

# Health Matters

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# Health Induction Requirements for Entry into Sport Performance Pathways



## Medical Insurance

**All athletes are recommended to have medical insurance prior to commencing performance careers**

Pre-HP Athletes will fund their own medical insurance

High Performance TAPS athletes will be offered a high quality medical insurance package

On exit from the High Performance pathway athletes have the option to continue their plan at their own cost



## General Practitioner

It is important athletes have a close relationship with a General Practitioner throughout their sporting career

General Practitioners will identify, monitor and support health and wellbeing status.

**General Practitioners should be the first point of contact for health, injury and clinical reviews of current issues**



## Health Evaluation

Athletes selected into their sport performance pathways are recommended to have a medical review to identify and address any underlying health concerns that may place athletes at risk from intense training and competition in their chosen sport.

**All Talent Identification** athletes should complete a clinical review with their GP within 3 months of commencing.



## Drug Free Sport NZ

Athletes are liable for ensuring they are not taking any medications or supplements that may result in an anti-doping rule violation.

Athletes must undertake all necessary DFSNZ education and compliance requirements.

**Athletes need to comply with all the codes of conduct that may be in place within their sport, HPSNZ, and DFSNZ and WADA.**



## Nutrition

Nutrition is a very important component of athlete development, growth, health and sustainable performance careers.

Athletes can access 3 levels of support; 1. assessment, 2. general education and 3. referral for critical issue support to a sports nutritionist

## Athlete Checklist



Medical Insurance  
Yes /No



GP Name  
Location



Clinical Review  
Date



DFSNZ Education  
Date



Nutrition modules  
Date

# Nutrition Support –

1. general
2. sports specific
3. clinical

- **Assessment** - athletes will complete a nutrition assessment process called PEAKs. This assessment process will produce two reports – one that will be sent to Pathways Lead and one that will be sent to the athlete. Should further education be required or, in the event of a critical issue, a referral to a GP or to a sports nutritionist may be recommended.
- **General education** – HPSNZ has developed a series of modules and arranged these in themes, which athletes and IFs will be able to access. These modules were developed to answer general athlete queries about nutrition and are very highly regarded.
- **Critical issues** – if the nutrition assessment or the GP visit identifies a potentially critical or clinical nutrition issue for the athlete the GP advice should be acted upon. Some prescribed activity or actions may be outside the remit of our programme. When nutrition is identified as a critical medical issue and the prescribed activity can be met with a regional face to face meeting with a qualified nutritionist HPSNZ has regional nutritional advice available by appointment.

# Referral Process of IF's

When a concern arises:

- Refer to GP for assessment
- Advise Pathway Lead (check to see coach or support person –parent)
- Connect with Sport or HPSNZ Medical Director
- Points of contact include Pathway Advisory Team: Psychology, Nutrition, Performance Life (as appropriate)
- Maintain athlete confidentiality, ensure athlete permission to share details
- Process will vary depending on circumstance for referral

Connecting with circle of support with permission



# Athlete Sports Nutrition Assessment Platform

The Athlete Nutrition Knowledge online Assessment is free to use and no login codes are required. Athletes will need to use their national High Performance ID number (HPID) e.g. 123456, their email address and the email address of their Performance Lead in the Dietitian/nutritionist email box. Athletes should be aware the deidentified data will be used in future research. Completion of the Assessment takes 15-20mins. Copy in the Regional Performance Lead in the Dietitian email box to allow a copy to be provided to the athlete smartabase file.

Setting up: Log in, Enter ID number, check the consent for data requirements and enter they are in the HPSNZ Sports system

## [Accelerated Sports Nutrition Assessment Platform – ASNAP](#)



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The Accelerated Sports Nutrition Assessment Platform



The Platform for Evaluating Athlete Knowledge in Sports – Nutrition Questionnaire



### Before you start:

Please enter a survey ID.

You may choose to use an ID number (athlete ID) provided to you by your sporting institution. Otherwise, enter an anonymised ID of your choice.

If you like you would like to receive an individualised summary report, please enter **your email address**.

It is your responsibility to confirm with your dietitian that they consent to you providing their email address, and that the email address you provide for them is accurate.

[Add regional performance lead email here](#)

Please indicate which sporting institution, organisation or research study you belong to. Your results may be shared with your respective choice.

Australian Institute of Sport

High Performance Sport New Zealand



# Sports Tutor On Line Nutrition Education Resources

Modules are designed into 5 series to support the Developing Athletes in the Regional Hubs - in talent confirmation; for talent ID; potential athletes and their parents (care givers and support).

