

Maximizing a Competitive Edge with Sports Nutrition

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Commission on Dietetic Registration National Governing Panel

Nutritionist vs. Registered Dietitian

Nutritionist

- no degree required
- no formal training/education
- no continuing education
- no regulation of practice
- “self-proclaimed specialist”

Registered Dietitian

- minimum Bachelor’s level
- comprehensive training/clinicals
- national licensure exam—RD
- state licensure required—LMNT
- continuing education required
- additional specialties regulated

Specialties

Commission on Dietetic Registration

- Pediatric Nutrition
- Renal Nutrition
- Gerontological Nutrition
- Oncology Nutrition
- Sports Dietetics

So what does it take to become specialized?

Board Certified Specialist in Sports Dietetics

- Minimum of a Bachelor's Degree in Nutrition/Dietetics/Exercise Science
- Completion on an accredited dietetic internship
- Must pass national board exam to become a Registered Dietitian and maintain licensure in good standing for a minimum of two years
- 1500 hrs of specialty practice as a Registered Dietitian
- Must pass a national board exam to become a Board Certified Specialist in Sports Dietetics
- 1000 hrs of specialty practice each 5-yr cycle, followed by retaking the board exam every 5 years

How do I interpret credentials?

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MS: Bachelor's Degree in Dietetics

Bachelor's Degree in Exercise Science

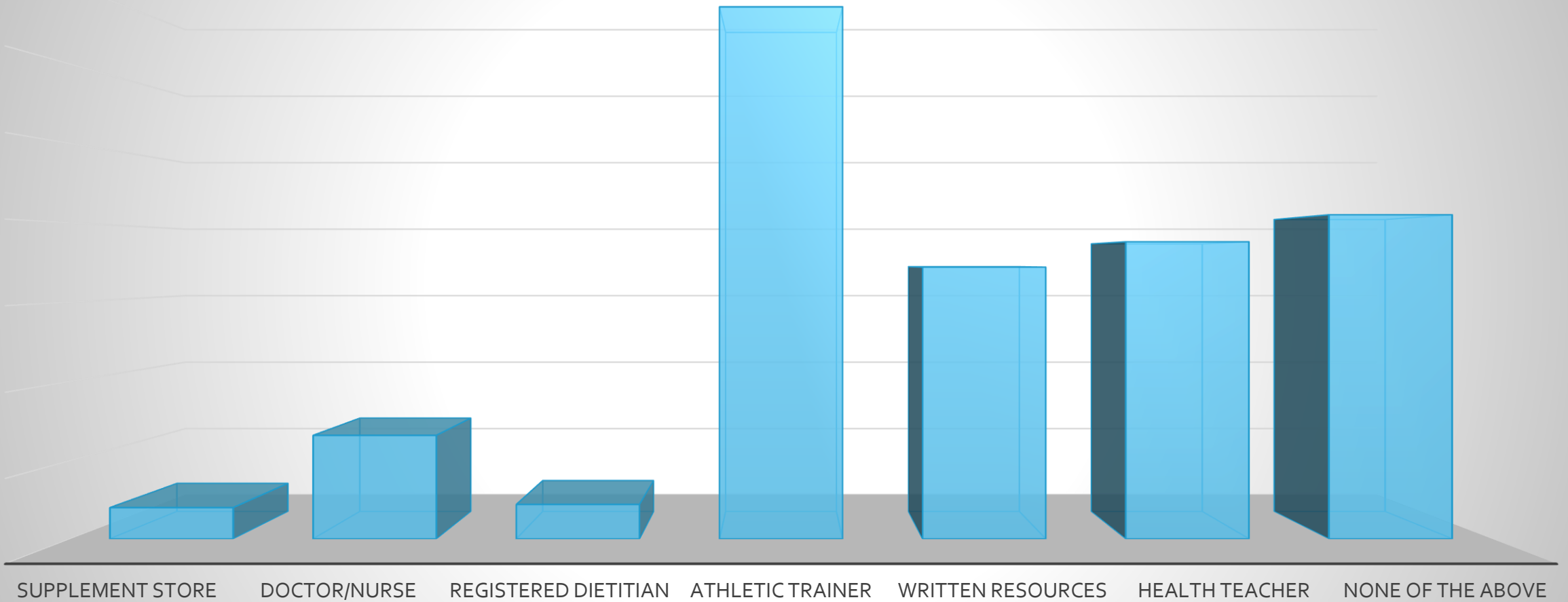
Master's Degree in Nutrition & Exercise

RD: Registered Dietitian (national)

