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Jorunn Sundgot-Borgen

Personal data

- 3 children
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Education **Eikeli high school**, Bærum, graduation June 1980
Branch of study: science

B.A. Physical education
The Norwegian University of Sport and Physical Education, Oslo, June 1984

Master of Science, Health and Exercise Science
Arizona State University, Tempe, Arizona, December 1985

Doctor Scientarium
The Norwegian University of Sport and Physical Education, May 1993

Positions **1989- December 1992:** PhD Candidate (The Norwegian University of Sport and Physical Education)

1993-1997: Post Doctoral work (Yale University, January 1993 - September 1993, Oct 1993-1997, The Norwegian University of Sport and Physical Education)

1995-1996: The Norwegian Board of Health, Project leader

1995: Consultant at the Norwegian Olympic Training Center

1997: Associated professor in physical activity and health (The Norwegian University of Sport and Physical Education)

2002: Professor in physical activity and health (The Norwegian University of Sport and Physical Education)

2003- 2004: Visiting Professor, UC Berkeley

2004- : Professor in physical activity and health (The Norwegian University of Sport and Physical Education)

2005-: Head of sports nutrition at the Norwegian Olympic Training Center

Publications International journals with referee

Sundgot-Borgen J. Eating disorders among female athletes. *Phys Sportsmed* 2: 89-95, 1987.

Ingjer F, Sundgot-Borgen J. Influence of body weight reduction on maximal oxygen uptake in female elite athletes. *Scand J Med Sci Sports* 1: 141-146, 1991.

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Solberg E E, Ingjer F, Holen A, Sundgot-Borgen J, Nilsson S, Holme I. Stress reactivity and recovery to a standardized exercise bout - a study of 31 runners practising relaxation techniques. *Br J Sports Med* 34(4): 268-272, 2000.

Nystad W, Harris J, Sundgot-Borgen J. Asthma and wheezing among Norwegian elite athletes. *Med Sci Sports Exerc* 32: 266-270, 2000.

Bø K, Sundgot-Borgen J. Prevalence of stress and urge urinary incontinence in elite athletes and controls. *Med Sci Sports Exerc* 33(11): 1797-1802, 2001.

Sundgot-Borgen J, Sundgot-Schneider, L. The long-term effect of CBT and nutritional counseling in treating bulimic elite athletes: a randomized controlled study. *Medicine and Science in Sports* 33(5): S97, 2001.

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Bratland-Sanda S, Martinsen EW, Rosenvinge JH, Rø Ø, Hoffart A, Sundgot-Borgen J. Exercise dependence score in patients with longstanding eating disorders: the importance of affect regulation and physical activity intensity. *Eur Eat Disord Rev*, in press.

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Sundgot-Borgen J. Eating disorders. Principles & practice of primary care. Sports Medicine. Eds. Garret WE, Kirkendall DT and Savire DL. Lippincott Williams & Wilkins. Philadelphia, PA, USA, 185-190, 2001.

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ISBN 0-471-49768-1

Sundgot-Borgen J. Disordered eating. In: Levinson D & Christensen K. Berkshire Encyclopedia of World Sport. 2:466-473, 3: 1332

Sundgot-Borgen, J. (2005). Atypical eating disorders in female athletes. In: Norring, C. & Palmer, B. (Eds.). EDNOS – Eating Disorders Not Otherwise Specified: Scientific and Clinical Perspectives on the Other Eating Disorders. London: Routledge, pp 266-276.

Sundgot-Borgen J. Fysisk aktivitet forebygger svangerskapsdepresjoner. Terje Fuggeli. Sinnets helse. 2005, 121-123

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Sundgot-Borgen J, Bratland-Sanda S. Elite athletes. In: Alexander J, Treasure J (Ed.): A collaborative approach to eating disorders. London: Routledge.

Publications in national journals with referee

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Nordhagen I, Sundgot-Borgen J. Fysisk aktivitet hos gravide i relasjon til svangerskapsplager og depressive symptomer. Tidsskr Nor Lægeforen 122(5): 470-474, 2002.

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Sundgot-Borgen J, Torstveit MK, Skårderud F. Spiseforstyrrelser i idretten [Eating disorders in Athletes]. Tidsskr Nor Lægeforen 2004; 124: 2126-9.