Series 1 to 3 should be completed in sequence as the information builds through the sessions. Series 4 is designed for parents and contains helpful practical information for athletes. All athletes and parents are encouraged to complete Series 5 on the benefits of great hygiene practices in the sports environment to stay health and to support performance.

## Series 1

- Introduction
- Food groups
- Key energy nutrients
- Key vitamins and minerals
- Core nutrition information

## Series 2

- Energy needs
- Training fuel
- Hydration needs
- Food on the go
- Hygiene skills and safety
- Reading food labels

## Series 3

- Pre Event Nutrition
- Fuelling during events
- Using sports foods
- Nutrition skills for travel
- Hygiene concerns for travel
- Portion control and hydration

## Series 4

3 information webinars designed for those parents supporting athletes – covering fuel, shopping and pantry tips, key considerations fuelling athletes

## Series 5

Athletes and parents are both encouraged to review this presentation on the benefits of good hygiene practices in the sports environment

Sports Tutor Login Instructions  
Athlete: usual email address  
Initial Password: ChangeMe123  
Change password at first log in  
Advise Independent Facilitator once modules are completed

# Sports Nutrition for Winter and Cold Weather



A lack of food and fluids can reduce both the enjoyment and skill development when training and playing outdoors, especially in the rain and cold winter weather. Looking after the immune system and health keeps athletes active. Below are some key areas in nutrition to support wet cold winter activity and to stay healthy.

## Hydration: Fluids are important

Cold blunts thirst = feel less thirsty despite sweat losses. Breathing in cold air trigger the body to warm the air & breathing out warm air sees moisture lost (seen as 'steam' or vapour on the pitch).

Cold weather increases output of urine due to decreased blood flow to the extremities and blood sent to warm the core of the body and organs. Using an electrolyte drink to decrease urine production and support fluid balance may help. useful.

Use an insulated bottle: chocolate milk, soup and warm sports drink.

## Fuel & Body Temperature:

A drop in body temperature stimulates appetite. Shivering is the body generating more heat and depletes muscle glycogen stores. Have food in a pocket or easily available to eat 30-40 mins into training sessions. Eating fuels the fire i.e. generates heat via digestion helping warm the body. Wearing additional layers burns more fuel. Drink water or drinks at room temperature or warm (not iced, no slushies)

Eat CHO foods – hot chocolate, warm spiced fruit juices, soup, oats/porridge, chilli and rice or hot pasta dishes. Hot food and digestion provides warmth and supports rapid recovery. Cold food & fluids chill the body -use these in summer.

## Immunity:

Get out of cold sweaty wet clothing asap as this drain body heat.

Wear layers when training

Wear a hat to keep the head warm (30-40% of heat is lost through the head), gloves and leggings

Don't leave wet damp clothes on the floor or in your room

Eat and drink post training or matches

Eat fresh foods daily especially those containing vitamin C (kiwifruit, green vegetables, oranges, tomato, peppers) and spread through out the day.

Avoid large doses found in supplements.

As athletes are training frequently, they are at increased risk from the environment, team mates, mouth guards, sharing rooms, long haul travel, not eating correctly before, during and after training and matches, playing and training in the cold and wet, dehydration and just living day to day and the people around them – friends, family, flatmates, media, sponsors, crowds.

## 10 key risk factors for infection in athletes

1. Autumn & winter<sup>1</sup> – common cold & flu season
2. Poor hygiene & exposure to sick people
3. Recent symptoms<sup>1</sup>
4. Air travel<sup>2</sup>
5. Life stress, depression and anxiety<sup>3</sup>
6. Low energy availability<sup>3</sup>
7. Poor sleep<sup>1</sup>
8. Increases in training load e.g. training camp<sup>1, 2</sup>
9. National vs. international level<sup>1, 2</sup>
10. Low saliva/tear IgA<sup>5, 6</sup>



<sup>1</sup>Hellard (2015). *MSSE*, 47, 698-707.

<sup>2</sup>Svendson (2016). *BJSM*, 50, 809-16.

<sup>3</sup>Drew (2018). *BJSM*, 52, 47-53.

<sup>4</sup>Hauswirth (2014). *MSSE*, 46, 1036-45.

<sup>5</sup>Gleeson (1999). *MSSE*, 31, 67-73.

<sup>6</sup>Hanstock (2016). *MSSE*, 48, 569-77.





