present in optimum quantities, health and well being are maximised. On the other hand, athletes usually submit themselves to high requirements such as weight maintenance, biotype and physical activity level which could be a determinant for Eating Disorder (ED), and also Muscle Dysmorphia (MD) and Body Image Dissatisfaction (BI). This is very usual on men in specific modalities. They usually worry about their bodies and take sports supplements, ergogenic and/or other substances (SES) to build muscles.

OBJECTIVE: The current study intends to investigate those symptoms in swimmers from Brazil (Belo Horizonte city, n=22).

Research Methods and Procedures: questionnaires filled out by the swimmers themselves evaluate the symptoms of ED (BITE e EAT-26) and BI (BSQ e MD/Men). Food consumption was evaluated for 24 hour record. The Diet Win program was used to calculate and also adequate for the necessity recommendation. The SES were evaluated by an specific and objective questionnaire about the usage, prescription and satisfaction with the results. The body mass was evaluate by using the SIRI protocol. The Ethics Committee/UNIBH approved the research.

RESULTS: 6 women and 16 men aged between 17,79±3,78 years old, body mass between 64±10,63kg, size between 1,74±0,09m, Body Mass Index between 21,19±2,89kg/m2 and fat body percentiles between 11,14±5,48%. 9,1% presented low dissatisfaction about BI and 4,5%, serious dissatisfaction. 9,1% presented symptoms for Anorexia Nervosa and 13,6%, presented moderated symptoms for Bulimia Nervosa. 9% of the men (minimum of 5 years of practice/n=11) presented low symptoms of MD. The average food consumption was 4862,13±1,22 kcal/day. The average macronutrients per consumer was 58,19% of carbohydrates, 15,22% of lipids and 25,35% of protein. This way this group demonstrated to have an adequate nutritional consumption according to nutrition’s recommendation. 36% of them confirmed to use SES, 25% of them without professional prescription, 50% of them use it to maintain their weight or their diet and 75% for better development. 75% demonstrated they were satisfied in short or long time with the results. All the athletes evaluations suggested that a more specific investigation is required because partial ED syndromes consist of problems that already exist, which could become more serious and therefore need more attention and sooner checking witch may be aggravated by the use of SES without professional prescription.

References:

Keywords: Body Culture, Physical Activity and Health, Disorders