

Athletes Targeting Healthy Exercises & Nutrition Alternatives (ATHENA) is a scientifically proven program for high school female athletes. ATHENA addresses the connection between young women in sports, disordered eating behaviors and body shaping drug use. Its multiple components provide healthy sports nutrition and strength-training alternatives to the use of alcohol, illicit and performance-enhancing drugs. ATHENA is peer-led and Gender-specific. It is interactive, engaging and easy to implement by coaches during the sport season.

## SPECIFIC OUTCOMES

- Improved nutrition
- Long term outcomes include significant reduction in tobacco use.
- Fewer injuries
- Reduced use of diet pills
- Less sexual activity

## AUDIENCE CHARACTERISTICS

**Age Range:** Youth ages 14 – 18

**Grade:** Grades 9 – 12

**Gender:** Female

## PROGRAM DETAILS

**Type of Program:** Prevention

**Audience Size:** Minimum 5 / Maximum 36

**# of Sessions:** 8

**Length of Sessions:** 45 minutes each

**Frequency of Implementation:** Once a week

**Duration of Implementation:** 8 weeks

**Training:** Preferred

## HOW IT WORKS

A coach and selected student athletes called “Squad Leaders” lead the program. The program materials are completely scripted and easy to follow. Little or no preparation is needed. There are 8 sessions for ATHENA. Each session lasts 45 minutes. Sessions are typically scheduled once per week during the season on a “light” practice day. Coaches facilitate the program, keep athletes on task, and introduce and wrap up student-led activities. Squad Leaders provide a majority of the instruction for their small group of teammates. Sessions include role-plays, student-created campaigns or public service announcements and instructional, interactive games. Athletes practice goal setting and self-monitoring of nutrition behaviors. Students learn attitudes and skills that will help them make healthy choices in sports and throughout their lives.



## IMPLEMENTATION ESSENTIALS

To replicate with fidelity:

- All 8 lessons must be completed.
- A facilitator (coach) must introduce the lesson and read scripted lines.
- Athletes need to be in small groups of about 5
- Each group must have a designated squad leader to teach each group.
- Complete each 45 minute session once a week.
- Program must be implemented within the sports team’s usual practice time during the sport season.



## **MATERIALS AND TRAINING**

### *Required Materials*

- ATHENA Coach Manual - \$280
- ATHENA Squad Leader Manual & Athlete's Guide - \$11
- ATHENA Team Workbook & Athlete's Guide - \$11 per student

### *Training (Preferred)*

Implementation Training - \$1,000 plus travel expenses.

Duration: 4 hours

## **ADDITIONAL INFORMATION**

Website: <http://www.athenaprogram.com>

Program Information Worksheet

SAMHSA's National Registry of Evidence-Based Program & Practices (NREPP) Review Documents

## **PROGRAM CONTACT**

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