

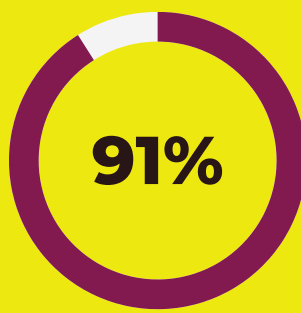
THE FEMALE ATHLETE HEALTH REPORT 2023

PROJECT RED—S
and
KYNISKA ADVOCACY

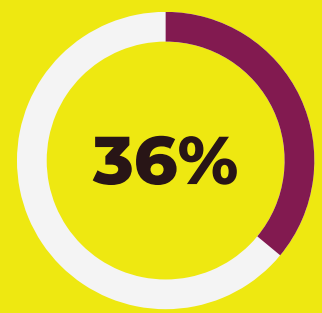
769 UK athletes from a wide range of sports and abilities took part in an anonymous survey gauging understanding of, and support for, various female athlete health topics such as menstrual cycles, eating habits, body image and Relative Energy Deficiency in Sport (RED-S).

RED-S SYMPTOMS EXPERIENCED

51% At least two
37% Three or more
18% Five or more



have worried about how many calories they are eating



have knowingly ignored missed periods in the belief that this is normal for an active person

74%

athletes have felt as though they "do not look like an athlete"

43%

have enjoyed exercising less because of the way they look



3/5

Female athletes and their coaches felt 3/5 informed about female athlete health on average. Those who strongly agreed their coach was well informed about female athlete health suffered an average of 3.2 RED-S symptoms. Those who strongly disagreed suffered an average of 4.3. That's a 36% increase in RED-S symptoms.

Female athlete health education received from:

6% General Practitioner
4% National Governing Body
0.1% Educational institution

RECOMMENDATIONS

- Mandatory and comprehensive female athlete health education to be embedded within coaching qualifications at all levels
- Creation of an athlete-led female health, body image, eating disorder and RED-S support network
- Widespread distribution of an online female athlete health toolkit for athletes and parents to be used from an athlete's entry into sport
- Creation of a resource for GPs to better understand specific female athlete health concerns, including RED-S