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1: [J Am Diet Assoc.](#) 2007 Mar;107(3):434-40.

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FULL-TEXT ARTICLE

Participation in weight-related sports is associated with higher use of unhealthful weight-control behaviors and steroid use.

[Vertalino M](#), [Eisenberg ME](#), [Story M](#), [Neumark-Sztainer D](#).

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OBJECTIVE: To determine whether adolescents who participate in a weight-related sport are at increased risk for unhealthful weight-control behaviors and steroid use. **DESIGN:** This was a population-based study (Project EAT [Eating Among Teens]). **SUBJECTS/SETTING:** Subjects were 4,746 adolescents (50.2% males, 49.8% females) from 31 public middle and high schools in the Minneapolis/St Paul area of Minnesota. **STATISTICAL ANALYSIS PERFORMED:** Descriptive statistics, chi2 analyses, and multiple logistic regression were used. Data were adjusted for sociodemographic variables and body mass index. **MAIN OUTCOME VARIABLES:** Unhealthful weight-control behaviors and steroid use. **RESULTS:** More males (20.4%) than females (16.2%) reported participation in a weight-related sport. Males who reported participation in a weight-related sport had an increased risk of past-week vomiting (odds ratio [OR]=5.7), laxative use (OR=6.8), as well as past-year vomiting (OR=4.9), laxative use (OR=3.4), diuretic use (OR=6.0), and steroid use (OR=3.7), compared with those males who did not report participation. Females who reported participation in a weight-related sport had an increased risk of past week vomiting (OR=2.1), as well as past year vomiting (OR=2.0), laxative use (OR=2.6), and steroid use (OR=2.6), compared with those who did not report participation in a weight-related sport. **CONCLUSIONS:** The current study shows that participation in a sport that adolescents perceive as emphasizing weight is strongly associated with unhealthful weight-control behaviors and steroid use. Preventive efforts, targeting parents, coaches, and adolescents are needed to decrease this risk.

PMID: 17324662 [PubMed - indexed for MEDLINE]

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