

UK ELITE FEMALE ATHLETE

# MENSTRUAL HEALTH SURVEY

## PRESENTED BY

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159 elite athletes from 100+ UK National Governing Bodies (NGBs) and other organisations were asked about their female athlete health (FAH)

82%

said their menstrual cycles affected their training/competition

YET...

75%

felt unsupported by their NGB or org in any realm of FAH

**3%**

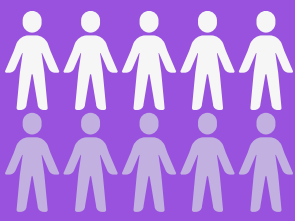
felt their coaches were well informed about FAH

**89%**

have/had two of more symptoms of RED-S

**80%**

felt more FAH education would benefit performance



## 50% ELITE ATHLETES

have been told by a medical professional that it is normal to have irregular or absent menstrual cycles

## WHAT ATHLETES WANT

"Literally anything!"

Senior World Championship Athlete

"Coaches to understand and be open to talking"

Paralympic Athlete

"Education for all staff so they are comfortable to talk about periods"

Senior Olympic Athlete

"Proactive guidance & support from youth level onwards"

Retired Olympic Athlete

## RECOMMENDATIONS

1

SYSTEM-WIDE SUPPORT

System-wide change in how female athletes are supported, from grassroots to elite level

2

STAFF TRAINING

NGBs and organisations to provide coach and support staff training to increase understanding of FAH

3

OPEN UP CONVERSATIONS

Sports organisations to promote conversation and consideration of female specific factors

4

RESOURCES FOR ALL

Accessible resources for all female athletes covering menstrual cycles, contraception and nutrition

5

INCREASE GP KNOWLEDGE

Development of a female athlete health resource by Royal College for General Practitioners