

Eating Disorders – Are You Aware?

Food and body image thoughts can impact relationships, what you attempt to do, how happy you feel, and even how you take care of yourself. Eating disorders are mental health issues with specific psychological diagnoses. They are at the far end of the continuum of food and body image thinking that progresses from well-minded to concerned, to preoccupied, then obsessed, and finally disordered.

It is a varied path to becoming truly disordered, but the sooner you are aware of the direction you are heading and get help, the quicker you are on the road to recovery. Truly regaining control over your life will bring peace with your body and give you freedom to engage in your treasured relationships and goals.

At the *National Eating Disorders Association* website, search for “7 Signs That You or Someone You Care About May be Struggling with an Eating Disorder.” Also, under the “Learn” tab, you will find a wealth of information for those who are suffering, their friends, families, treatment providers, educators, and coaches.

Closer to home, the UA has amazing mental health (520-621-3334), nutrition (520-621-6483), and medical (520-621-9202) resources at the Campus Health Service to help you with disordered eating issues and other mental and medical health problems.

These services are convenient and student-centered. This is a great time of life to take charge and get help.

What else can you do to increase your awareness, understanding, and prevention of eating disorders?

- **Attend FREE movie, *EMBRACE*, tonight (2/22/17)**, 6pm, at the Gallagher Theater. This new documentary explores the global issue of body dissatisfaction, inspiring us to change the way we feel about ourselves and our bodies.
- Check out the **UA Body Smart Initiative website for programs and events** on campus, at bodysmart.arizona.edu, including:
 - **Body Smart Club** - to help build a community of UA students with body image resiliency. Next meeting, Wednesday, March 1, 5pm, Campus Health, 3rd floor, in Health Promotion, entrance D301. All are invited!
 - **Body Smart Discussions with experts** – next is *Body Image Across the LGBTQIA Spectrum*, Wednesday, March 8, 5pm, Campus Health, 3rd floor, room B307.
 - **Body Smart Peer-led Workshops** for your club, Res Hall, sorority, or for a group of friends. Call 520-621-6483, ask for Charlotte Musgrove, student coordinator.



CAMPUS HEALTH

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Food and nutrition services (including healthy eating, cooking skills, weight management, digestive problems, hormonal and cardiovascular diseases, and eating disorders) are offered year-round at Campus Health. Call (520) 621-6483 to make an appointment.