

Live Well to
Learn Well

Web:
health.cornell.edu
Phone (24/7):
607-255-5155

Fax:
607-255-0269

Appointments:
Monday–Saturday

*Check web for hours,
services, providers,
and appointment
information*

110 Ho Plaza,
Ithaca, NY
14853-3101

Cornell Healthy Eating Program (CHEP)

Health and nutrition are vitally linked. How and what you eat affects your energy level, your academic performance, and your health. In fact, a positive relationship with food and your body is essential for physical and mental well-being.

What is CHEP?

CHEP, the Cornell Healthy Eating Program, is designed to help optimize your health and performance as a Cornell student through good nutrition knowledge and practice. CHEP provides integrated nutrition services within Cornell Health and is a resource for nutrition information, workshops, and program planning in the Cornell community. Students frequently consult with CHEP for individualized help with the following:

- Balanced food intake, dieting and weight
- Special nutrition needs, including sports nutrition, vegetarianism
- Nutrition-related health issues, including high cholesterol, hypertension, digestive problems, anemia, diabetes, food allergies
- Body image concerns, eating problems, eating disorders
- Other problems that affect nutrition, including stress, depression
- Concerns about someone else

Eating and body image

Attitudes about food and body image vary with each individual. For some, these issues can become an unhealthy obsession that may have serious medical consequences.

If you feel good about yourself psychologically, chances are you will feel positive about your body. However, stress, anxiety, or self-criticism may interfere with how you feel about your body. These feelings occur in everyone, but if unchecked, can impair your sense of well-being and ability to take good care of yourself.

For problems with eating or body image, whatever the level of intensity, treatment is the most successful and rapid means to recovery. Thus, it's a good idea to seek help, whether you think a problem is mild or serious. Research has shown that a team treatment approach provides the most effective care for eating problems.

CHEP is available to help students with nutrition, medical, and psychological information, evaluation, and care on campus. CHEP also provides specialized referrals for treatment outside the scope of services at Cornell Health. CHEP's goal is to provide the level of comprehensive care needed to address your specific needs.



Students consult with CHEP about a variety of nutritional needs and related health concerns

Concern about someone else

Family, friends and others can play an important role in helping a person with an eating problem. If you are concerned about someone, take time to prepare by learning about eating disorders, resources for treatment, and how to talk with the person.

Cornell Health provides web information and a fact sheet on how to talk to someone you're concerned about. CHEP can assist you by discussing interventions and strategies that might be most effective.

Appointments

To make an appointment with CHEP, call Cornell Health during regular hours at 607-255-5155, or go online to myCornellHealth. For more information about programs and materials, call 607-255-4782.

CHEP and nutrition information

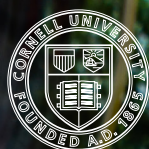
More detailed information about CHEP, eating well, body image, eating problems, special nutrition topics, helping a friend, are available at health.cornell.edu/CHEP.

On- and off-campus resources

Cornell and the surrounding community have many additional resources relating to nutrition (see list at end of document). Please visit health.cornell.edu for more comprehensive listings.

1. Additional Cornell resources

- Body Positive Cornell is a community that fosters body acceptance and offers peer-led groups and programming; visit: health.cornell.edu/bodypositive.
- Cornell Dining has managers, a dietitian, and chefs to answer questions about food, special diets and meal planning at campus dining halls; visit living.cornell.edu/dine or call 607-255-5368.
- Cornell Fitness Centers offer group programs; visit recreation.athletics.cornell.edu/fitness.



- Cornell Wellness Program offers classes on nutrition and cooking: many recipes and food demo videos are also available online; visit recreation.athletics.cornell.edu/wellness.
- EARS (Empathy Assistance & Referral Service) has trained student volunteers at a walk-in and telephone counseling and referral service at Willard Straight Hall; visit dos.cornell.edu [search "ears"] or phone 607-255-EARS.
- There are various on-campus programs to help connect students to affordable food options including Anabel's Grocery and Bread N Butter food pantry.
- Swipe Out Hunger takes donated meal swipes from students and distributes them to fellow students, to be used in the All You Care to Eat Dining Halls. For information on receiving meal swipes; visit living.cornell.edu/dine/howweare/swipe-out-hunger.cfm.