CSSD: Board Certified Specialist in Sports Dietetics (national)

LMNT: Licensed Medical Nutrition Therapist (state)

Do you currently utilize any sports nutrition services for your athletes?



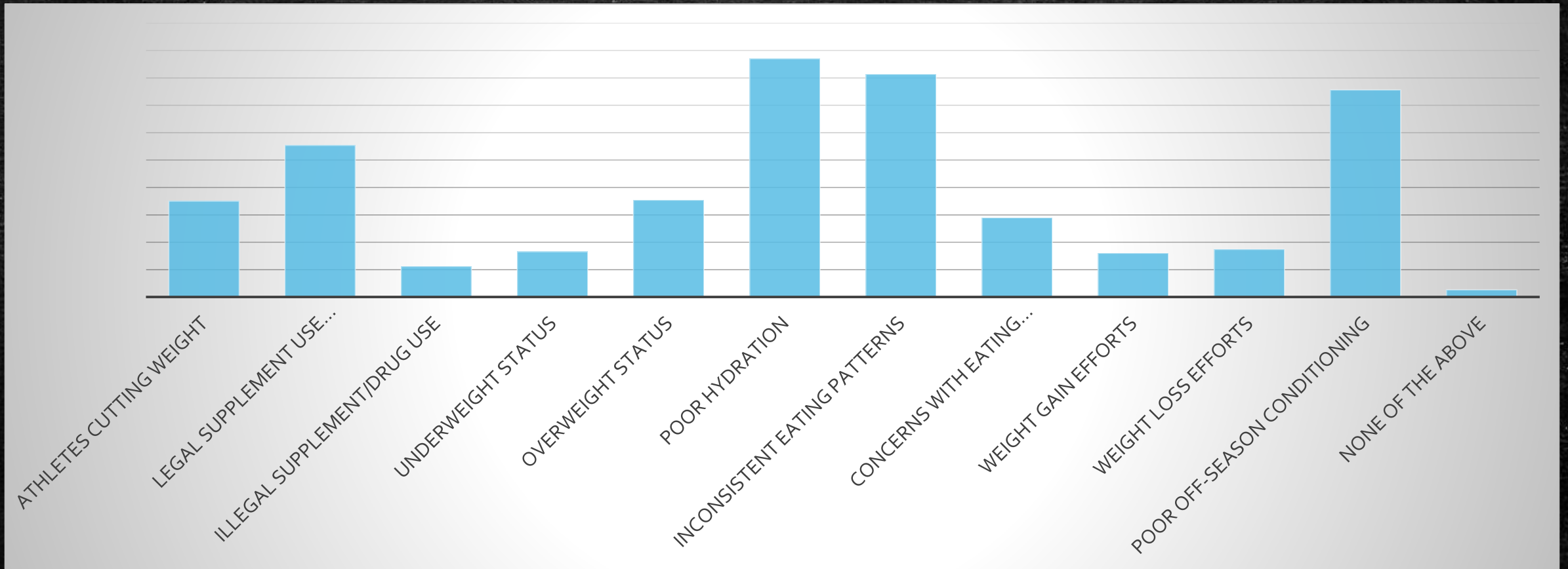
Implications–Concerns

- The primary sources of nutrition information present significant variance in knowledge base and application
 - Athletic Trainers
 - Health Teacher
 - Written Resources
- A large percentage of coaches report no use of nutrition resources
- Supplement stores (ex: GNC, Complete Nutrition) continue to be a source of nutrition information despite lack of sensitivity to the potential for failed drug tests, supplements unapproved by FDA, etc

Implications–Potential Approaches

- Education provision for primary sources of nutrition information
 - live presentations, webinars, newsletters, discussion groups, consulting
- Recommendations for school-based curriculum
 - textbooks for health classes, science classes
 - subscriptions for evidence-based sports nutrition resources
- Collaboration with common treating physicians

What sports concerns do you see most often?



