

LINKS AND RESOURCES



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NOTE: We are providing the following list for informational purposes only. Inclusion in this list is in no way an endorsement of this site. Each of the following links will open in a new window.

- **Academy for Eating Disorders:** An international transdisciplinary professional organization that promotes excellence in research, treatment, and prevention of eating disorders. This site can be used to help locate specialists around the world. www.aedweb.org
- **American Dietetic Association:** This site offers good information about optimal nutrition and health. www.eatright.org/Public
- **Gurze Books:** Specializes in eating disorder publications and resources. www.bulimia.com
- **International Association of Eating Disorder Professionals (IAEDP):** This group provides eating disorder information and referrals. www.iaedp.com
- **International Olympic Committee Medical Commission:** This website provides a copy of the IOCMC Position Stand on the Female Athlete Triad (disordered eating, amenorrhea, and osteoporosis) at http://www.olympic.org/uk/organisation/commissions/medical/index_uk.asp Additionally, the IOCMC has produced 4 videos of athletes suffering from the Female Athlete Triad, which Drs. Sherman and Thompson helped develop. These videos can be found at www.olympic.org/hbi
- **National Association of Anorexia Nervosa and Associated Disorders (ANAD):** This site provides information and helps with referrals. www.anad.org
- **National Eating Disorders Association (NEDA):** This group develops prevention

programs for a wide range of audiences, publishes and distributes educational materials, and operates a toll-free eating disorders information and referral helpline. Also available on their website is a Coaches and Trainers Toolkit, which Drs. Sherman and Thompson helped develop (under information and resource's

Toolkits)www.nationaleatingdisorders.org --

<http://www.nationaleatingdisorders.org/information-resources/toolkits.php>

- **NCAA Nutrition and Performance Information:** This website provides information to promote a healthy and safe environment for student-athletes regarding optimal nutrition, positive body image, and peak performance. www1.ncaa.org/membership/ed_outreach/nutrition-performance/index.html and [Performance](#)

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NCAA Coaches Handbook on Managing the Female

Athlete Triad: This handbook was written for coaches to help them identify and manage athletes with symptoms of the Female Athlete Triad (disordered eating, amenorrhea, and osteoporosis) follow link to Female Athlete Triad Prevention: <http://www.ncaa.org>



([Female Athlete Triad Prevention](#):)