Introduction

• Professional ballet dancers on average weigh 10 to 20% below ideal weight\(^1\).
• The NCAA does not monitor collegiate dance teams, so body weight and nutritional practices of collegiate dancers is relatively unknown.

Purpose

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

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.

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.

Table 1. RDA recommendations, recommendations for dancers and dietary intakes. Recommendations based on 19-24 year old 120lb, female.

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>RDA</th>
<th>Recommendations for Dancers</th>
<th>Dietary Intake</th>
</tr>
</thead>
<tbody>
<tr>
<td>kcals</td>
<td>2000</td>
<td>1750 +/- 630</td>
<td></td>
</tr>
<tr>
<td>Protein (g)</td>
<td>46</td>
<td>65.3 - 92.5</td>
<td>61.5 +/- 26</td>
</tr>
<tr>
<td>Carbohydrates (g)</td>
<td>130</td>
<td>163-227</td>
<td>217 +/- 71</td>
</tr>
<tr>
<td>Fat (%)</td>
<td>20-35</td>
<td>20-35</td>
<td>32 +/- 9</td>
</tr>
</tbody>
</table>

Literature Cited


Acknowledgments

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