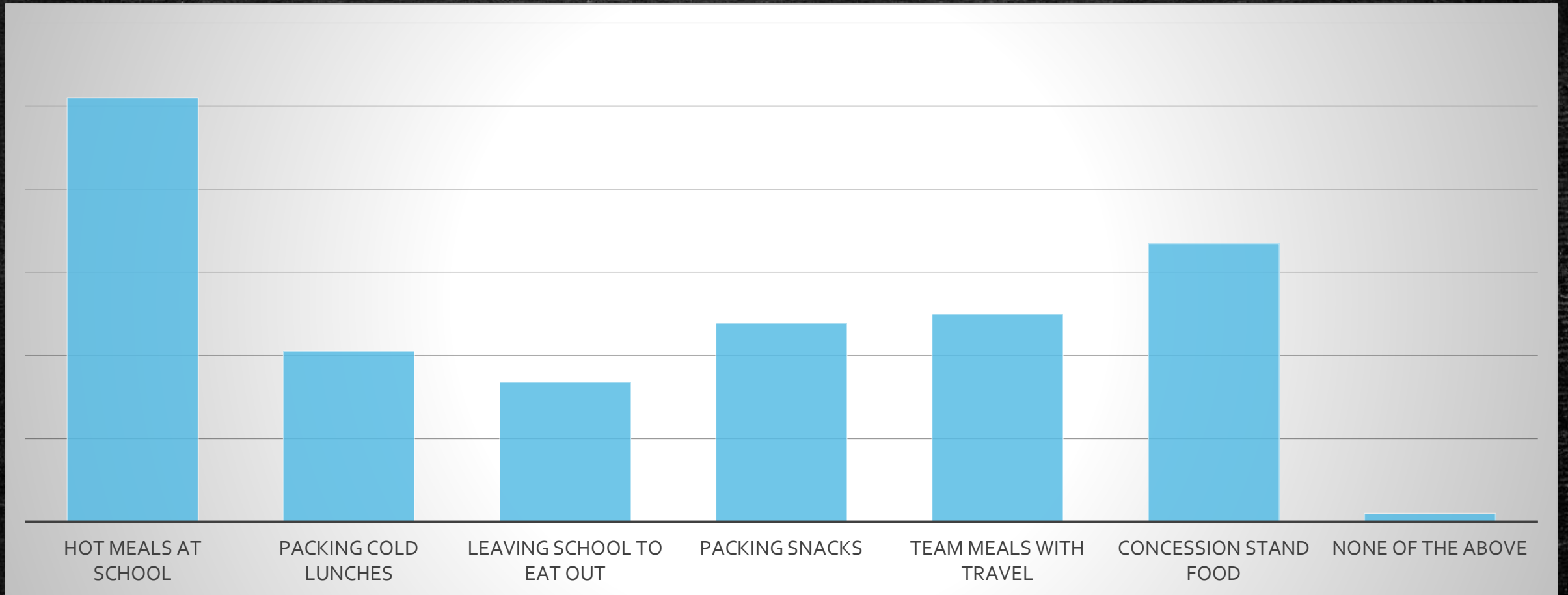
Implications–Concerns

- Inconsistent athlete patterns spread across hydration, nutrition and training regimens
- Chronic need to recondition athletes following off-season and when transitioning from sport to sport
- Weight management concerns potentially related to sport body stereotypes and multi-sport athlete demands
- Confusion between legal and illegal supplement availability and use

Implications–Potential Approaches

- Development of pattern recommendations for specific sports and multi-sport athletes to promote consistency
- Education and application demonstrations to connect nutrition and conditioning concepts
- Educational to normalize body size and composition differences within the same sport and across different sports
- Body composition testing with clinical processing
- Hands-on supplement education with potential outcomes

Which of the following best describes your athletes' eating patterns?