Invited speaker at international conferences

Sundgot-Borgen J. Slanking og idrett. SVEBI-konferens om idrott och Forskning Idrottsmessan, Jönköping, 17-19. nov., 1994.

Sundgot-Borgen J. Drive for Thinness, Disordered Eating, Menstrual Dysfunction and Sports Performance. European Triathlon Union Annual Congress -ETU Women's Committee's and Triathlon Medical Seminar. Stockholm, July 27-28, 1995.

Sundgot-Borgen J. Weight and Eating Disorders in Elite Athletes. International Congress in Sports Medicine and Social Science in Athletics. Gothenburg, Sweden. August 1-3, 1995.

Sundgot-Borgen J. The development of eating disorders in young athletes. The XVIII's Symposium of Pediatric Work Physiology, Exercise and Fitness - Benefits and Risks. Fåborg, Denmark, September 15-20, 1995.

Sundgot-Borgen J. Disordered eating in female athletes. International Sport Nutrition Conference, Bloomington, MN. USA, September 21-23, 1995.

Sundgot-Borgen J, Conner J, Davis, C, Johnson M, Lewis R. Athletics, Physical Activity and Eating Disorders: Psychobiological Perspectives. Med Sci Sports Exer. 28: 5 (suppl): 125, 1996. 42nd Annual Meeting of the American College of Sports Medicine, 1996.

Sundgot-Borgen J. Idrett og spiseforstyrrelser. Årsak eller virkning. Nordisk kongress i Næringslære i Gøteborg. Hovedforedrag og leder av sesjonen,

Gøteborg 18-19 juni, 1996.

Sundgot-Borgen J. When women abuse their own bodies- The Female Athlete Triad-Eating Disorders, Menstrual Function and Bone Mineral Density. European Women and Sport Conference pp.21-23, Stockholm, Sweden, 22-25, August, 1996.

Sundgot-Borgen J. Hva vet vi om vekt og spiseforstyrrelser i idretten? Rikskonferens, Åtstørningar-Anorexi, Linkøping, April, 1997.

Sundgot-Borgen J. The physiological and psychological effect of exercise on patients with weight and eating disorders. Symposium. The role of physical exercise and sport in chronic fatigue syndrome, HIV/AIDS, eating disorders and stress-related disorders. Vrije Universiteit Amsterdam, Nov 6, 1997.

Sundgot-Borgen J, Drinkwater B. Female athletes and health. Med Sci Sports Exer. 30: 5 (suppl), 1998. 44nd Annual Meeting of the American College of Sports Medicine, 1998.

Sundgot-Borgen J. Amenorrhea og benhelse hos kvinnelige idrettsutøvere. Idrettsmedisinsk symposium for praktiserende leger. København, Jan 22-23, 1999.

Sundgot-Borgen J. Hur kan vi förebygga åtstörningar inom idrotten? Nordisk konferens, Riksidrottsförbundet, Bosön, Stockholm, Jan 30 -31, 1999.

Sundgot-Borgen J. Idrett og spiseforstyrrelser; epidemiologi, risikofaktorer og preventive tiltak. Ett liv av vekt. Konferans, Folkhälsoinstitutet, Stockholm, Maj 6-7, 1999.

Sundgot-Borgen, J. Menstrual dysfunction, bone mass and disordered eating. Topptrenerkurs i Finland, Aug 22, 1999.

Sundgot-Borgen J. Exercise dependence. European Council on Eating Disorders, Stockholm, Sept 15-17, 1999.

Sundgot-Borgen J. The female athlete triad. Swiss Annual Meeting of Sports Medicine, Magglingen, Oct 27, 1999.

Sundgot-Borgen J. Female athletes. 1999 Women's World Handball Championship. 4th Congress on Handball Sports Medicine, Dec 2-4, 1999.

Sundgot-Borgen J. Kropp og kommunikasjon. Skandinavisk "Kropp og sjel" konferanse, Bergen, 3-5 mai, 2000.

Sundgot-Borgen J. Young elite athletes and health. International conference for sports journalists, Copenhagen, Nov 12-16, 2000.

Sundgot-Borgen J. Performance pressure in athletes. Champions - human beings or machines. EOC Technical Seminar, Vienna, Dec 1-3, 2000.

