Introduction

- Professional ballet dancers on average weigh 10 to 20% below ideal weight.
- The NCAA does not monitor collegiate dance teams, so body weight and nutritional practices of collegiate dancers is relatively unknown.

Methods

- Approval from IRB was obtained and participants completed an informed consent.
- 25 DIII female dance team members completed an electronic survey that was distributed via email and included questions from the EAT-26 (eating disorder risk), questions to assess nutritional knowledge, and the ASA-24 electronic 24-hour dietary recall.
- Bivariate correlation tests and unpaired t-tests were conducted with SPSS.

Purpose

- Determine collegiate dancers’ risk for developing an eating disorder and assess nutritional misconceptions of dancers.

Results

- BMI averaged 21.7 +/- 3.1 (n = 24).
- EAT-26 scores averaged 4.56 +/- 6.7 indicating a low risk for an eating disorder (n = 25).
- One dancer indicated a high risk with an EAT-26 score of 31.
- Participants (n = 25) scored, on average, 66% on the nutritional knowledge questionnaire.
- Those who had taken a nutrition course scored significantly higher, 76% (t = 2.37, p = 0.0266, df = 23).

Conclusion

- Diets seemed to meet most RDA recommendations on average, but intakes varied extremely.
- 41% failed to meet at least 50% of the RDA for more than one nutrient.
- Improving nutritional knowledge in DIII collegiate dancers could decrease eating disorder risk.

Literature Cited


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