2. Community resources and counseling

- Cayuga Center for Healthy Living (at Island Health and Fitness) has individual nutrition counseling, diabetes education, and weight loss classes in partnership with Cayuga Medical Center, phone 607-252-3590.
- Cornell Cooperative Extension of Tompkins County is an excellent resource for educational materials and programs. Visit ccetompkins.org or phone 607-272-2292.
- Upstate New York Eating Disorder Service provides comprehensive treatment for eating problems and weight management; unyed.com or phone 607-732-5646.

3. Local food assistance

- Human Services Coalition of Tompkins County offers an online food resource schedule, including listings for local food pantries and free community meals: hsctc.org/211food.
- Nutrition Outreach and Education Program at Catholic Charities provides free and confidential prescreening for SNAP, Supplemental Nutrition Assistance Program: 607-272- 5062 ext.13. SNAP helps individuals and households purchase food by helping to supplement food budgets. Visit: fns.usda.gov/snap/supplementalnutrition-assistance-program.

- Tompkins County Department of Social Services also provides local assistance with SNAP, phone 607-274-5201.
- WIC (Women, Infants and Children) Nutrition Program, phone 607-274-6630 or wicstrong.com.

4. Some recommended reading

- The American Heart Association has many cookbooks with recipes and information for managing cholesterol and blood pressure: heart.org.
- *Intuitive Eating* by Evelyn Tribole and Elyse Resch outlines strategies to move away from diets and trust the body's natural hunger and satiety signals.
- *Life Without Ed* by Jenni Schaefer is a great introductory book to eating disorders that outline's one person's recovery.
- *Nancy Clark's Sports Nutrition Guidebook* provides great information on food and nutrition for athletes.
- *Surviving an Eating Disorder: Strategies for Family and Friends*, by Siegel, Brisman, and Weinschel is an excellent guide on what to expect from an eating disorder and how to provide support.
- *The Vegetarian Way*, by Virginia and Mark Messina is a good source book on vegetarian nutrition and eating.

5. Websites and phone numbers to link you with nutrition information

- American Diabetes Association has an extensive website at diabetes.org, phone 800-DIABETES (800-342-2383).
- Academy of Nutrition and Dietetics has online fact sheets at eatright.org and a consumer hotline at 800-366-1655.
- American Heart Association provides information about heart disease prevention and treatment at americanheart.org, phone 800-242-8721.
- FDA Center for Food, Safety and Applied Nutrition has food and supplement safety and labeling information at fda.gov and a hotline at 800-FDA-4010.
- Food and Nutrition Information Center of USDA lists information for various age groups, government resources for nutrition assistance, and online consultation at nal.usda.gov/fnic, with a call-in specialist at 301-504-5414.
- Columbia University's Go Ask Alice! offers timely q's & a's about fitness and nutrition at goaskalice.columbia.edu.

- Gurze Books carries a wide selection of books about eating disorders and links to other organizations, at bulimia.com with free print catalogs available, phone 800-756-7533.
- National Eating Disorders Association provides information on eating problems and referrals for treatment across the US. Visit nationaleatingdisorders.org or phone 800-931-2237.
- National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) provides information about weight loss and nutrition in digestive disorders and other illnesses at niddk.nih.gov.
- National Osteoporosis Foundation offers information and materials on bone health and osteoporosis prevention at nof.org 800-223-9994 or 800-231-4222.
- US Dept of Agriculture website has helpful nutrition information at nutrition.gov.
- Vegetarian Resource Group has many print resources available on vegetarian nutrition at vrg.org.

Wondering if you might have an eating disorder? Ask yourself if you ...

- Feel excessively concerned with weight and appearance?
 - Argue internally about what and how much to eat?
 - Spend so much time thinking about calories and meal planning that it interferes with daily activities?
 - Feel guilty or like a failure after eating certain foods or more than planned?
 - Try to stay below a certain number of calories or fat grams each day?
 - Exercise compulsively or feel terrible if a day of exercise is missed?
 - Feel good about being hungry or not eating?
 - Let the scale determine whether it's a "good" or "bad" day?
 - Binge eat?
 - Vomit after meals or following a binge?
 - Use laxatives or water pills (diuretics)?
- Look carefully at your replies. Any of the above can be associated with an eating disorder, and "yes" answers indicate that professional support would be beneficial.