Knowledge and attitudes towards sports nutrition among Icelandic elite athletes and their coaches

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Main research questions

- What is the status of knowledge and attitudes towards sports nutrition among athletes and their coaches?
- What is the primary source of nutritional information for the athletes?
- Do the coaches provide nutritional information themselves for their athletes?
Methods

• All healthy elite athletes 18 or older are eligible for the study, *elite* is defined in the context as:
  – *Athletes who have been chosen for the national team, chosen to prepare or participate in the nordic cup, european cup, world cup or the olympics in their sports category*
  – *Athletes belonging to the top division in their sports category*
Methods

• Tools:
  – Nutrition for Sport Knowledge Questionnaire (NSKQ)
    • Validated in Australia by Gina Trakman et al
  – Nutrition knowledge questionnaire for young endurance athletes and their coaches
    • Validated in Finland by Maria Heikkila et al
  • Electronic distribution via the Icelandic Sports Federation (ÍSÍ)
Results

• Will be available in May
• The hope is that the results will:
  – Give us insight into the status of nutrition knowledge in Icelandic athletes compared to other countries
  – Further underpin the need for a nutritionist working with our athletes
  – Open doors to new positions within the Icelandic Sports Federation
Thank you! 😊