

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 long-term and short-term 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 Gannett, as well as outreach to Cornell students and staff. CHEP is a great resource for nutrition information, workshops and program planning in the Cornell community.

The CHEP team has expertise in helping students who have nutrition concerns or eating problems. Cornell students frequently consult with CHEP for individualized assistance with the following:

- Balanced food intake, dieting and weight
- Special nutrition needs, including sports nutrition, vegetarianism
- Body image concerns, eating problems, eating disorders
- Nutrition-related health issues including high cholesterol, hypertension, digestive problems, anemia, diabetes, food allergies

- Other problems that affect nutrition, including stress, depression
- Concerns about someone else

CHEP is available to help Cornell 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 Gannett. The goal is to give the comprehensive, multidisciplinary care that may be needed to address your specific needs.

Eating and body image

Attitudes about food and body image vary with each person. For some, these issues can become an unhappy and unhealthy obsession. While these problems are sometimes mild, many have serious or even life-threatening medical consequences.

If you feel good about yourself psychologically, chances are you will feel positive about your body. However, stress, anxiety, self-criticism, or a low sense of self-worth may interfere with how you feel about and treat your body. These feelings occur in everyone, but if they intensify and go unchecked, they can impair your sense of wellbeing 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 for a problem, whether you think it's mild or serious. Research and experience have shown that a team treatment approach provides the most effective care for eating problems.

Concerns about someone else

Family, friends and others who take an active concern can play an important role in helping a person with an eating disorder. If you are concerned about someone else, take some

To determine if you might benefit from visiting CHEP, 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 and 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 most beneficial.

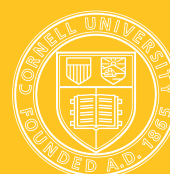
time to prepare by learning about eating disorders, resources for treatment, and how best to talk to the person with a potential problem. The CHEP website has more information and a factsheet on how to talk to someone you're concerned about. CHEP can assist you by discussing the interventions and strategies that might be most effective.

CHEP appointments

To make a CHEP appointment, call Gannett during regular hours at 255-5155 and listen for the CHEP prompt.

Learn more about CHEP

More detailed information about CHEP and links to other resources including other websites are available at www.gannett.cornell.edu/CHEP.



Further information

Cornell and the surrounding community have many additional resources relating to nutrition. Below are lists of selected local resources, recommended reading, and national organizations. Please visit the CHEP website for more comprehensive resources.

1. Additional Cornell resources

- Cornell Dining has managers, a dietitian, and chefs who can answer questions about food, special diets and meal planning at the campus dining halls. Contact the Dining Office at 206 RPCC, dining@cornell.edu, phone 255-5368.
- Cornell Wellness Program offers classes on nutrition and weight loss; visit <http://bigred2.athletics.cornell.edu/wellness> or phone 255-3886 or 3703. Individual counseling is available for Wellness Center and Fitness Center members.
- EARS (Empathy Assistance & Referral Service) has trained volunteers at a walk-in and telephone peer counseling and referral service at Willard Straight Hall; phone 255-EARS.
- Gannett Health Promotion (Level 3) has a selection of brochures, fact sheets, videos, and posters, some of which are available on the Gannett website. In conjunction with CHEP, Health Promotion can help you design a workshop on a range of nutrition topics, phone (255-4782).

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 252-3590.
- Cornell Cooperative Extension of Tompkins County is an excellent resource for educational materials and programs. See www.cce.cornell.edu/tompkins or phone 772-2292.
- Nutrition Clinic of Elmira provides comprehensive treatment for eating problems and weight management; phone (607) 732-5646.
- The community surrounding Cornell provides many additional options for nutrition counseling. Check the yellow pages or the CHEP website for a partial listing of Registered Dietitians.

3. Local food assistance

- Loaves and Fishes serves daily meals at the soup kitchen at St. John's Episcopal Church in Ithaca, phone 272-5457.

- Nutrition Outreach and Education Program at Catholic Charities provides free and confidential prescreening for the Food Stamp Program: 272-5062 ext. 21.
- Tompkins County Food Distribution Network (food pantries) lists locations and hours at www.tompkinsfood.org or phone 273-5682.
- Tompkins County Department of Social Services provides Food Stamps for low-income households to purchase food, phone 274-5343.
- WIC (Women, Infants and Children) Nutrition Program, phone 274-6630.

4. Some recommended reading

- *The American Heart Association Cookbook*—recipes and information for managing cholesterol and blood pressure.
- *Nancy Clark's Sports Nutrition Guidebook*—great information on food and nutrition for athletes.
- *Surviving an Eating Disorder: Strategies for Family and Friends*, by Siegel, Brisman and Weinschel—an excellent guide on what to expect from an eating disorder and how to provide support (available at the Gannett Pharmacy).
- *The Vegetarian Way*, by Virginia and Mark Messina—a good sourcebook on vegetarian nutrition and eating.

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

- American Cancer Society has information about nutrition in the prevention and treatment of cancer, at www.cancer.org, phone (800) ACS-2345.
- American Diabetes Association has an extensive website at www.diabetes.org, phone (800) DIABETES (800-342-2383).
- American Dietetic Association has online fact sheets at www.eatright.org and a consumer information hotline at (800) 366-1655.
- American Heart Association provides information about heart disease prevention and treatment at www.americanheart.org, phone (800) 242-8721.
- FDA Center for Food, Safety and Applied Nutrition has food and supplement safety and labeling information at www.cfsan.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 nutri-

tion assistance, and online consultation at www.nal.usda.gov/fnic, with a call-in specialist at (301) 504-5414.

- Go Ask Alice! is the Columbia University website, with timely q's & a's about fitness and nutrition at <http://www.goaskalice.columbia.edu/Cat3.html>.
- Gurze Books carries a wide selection of books about eating disorders and links to other organizations, at www.bulimia.com with free print catalogs available, phone (800) 756-7533.
- National Cancer Institute has information about nutrition in the prevention and treatment of cancer, at www.cancer.gov, phone (800) 4-CANCER.
- National Eating Disorders Association provides information on eating problems and referrals for treatment across the US. Visit www.nationaleatingdisorders.org or phone (800) 931-2237.
- National Heart Lung and Blood Institute has online resources and printed literature including diet and treatment guidelines for hypertension and other conditions at www.nhlbi.nih.gov, phone (301) 592-8573.
- National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) provides information about weight loss and nutrition in digestive disorders and other illnesses at www.niddk.nih.gov.
- National Osteoporosis Foundation offers information and materials on bone health and osteoporosis prevention at www.nof.org (800) 223-9994 or 231-4222.
- US Dept of Agriculture website has links to the Food Pyramid Guide and other nutrition information at www.nutrition.gov.
- Vegetarian Resource Group has information on vegetarian nutrition with many print resources available at www.vrg.org.

This nutrition information is provided by the Cornell Healthy Eating Program (CHEP) at Gannett Health Services. See hours and contact information below.

Fall and Spring Semester Hours:

Monday-Friday	8:30 am-5:00 pm
Saturday	10:00 am-4:00pm
Sunday	building closed

Check the web for hours during breaks, winter and summer sessions: www.gannett.cornell.edu

e-mail: gannett@cornell.edu

255-5155 anytime (24/7)

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