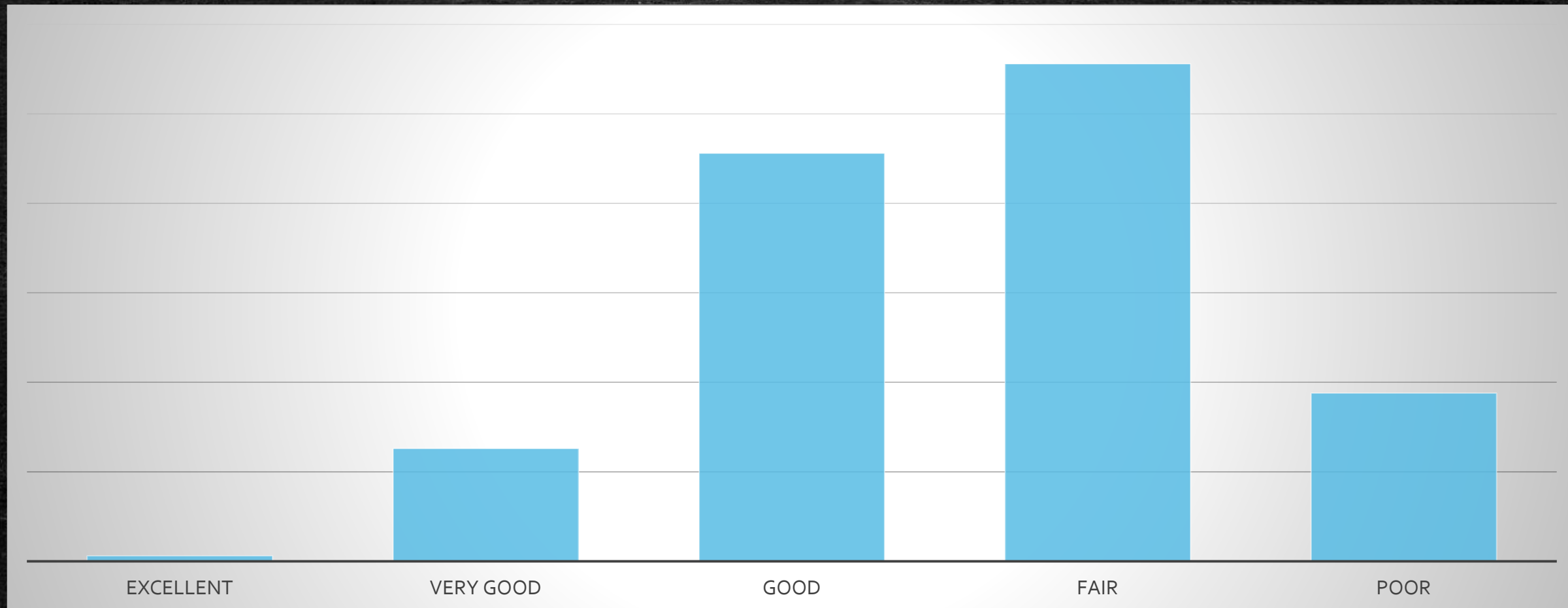
Implications–Concerns

- Athletes are failing to take on personal responsibility with nutrition
- Education efforts must be generalized to food availability
- Risk for behavioral contagion with eating patterns
- Reduced accountability with athletes leaving school to eat
- Limited healthy options with common food sources

Implications–Potential Approaches

- Team-based nutrition education and applications
 - live presentations, webinars, newsletters, daily emails, cooking classes, etc
- Challenge athletes to establish personalized eating plans
- Grocery store visits to educate athletes on healthy food options
- Team-based meals and snacks for both home and travel games
- Portion guides visible for consistent accountability

How would you define your athletes' awareness of sports nutrition recommendations?