Sundgot-Borgen J. Over-training and overload. The 1st Assembly of European Athletes - EOC Athlete's Commission, Rome, June 14-15, 2001.

Sundgot-Borgen J. Disordered eating, menstrual dysfunction, pregnancy and sexual harassment - prevalence, consequences, treatment and prevention. Investment in women's sport pays off - International conference on women top level sport, Lillehammer, May 14-16, 2001.

Sundgot-Borgen J. Diet and the active female. 49th Annual Meeting in

conjunction with the Sixth IOC World Congress on Sport Sciences, St. Louis, May 28 - June 1, 2002.

Sundgot-Borgen J. The female athlete triad. Internasjonalt seminar for leger, Stockholm, Sweden, June 5, 2002.

Sundgot-Borgen J, Rosenvinge J, Sundgot-Schneider L, Bahr R. The effect of exercise, cognitive therapy and nutritional counseling in treating bulimia nervosa. International Conference of Psychiatry, Trondheim, Norway, August 2002.

Sundgot-Borgen J. The female athlete. International meeting at Stanford University, CA, October 10, 2003.

Sundgot-Borgen J. Disordered eating in athletes. Expert meeting at Yale University, CT, November 29, 2003.

Sundgot-Borgen, J. The female athlete Triad- Position Stand, ACSM Meeting June 2004

Sundgot-Borgen, J. The female athlete. World Congress in Obst and Gyn, Athen, May 2004

Sundgot-Borgen, J. Identifying athletes with disordered eating. International conference on eating disorders. Academy of Eating Disorders, Montreal, Quebec, Canada. April 27-30, 2005

Sundgot-Borgen J. Effect of physical activity on mental health and bone health in children and youth. 14th Nordic Congress of General Practice, Huddinge sjukhus 15-18 June 2005.

Sundgot-Borgen J. Effect of the Triad on the health and performance of the adult athlete. Impact on current and future health. Triad Consensus Conference. IOC. Losanne, October 2005

Sundgot-Borgen J. Identifying the Triad athlete. . Triad Consensus Conference. IOC. Lusanne, October 2005

Sundgot-Borgen J. Weight control in elite athletes. How to approach the coaches and athletes? International Conference on eating Disorders, Academy of Eating Disorders. Barcelona, June 7-10, 2006

Sundgot-Borgen J, Striving for Balance: Professional Approaches for Improvement in weight, Body Image and Disordered eating, SCAN Symposium, March 24, 2006

Sundgot-Borgen J. "Triad update" ECSS, Lausanne, July 7th, 2006

Sundgot-Borgen J, Bulimia nervosa in athletes, Symposium at ACSM, Denver. May 2006,

Sundgot-Borgen J. Eating disorders to win or to be thin. Sattelite meeting on European College of Sports Science conference, Antalya Turkey, 2010.

Sundgot-Borgen J. Dieting and use of extreme weight loss methods in esthetic and weight class sports. IOC Sports nutrition consensus conference, Lausanne Switzerland, 2010.

Invited speaker at national seminars/conference

Sundgot-Borgen J, Oseid S. Bruk av sykelige vektkontrollteknikker og spiseforstyrrelser blant idrettsutøvere. Idrettsmedisinsk Høstkongress, 1990.

Sundgot-Borgen J. Helsefarlige sunnhetsidealer? Dei vil alltid klaga og syta. Fagkritisk blick på kunnskapsproduksjon om kvinneliv og sykdom. 1) Forskerkonferanse på Jægtvolden Fjordhotell, Inderøya 6-8 mai, 1992.

Sundgot-Borgen J. Idrott, Prestasjon och vektregulering. Anorexia Bulimia Academiet. Åre, 17-18 okt, 1996.

Sundgot-Borgen J. Fysiologiske og psykologiske effekter av ulike typer trening. Grete Roede kongress. Gol, Storefjell Hotell 22-24 aug, 1997.

Sundgot-Borgen J. "Barn , Fysisk Aktivitet og Helse" på Barn og Helse 1996-1999. Sogn og Fjordane, Sunnfjord Hotell, 28-29 aug, 1997.

