Introduction
Partners in Prevention (PIP) is a statewide coalition dedicated to creating healthy and safe college campuses in Missouri. PIP tracks students’ high-risk behaviors through the annual implementation of the Missouri Assessment of College Health Behaviors (MACHB) survey.

Purpose
- Analyze ongoing data and research regarding eating disorders and its relationship to anxiety and sport specific concerns (e.g., body image, transition, motivation, injury) in the student athlete population
- Evaluate the extent and relationship of anxiety and eating disorders in student athletes
- Explore possible prevention efforts for a unique subpopulation

Literature Review
- Athletes have a higher rates of eating disorder behaviors than non-athletes. Individuals with eating disorders have a higher likelihood of experiencing anxiety. Athletes are less likely than non-athletes to seek help for an eating disorder due to stigma and sport-specific barriers. Eating disorders and injury in athletes is multi-directional. Athletes with eating disorders pose a high risk for injury. Athletes who sustain an injury are at risk for disordered eating/eating disordered behavior. Extrinsic motivation for participation in sport poses a higher risk for disordered eating than intrinsic motivation for sport participation.
- Disordered eating, poor body image, and controlling food intake has been associated in athletes transitioning of out sport.

Study Design
- Cross-sectional MACHB data from 2017-2022
- Preliminary data from 2022 MACHB-A

Participants
- MACHB Student-athletes: 2017 (n = 872); 2018 (n = 663); 2019 (n = 708); 2020 (n = 660); 2021 (n = 870); 2022 (n = 503)
- MACHB-A Student-athletes: 2022 (n = 343)

Data Analysis
- Descriptive statistics were analyzed using SPSS
- Motivation dichotomized by top intrinsic and extrinsic motivation to participate in sport
- Prepared to transition = extremely unprepared + extremely prepared

Results
- MACHB from 2017 to 2022: Steady increase in athletes who have reported experiencing: eating disorders (4.8% to 18%) and anxiety (33% to 62%)
- MACHB-A: 19% reported experiencing eating disorders and 56% reported experiencing anxiety. Positive relationship between eating disorders and anxiety, and injury in the past year, feeling unprepared to transition, and extrinsic motivations to participate in sport. Motivation to participate to sport to build connection might be a protective factor for both eating disorders and anxiety.

Discussion
Student-athletes are a unique college subpopulation given both academic and athletic demands. The MACHB cross-sectional analysis shows an increase in eating disorders and anxiety for athletes. The MACHB-A is a modified version of the MACHB specifically for athletes that examines college health behaviors in addition to sport specific factors (e.g., body image, transitions, injury, motivation). Preliminary results have provided insight into how sport specific factors play a role in eating disorders and anxiety in Missouri student-athletes.

Best practices might aim to incorporate screening tools and integrative approaches with a multidisciplinary team to help practitioners, coaches, and student-athletes to gain insight into the intersection of eating disorders, anxiety, and sport-specific factors. Resources aimed at transitions and helping athletes explore outside their athletic identity could be a protective factor for disordered eating/eating disordered behaviors and poor body image.