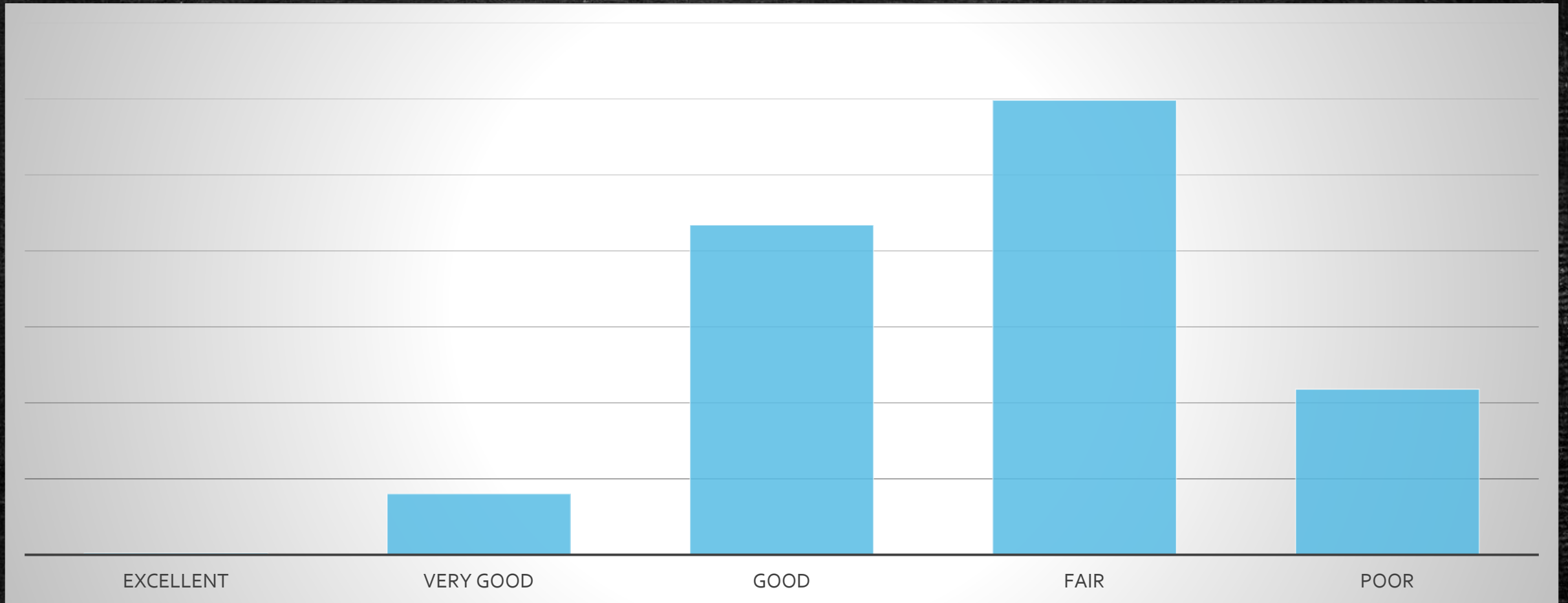
Implications–Concerns

- Athletes who are unaware of nutritional needs aren't able to make the best decisions for optimal performance
 - Total calorie needs, macronutrient needs, nutrient timing, etc
- Lack of awareness often leads to utilization of easy/cheap resources
 - Men's Health, Bodybuilding magazines, GNC, Complete Nutrition, etc
- The absence of reliable resources leads to desperation in decisions
 - Supplement use, drug use, unhealthy weight management strategies
- Behavioral contagion often leads younger athletes to follow

Implications–Potential Approaches

- Team-based nutrition education and applications
 - live presentations, webinars, newsletters, daily emails, cooking classes, etc
- Sport-specific and position-specific athlete applications
 - Sprinter vs. Linebacker
- Rationalization of common nutrition myths/misconceptions
- Education on supplements—legality, safety and efficacy
- Challenge to captains and older team members to set the tone

How would you define your athletes' parents' awareness of sports nutrition recommendations?



