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

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 or 607-255-5155.

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

8/2022