

*Helping you live  
well to learn well*

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# Collaborative Health and Eating Program (CHEP)

## About CHEP

Cornell Health's "Collaborative Health and Eating Program" is a coordinated, multidisciplinary team of providers who work together to support students struggling with disordered eating and related concerns.

CHEP team members are made up of medical, nursing, nutrition, psychiatry, and counseling providers. This multidisciplinary team approach has been shown to offer the highest standard of care for treatment of eating disorders.

## Who we serve

- Students who are struggling with disordered eating patterns, preoccupation with food, and/or body image
- Students who think they may have an eating disorder, or who have a history of an eating disorder
- Students of all sizes, genders, identities, and lived experiences

## CHEP services include ...

- Short-term individual and group counseling
- Psychotropic medication initiation and/or management
- Nutrition support and education
- Medical care including primary care and nursing support
- Referrals to outside services and treatment programs
- Coordination with other Cornell campus partners, including other healthcare providers, dining services, health leaves, and others, when appropriate and with permission from student
- Consultation about helping someone you care about

## CHEP providers can help you ...

- Evaluate and understand your individual nutritional needs
- Develop nutritional strategies to support your health, fitness, or performance
- Better understand the connection between food intake, metabolism, and physical and mental health
- Navigate barriers to balanced eating including managing time, food access, stress and anxiety, complicated food environments (dining halls, learning to cook for oneself), and competitive and recreational sports



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- Ensure that nutritional needs are being met related to a medical condition, food allergies, or specific intake needs
- Cultivate a more respectful, neutral and/or positive body image

## When to contact CHEP

- High stress or preoccupation regarding food, body image, weight, shape, or size
- Engaging in behaviors including skipping meals, fasting, cutting out food groups, vomiting, use of diet pills/laxatives, or over-exercising
- Binge eating or otherwise feeling out of control around food
- Negative impact on important aspects of your life, such as relationships, academics, physical or mental health
- Previous diagnosis of an eating disorder or current concern from friends, family, or mentors

## Appointments

Start by scheduling a nutrition, medical, or counseling appointment – whichever service feels like the best fit for you.

Schedule online or by phone: [health.cornell.edu/appointments](http://health.cornell.edu/appointments) or 607-255-5155.

## More information

Visit [health.cornell.edu/chep](http://health.cornell.edu/chep). You may also call Cornell Health at 607-255-5155, or email [cornellhealth@cornell.edu](mailto:cornellhealth@cornell.edu) (please do not share private health information by email).