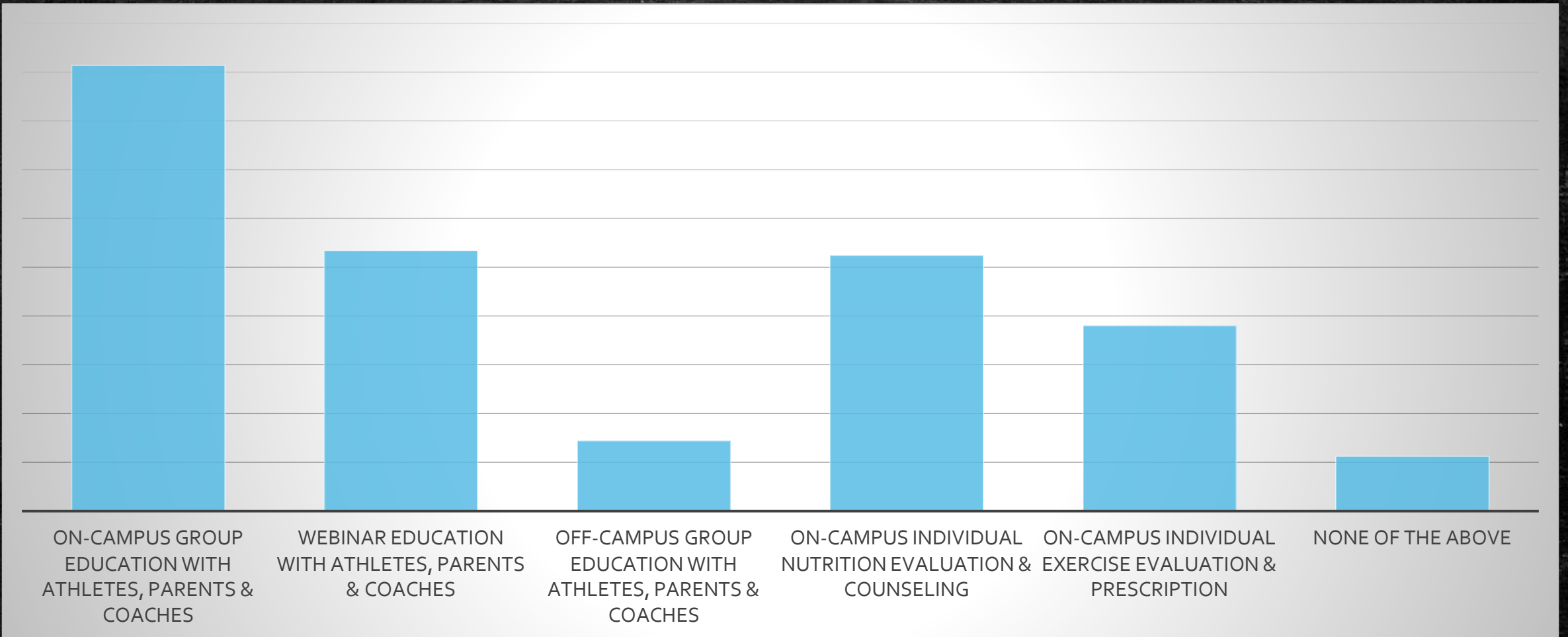
Implications–Concerns

- Parents who are unaware of their child's nutritional needs aren't equipped to provide the best support or resources
 - Food availability, meals, snacks, additional exercise
- Lack of awareness often leads to utilization of easy/cheap resources
- Conflict in relationships are more likely with limited knowledge
- Behavioral contagion often leads parents to mimic each other
- Poor supervision or direction in making supplement choices

Implications–Potential Approaches

- Team-based nutrition education and applications
 - live presentations, webinars, newsletters, daily emails, cooking classes, etc
- Sport-specific and position-specific athlete applications
 - Sprinter vs. Linebacker
- Rationalization of common nutrition myths/misconceptions
- Education on supplements—legality, safety and efficacy
- Grocery store visits to educate parents on healthy foods & budgeting
- Challenge parents to take turns providing team-based meals/snacks

What services would you be interested in having available for your athletes?