Sundgot-Borgen J. Fysisk aktivitet for helse. Forebygging av spesifikke tilstander. Det gode liv. En nasjonal folkehelse-/og forebyggingkonferanse, Oslo 29 jan, 1998.

Sundgot-Borgen J. Tidlige kjennetegn/diagnostisering. Kan vi forebygge spiseforstyrrelser?. "2ndre Nordiske kongress om spiseforstyrrelser", Bergen 4-6 feb, 1998.

Sundgot-Borgen J. Fysisk aktivitet, ernæring og vektregulering. Foredrag på kongress om Computerbarnets helse. Trondheim, 11 sept, 1998.

Sundgot-Borgen J. Spiseforstyrrelser som risikofaktor for osteoporose--idrettsutøvere en utsatt gruppe. Oslo Osteoporoseforening, 23 nov 1998.

Sundgot-Borgen J. Kropp og selvfølelse. Første semester på kurs om spiseforstyrrelser for helsepersonell. Vetre 2-5 des, 1998.

Sundgot-Borgen J, Skårderud F. "Det kan stå om livet". Den Norske Tannlegeforening. Dagskurs i Oslo 9 jan, 1999.

Sundgot-Borgen J. Fysisk aktivitet og vektregulering . Vår møte Norsk Psykiatrisk Forening. 7-10 mars 1999.

Sundgot-Borgen J. Fysisk aktivitet i psykiatrien. Kroppen - hvilken plass har den i psykiatrisk behandling?. Aker sykehus, Divisjon for psykiatri, 6 mai 1999.

Sundgot-Borgen J. Vektregulering, fysisk aktivitet og kroppsbilde. Kvinner viser vei. Lillehammer, sept. 1999.

Sundgot-Borgen J. Anorexia nervosa, bulimia nervosa og EDNOS – retningslinjer for fysisk aktivitet. Kurs i aktivitetsmedisin for leger og fysioterapeuter. Oslo, 13 okt, 1999.

Sundgot-Borgen J. Svangerskap og fysisk aktivitet. Kurs i aktivitetsmedisin for leger og fysioterapeuter. Oslo, 14 okt, 1999.

Sundgot-Borgen J, Skårderud F. Spiseforstyrrelser - hva er det og hvordan møter vi pasientene? Norsk Tannlegeforenings landsmøte, Oslo, 15 okt, 1999.

Sundgot-Borgen J. Vektregulering og spiseforstyrrelser. Etterutdanningskurs for leger, Drammen, 18 nov, 1999.

Sundgot-Borgen J. Kvinner, styrketrening og mental helse. Politihøgskolen, Oslo, 29 sept, 2001.

Sundgot-Borgen J. Kosthold, trening, helse og prestasjon. Norges Toppidrettsgymnas Geilo, Geilo, 5 okt, 2001.

Sundgot-Borgen J. Praktisk ernæringslære. Norges Toppidrettsgymnas Bærum, Oslo, 10 okt 2001.

Sundgot-Borgen J. Rett på sak. Norges gymnastikk og turnforbund, Oslo, 13 jan, 2002.

Sundgot-Borgen J. Er det mulig å forebygge spiseforstyrrelser. Helsetjenesten, idrettslag med trenere. Stord, 5 feb, 2002.

Sundgot-Borgen J. Vekst og utvikling sett i forhold til helse og prestasjon. Norges gymnastikk & turnforbund, Oslo, 13 feb, 2002.

Sundgot-Borgen J. Trener-utøverrelasjoner. Norsk Toppidrettsgymnas Lillehammer, langrenn. Lillehammer, 14 feb, 2002.

Sundgot-Borgen J. Kropp, vekt, helse og prestasjon. Molde Turn og RS, Molde, 17 feb, 2002.

Sundgot-Borgen J. Tenåringsmedisin – hvordan gi barn og unge en god følelse for egen kropp? Den norske lægeforening, Tromsø, 3 mars, 2002.

Sundgot-Borgen J. Hva gjør jeg hvis?? Sør-Trøndelag Idrettskrets, Trondheim, 8 april, 2002.

Sundgot-Borgen J. Helsefarlige sunnhetsidealer. Norske Kvinners Sanitetsforening, Oslo, 15 april, 2002.

