



Among female high school athletes:

- 18.2% struggle with disordered eating, improper nutrition and low energy availability
- 23.5% experience menstrual irregularity and
- 21.8% have low bone mass / osteoporosis  
(Nicholls, et al. Arch Pediatr Adolesc Med. 2006; 160:137-142).

These elements make up what is called the Female Athlete Triad Syndrome.

Commensurate with its array of award-winning programs, the NORMAL nonprofit is collaborating with 25 of the nation's leading researchers in sport's nutrition, eating disorder prevention, mental health and wellness to develop a robust training and certification program for middle and high school athletic community. We are raising \$1.5 million to develop the THINK STRONG EAT WELL program to empower female athletes over three years, which includes apps, films and educational materials that will empower coaches, athletic trainers, health educators, school nurses, school physicians, athletes and parents.

Educational elements will include

- clinically proven body image and eating disorder prevention modules
- clinically tested nutrition and dietary education
- stress-management and mindfulness skills that incorporate yoga and wellness
- awareness and education training webinars for school districts nationwide
- DVD and online film programs with 10 minute segments on an array of topics
- program measurement by researchers from Harvard School of Public Health and others
- "train the trainer" programs in each state
- roll-out in public and private middle schools and high schools nationwide by 2014

Like all NORMAL nonprofit programs, this project will be distributed through an array of channels, including the leading distributors for educational curricular materials in the fields of nutrition, public health, sports and eating disorders.

For a list of participating researchers and other Think Strong Advisory Council members, please visit [www.normal-life.org/triad-prevention](http://www.normal-life.org/triad-prevention)