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 Gannett and is a resource for nutrition information, workshops, and program planning in the Cornell community.

Cornell 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 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, 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 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. CHEP’s goal is to provide the level of comprehensive care needed to address your specific needs.

Concerns about someone else
Concerned 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.

The Gannett 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.

To determine 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 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 beneficial.

Appointments and information
To make a CHEP appointment, call Gannett during regular hours at 255-5155 and listen for the CHEP prompt. For more information about programs and materials, call 255-4782.

CHEP website
More detailed information about CHEP, eating well, body image, eating problems, special nutrition topics, helping a friend, and links to other resources are available at www.gannett.cornell.edu/CHEP.

Further nutrition information
Cornell and the surrounding community have many additional resources relating to nutrition (see back). Please visit the CHEP website for more comprehensive listings.
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; visit http://dining.cornell.edu or phone 255-5368.
   - Cornell Wellness Program offers classes on nutrition and weight loss; visit http://wellness.cornell.edu. 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; visit http://ears.dos.cornell.edu or phone 255-EARS.

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 252-3990.
   - Cornell Cooperative Extension of Tompkins County is an excellent resource for educational materials and programs. See www.cce.cornell.edu/tompkins or phone 272-2292.
   - 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**
   - Human Services Coalition of Tompkins County offers an online food resource schedule, including listings for local food pantries and free community meals: www.hsctc.org [search “schedule”].
   - 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 Department of Social Services provides Food Stamps for low-income households to purchase food, phone 274-5343.
   - WIC (Women, Infants and Children)

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 Weinsel — an excellent guide on what to expect from an eating disorder and how to provide support (this book and other recommended reading available at Uris Library in “Self-help books” section).
   - *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).
   - Academy of Nutrition and Dietetics 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 nutrition 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 www.goaskalice.columbia.edu.
   - 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 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.

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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:**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>M, Tu, Th, F</td>
<td>8:30 am-5:00 pm</td>
</tr>
<tr>
<td>Wednesday</td>
<td>9:30 am-5:00 pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>10:00 am-4:00 pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>building closed</td>
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</tbody>
</table>

Check for break hours: www.gannett.cornell.edu

phone: 255-5155 anytime (24/7)

110 Ho Plaza, Ithaca, NY 14853-3101

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This information is intended for general reference purposes only. It is not intended as an endorsement or exclusion of services. Please talk with a Gannett staff member if you have questions, concerns, or would like to suggest additional resources we might include in the future.