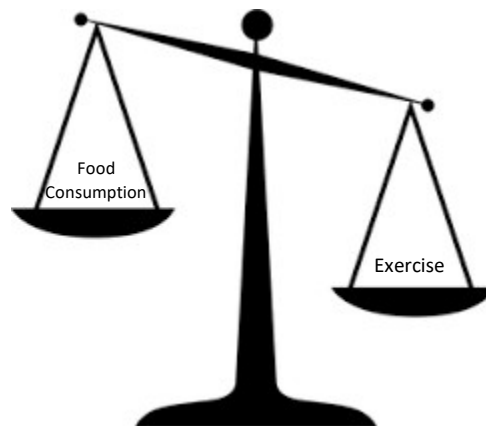


## RED-S Information

### What is RED-S?

RED-S is the acronym for Relative Energy Deficiency in Sport. It refers to the impaired physiological functioning (body functions) caused by the lack of adequate energy. This lack of energy is described as low energy availability or LEA and refers to the mismatch between an athlete's energy intake (what they eat) and the energy expended in exercise, which leaves an inadequate amount of energy to supply the functions required by the body to maintain optimal health and performance.

### Low Energy Availability – LEA



### Info About RED-S:

- RED-S can occur in both sexes, however there are differences in the biological responses (how the body responds) to LEA when comparing male and female athletes.
- It has been suggested that LEA prevalence is higher in female athletes than in male athletes.
- Although any athlete can suffer from RED-S, those who are at a particular risk are those who participate in judged sports with an emphasis on the aesthetic or appearance, weight category sports and endurance sports.
- RED-S has been associated with several negative health consequences (Figure 1).
- RED-S puts athletes at a greater risk of injuries and will potentially have negative impacts on performance (Figure 2).

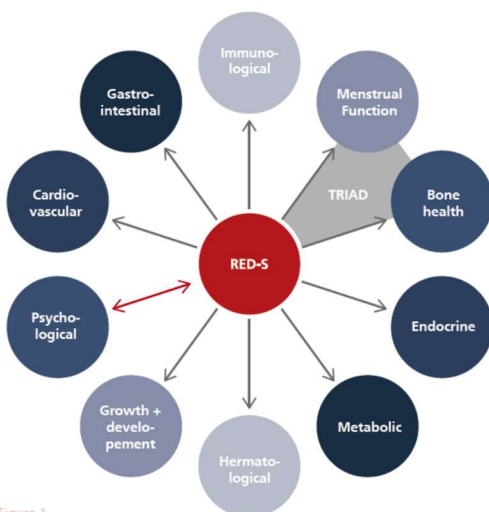


Figure 1

Potential Health Consequences of RED-S<sup>2</sup>

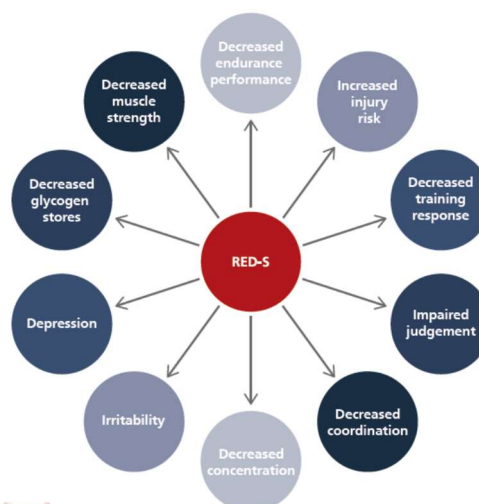


Figure 2

Potential Performance consequences of Relative Energy Deficiency in Sport<sup>2</sup>

**What to do:**

- Concerns should be brought up to healthcare professionals.
- Team physicians or nutritionists can help athletes optimize health and promote performance.

**References:**

1. Br J Sports Med 2015;49:421–423. doi:10.1136/bjsports-2014-094559
2. Mountjoy M, et al. Br J Sports Med 2018;52:687–697. doi:10.1136/bjsports-2018-099193