## 10 ways athletes can avoid infection & maintain immunity

1. Try to avoid sick people, particularly in the autumn-winter
2. Ensure good hygiene & proper vaccination
3. Avoid self-inoculation by touching the eyes, nose & mouth
4. Do not train with 'below-the-neck' symptoms
5. Monitor/manage all forms of stress including psychosocial & physical
6. Carefully manage ↑ training stress
7. Replace overly-long training sessions with more frequent spike sessions
8. Plan recovery or adaptation week every 2nd or 3rd week
9. Aim for > 7 h sleep each night
10. Eat a well-balanced diet & avoid chronic low energy availability



Neil P. Walsh (2018): Recommendations to maintain immune health in athletes. *European Journal of Sport Science*.



@ProfNeilWalsh

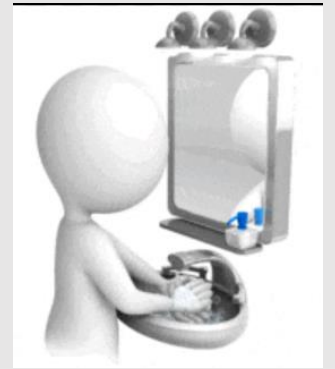
**Remind the athlete if they are sick they MUST report this to their coach, medical team, support staff, circle of support and see a GP promptly!  
Encourage the flu vaccination**

# Thriving in Winter

- Health checks completed asap
- Flu injections are encouraged (see GP)
- Follow good hygiene practices (like we did for Covid)
- Food and hydration (athletes still sweat in the cold)
- Fuelling and immunity
- Sleep patterns
- Stress points – exams, qualification, injury, illness, grief

Connecting with circle of support

Support Services: Performance Life, Psychology, Injury management, Nutrition



# NZ Pathways Performance Network

One aligned, connected and integrated NZ system for athletes, their coaches and performance support aligned to Sport Led pathways

## Northland

Pathway Lead – Ady McKenzie

S&C – TBC / NRU Team

Dr – Caroline Stuart M3/GP

Nutrition – Ady McKenzie

Facility – Northland Rugby

Performance Life

## Northland

## Auckland

Pathway Lead POC Chris Arthur

Facility HPSNZ

## Auckland

## BOP / Tauranga

Pathway Lead TBC

S&C TBC

Performance Life

Nutrition

Psych

DR – Deb Robinson /GP

Facility – Adams Centre

## Hawkes Bay / Gisborne

Pathway Lead – Joe Payton

S&C Lead – HBCFCT Team

Performance Life

Dr – Mel Parnell

Facility - HBCFCT

## Waikato

Pathway Lead – Jenna Knight

Facility HPSNZ

## Cambridge

## Rotorua

## Tauranga

## Gisborne

## Tasman

Pathway Lead TBC

Dr - Eloise Matthews / Lesley Nicol /GP

Facility - TBC

## Wellington /Central

Pathway Lead – Helen Regan

S&C Lead - Nicole Misseldine

Performance Life – Helen Regan

Dr Eloise Matthews / Lesley Nicol or GP

Nutrition tbc

Psych – Jason Yuill Proctor

Facility - HPSNZ

## New Plymouth

## Nelson

## Wellington

## Hawkes Bay

## Palmerston North

## Palmerston North

Pathway Lead – Helen Regan

S&C - Massey TBC

Dr - Eloise Matthews / Lesley Nicol or GP

Facility – Massey University tbc

Performance Life - tbc

## Wanaka / Central Lakes

Pathway Lead – Belinda Colling

S&C – tbc

Facility – Snow Sports /HPSNZ

Dr Sarah Beable (Qtown) / GP

Psych

Nutrition

## Westport

## Christchurch

## Canterbury

Pathway lead – Andrew Ellis

S&C Lead – Simeon Joplin

Nutrition – Jess Moulds

Performance Life – Ellie Bell

Psychology – Jason Yuill Proctor

Dr – Eloise Matthews / Lesley Nicol or GP

Facility – HPSNZ

## Southland

Pathway Lead – Jason McKenzie

S&C – Josie

Performance Life - Carly

Nutrition – Aimee Hall

DR – Eloise Matthews/Lesley Nicol/GP

Facility – Stadium South

## Wanaka

## Dunedin

## Queenstown

## Invercargill

## Otago

Pathway lead – Belinda Colling

S&C Lead – Mike Jacobs

Performance Life – Carol Goodlass

Nutrition – Sara Richardson tbc

Psychology – Jason Yuill Proctor

Dr – Eloise Matthews / Lesley Nicol or GP

