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Yanna Darilis
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Addressing Health Issues In Women's Athletics

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Peggy Pelonis: As a wellness expert, former athlete, integrative nutritionist, and coach herself, can you enlighten us about some of the health issues that female athletes are facing today and how this hinders their development as athletes?

Yanna Darilis: Unfortunately, women and female athletes are still suffering from a lot of issues that need attention, and it's imperative these panels are had in order to increase knowledge and inspire change. I'm not going to discuss the professional level because professional female athletes receive a lot of support when it comes to women's health, but anything collegiate and under experience many health issues.

Number one, the deficiency of nutrients is a huge problem for female athletes. They are not receiving enough calories, and they are overtaxed in their bodies. They are suffering from chronic stress fractures and a lot of physical conditioning injuries. This needs to be addressed, and it begins with the inability to receive the proper sports nutrition and the inability of coaches to understand when it's enough and that they're overtaxing the muscles of female athletes.



Yanna Darilis at The Local Change for Global Impact Summit

Yanna: We also have a lot of mental health issues in female athletes that need to be addressed. We have eating disorders and a lot of social pressure to reach the expectations of female athletes. These are critical issues that lead to health problems in the future, and they are the reason that a lot of female athletes are dropping out of sports.

Yanna Darilis Continued...

Yanna: Student participation is dwindling, and programs are not funded enough. We need to increase budgets for female athletes and for women's sports. There are many issues involved, and we do need to see change. The United States is excelling in this, but there are so many other countries that are not. Especially in Greece, I don't see the support for female athletes, and it's disheartening, and I hope that will change one day. We need to be aware of social pressure on women and that participation in sports is changing. Women do not want to practice sports anymore. They're cutting programs, and the Board of Education is cutting physical education. These are very important issues for the future of female athletes and the future of health for females in general.

