

Practical Solutions

Practice of Nutritional Support for 9-a-side Women Corporate Volleyball Team: Focusing on Improving Iron Deficiency Anemia

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ABSTRACT

【Aim】

This nutritional support was aimed at improving iron deficiency anemia in a corporate women's volleyball team. The team had set the goal of winning all major national competitions and becoming the top team in Japan.

【Methods】

Screening: From the total of 14 players aged 18-29 years in the team, three players with hemoglobin levels of under 12.0 g/dL were selected.

Assessment: We carried out a series of surveys and individual interviews with the players concerning their body composition, blood test results, diet, menstrual cycle, and medical history.

Support plan: Based on analysis of the results, we developed individual goals, nutritional supplementation plans, and action plans for each player. Monitoring of the progress, nutrition education, and staff-player collaboration were conducted every week.

Implementation: The period of the study was seven months, from February 2017 to August 2017. The players maintained daily records of their weight, lifestyle, and diet, and we provided support every week after checking the recorded data.

Re-assessment: Assessment of the body composition, blood tests, and a simple dietary survey were carried out seven months after the support intervention.

【Results】

The target results of the blood tests were achieved in 2 out of the 3 players.

【Conclusion】

More on-site support can be provided through detailed assessments and high-frequency status verifications. On the other hand, the need for such interventions should be carefully considered, as assessment and verification of the status may be time-consuming and labor-intensive for the players. For iron deficiency, the administration of iron tablets and other supplements should be considered, in addition to increasing the energy and iron intake from the diet, together with the provision of correct information.

Keywords: female athlete, anemia, iron deficiency, volleyball, sports nutrition management