Sundgot-Borgen J. Utbrenthet – hva er det og hvordan kan det forebygges? Statoil, Stavanger, 17 april, 2002.

Sundgot-Borgen J. Spiseforstyrrelser og doping. Høgskolen i Telemark, Bø, 18 april, 2002.

Sundgot-Borgen J. Menstruasjon, energibalanse og helse. Nord-Trøndelag Idrettskrets, Steinkjer, 22 april, 2002.

Sundgot-Borgen J. Etske dilemma knyttet til hverdagen som forsker. "Tvilseminar" Helsetjenesten, Bergen, 2 mai, 2002.

Sundgot-Borgen J. Kan vi forebygg fedme hos barn? Den norske lægeforening, Oslo, 6 mai, 2002.

Sundgot-Borgen J. Stressmestring. Friskvernkonferanse Helsetjenesten, Steinkjer, 22 mai, 2002.

Sundgot-Borgen J. Kosthold og prestasjon. Hedmark Idrettskrets, Steinkjer, 12 aug, 2002.

Sundgot-Borgen J. Ulike behandlingsregimer – hvilken effekt på hvem? Levanger sykehus, Levanger, 29 aug 2002.

Sundgot-Borgen J. Hvor mye er nok? Helsetjenesten, Hamar, 29-30 aug, 2002.

Sundgot-Borgen J. Effekten av fysisk aktivitet på vekt- og spiseforstyrrelser. Den norske lægeforening, Oslo, 12 sept, 2002.

Sundgot-Borgen J. Barn og fysisk aktivitet – hva vet vi om helseeffekter? Aust-Agder Idrettskrets, Arendal, 23 sept, 2002.

Sundgot-Borgen J. Stressmestring. Den norske Bank, kvalitetsdag, Sarpsborg, 28 sept, 2002.

Sundgot-Borgen J. Idrettsglede, helse og prestasjon. Hedmark Idrettskrets, Hamar, 2 okt, 2002.

Sundgot-Borgen J. Kvinner og idrett (grunnkurs 1 for leger). Norsk Idrettsmedisinsk institutt, Oslo, 8 okt, 2002.

Sundgot-Borgen J. Graviditet og trening (grunnkurs 1 for leger). Norsk Idrettsmedisinsk institutt, Oslo, 8 okt, 2002.

Sundgot-Borgen J. Hvordan legge forholdene til rette for å unngå utbrenthet hos unge utøvere. Idrettskretsen, Trener III kurs, Lillehammer, 15 okt, 2002.

Sundgot-Borgen J. Faktorer som påvirker prestasjon. Oppland Idrettskrets, Lillehammer, 24 okt, 2002.

Sundgot-Borgen J. Forebygging av spiseforstyrrelser – er det mulig? Rogaland Idrettskrets, Stavanger, 28 okt, 2002.

Sundgot-Borgen J. Vektregulering hos unge utøvere. Østfold håndballkrets, Moss, 29 okt, 2002.

Sundgot-Borgen J. Idrett, helse og prestasjon. Idrettens Studieforbund Hedmark og Hedmark Idrettskrets, Hamar, 5 nov, 2002.

Sundgot-Borgen J. Utbrenthet og prestasjonskulturer. Friskgårdskonferansen, Tingvoll, 7 nov, 2002.

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Imparting of knowledge

NRK PULS-redaksjonen:

15 innslag på kunnskapsformidlings program i helse magasinet PULS. Nettbasert arbeid etter sending hvor det svares på spørsmål knyttet til aktivitet, kosthold og kropp. <http://www.nrk.no/programmer/tv/puls/>

Magasinet PULS:

Helse og treningsekspert. Flere artikler om trening og helse

KK:

Treningsekspert. Flere artikler om trening og helse.

PhD students

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In program:

Ina Garthe: Vektregulering hos toppidrettsutøvere

Marianne Martinsen: Idrett, helse, kropp og prestasjon "Er det mulig å forebygge spiseforstyrrelser i idretten? "

Kjersti Karoline Danielsen: Fysisk aktivitet og sykkelig overvekt

Working groups

IOC working group on body composition, health and performance

IOC working group on the female athlete triad

IOC working group on healthy body image in sports

ACSM working group on female athlete triad

Norwegian council on physical activity