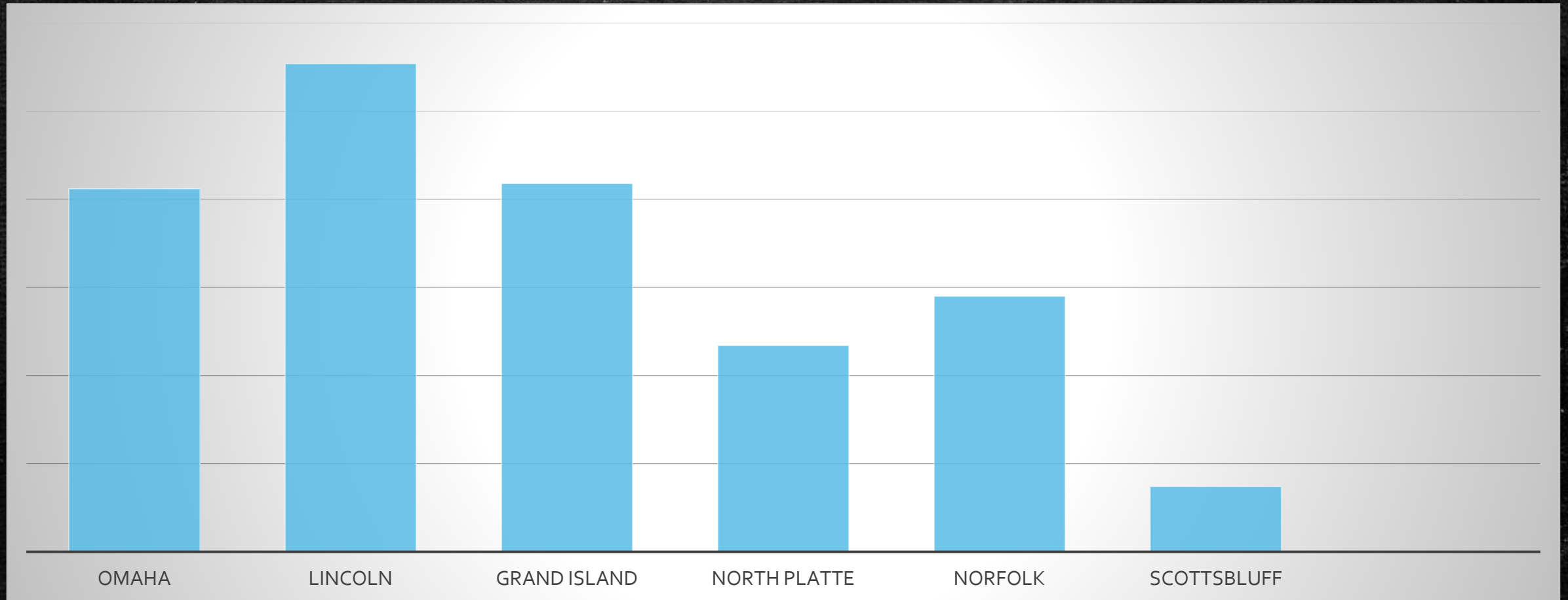
How do we put nutrition into play?

- Development of team or school-specific packages to include:
 - On-campus nutrition education presentations
 - Educational webinars focused on identified concerns
 - Periodic newsletters for proactive education
 - Daily nutrition tip emails to keep athletes/coaches/parents engaged
 - Conference call discussions to triage concerns
 - Grocery store visits to educated athletes/coaches/parents
 - Cooking classes to give hands-on exposure to healthy food preparation
 - Guidance for school-based nutrition-related curriculum and resources

Who would benefit from these services?

- Athletes
- Coaches
- Parents
- Athletic trainers
- Teachers
- School Foodservice
- Community Physicians

Which locations would you be willing to travel to?



How can area schools collaborate?

- Combination of funding to expand nutrition service capability
 - Live educational presentations
 - Cooking classes
- Host schools can fund a nutrition service, then invite other schools to attend with an associated fee
- Schools could host a nutrition-based clinic as a fundraiser

What is the next step?

- Talk to your schools
 - Talk to your athletes
 - Talk to your parents
- Create a proposal for services and contact me!

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