

Risk Stratification of RED-S

	HIGH RISK	MEDIUM RISK	LOW RISK
Energy availability status	Severe low energy availability causing immediate risk to health	Low energy availability insufficient to support health and optimal performance	Adequate energy availability for health and training demands
Symptoms Eating patterns	Eating disorder (disrupted eating patterns with psychological factors)	Disordered eating	Fuelling matched to demand
Body Weight	Body weight well below that expected for height	Weight loss, or steady weight below minimal healthy weight for height	Body weight as anticipated for height and minor deviations during season
Growth & development in young athletes	Significant drop from centile on growth charts. Arrested puberty	Drop from centile on growth charts. Arrested puberty	According to centile charts
Injury/illness	Prolonged and significant injury (especially bone stress fractures) or illness	Recurrent injury (especially bone stress fractures) or illness	Infrequent injury/illness
Menstrual function	Primary or secondary amenorrhoea	Menstrual disruption	Normal menstrual function
Athletic performance	Impaired athletic performance	Initially maintained athletic performance, then below expectation for training load	Athletic performance as anticipated for training load
Investigations Blood tests	Blood tests support hypothalamic suppression and potentially electrolyte abnormalities	Endocrine markers show evidence of functional hypothalamic suppression	No significant abnormalities from investigations
DXA (bone health and body composition)	DXA BMD Z score (age matched) significantly < -1 and disrupted body composition	DXA BMD Z score (age matched) < -1 (in particular lumbar spine). Body composition: low body fat	Body composition and BMD as expected for sport/dance
Management	Address immediate risks to health. No training, no competition	Modification training	No restrictions on periodised training and competition
	Address nutrition and psychological aspects	Review baseline nutrition, fuelling around exercise and recovery/rest	Fine tuning of nutrition and training as required
Education, Awareness, and Prevention	Important to raise awareness for all athletes		

Investigations and management based on clinical assessment tool for RED-S published BJSM 2015