

College Students at Risk:

Approximately 15% of college women and a rising number of men suffer from eating disorders. Forty-three percent of this population report an onset of this behavior between the ages of 16 and 20.

What is an Eating Disorder?

There are three common types of eating disorders, which may at times overlap:

Anorexia Nervosa: is a disruption of normal eating habits characterized by excessive dieting, self-starvation, compulsive exercising, and loss of minimally 15% of normal body weight. There is an intense preoccupation with food, body size and fear of being fat. There are many dangerous and potentially life threatening side effects to this disorder.

Bulimia: is a cycle of uncontrolled binge eating followed by purging through vomiting, the use of laxatives or excessive exercise. For the most part, a binge consists of consuming large quantities of food, but sometimes a person may purge after a normal or even small intake of food. Bulimia can occur infrequently or can become an extremely debilitating pattern that absorbs all of a person's time, energy and money. As with anorexia, there are many potentially dangerous health risks associated with this disorder.

Binge Eating: is characterized by consuming large quantities of food typically in response to stress. Excessive weight gain is a common outcome.

What Causes an Eating Disorder?

There are many theories about the cause of eating disorders including cultural influences, family patterns, psychological issues and biological components. Surprisingly, development of an eating disorder can be viewed as an attempt to solve a complex set of emotional and psychological difficulties. Often the person with an eating disorder is seeking security and self-protection in the only way they know. Because an eating disorder is a "solution", no matter how dangerous or self-destructive, it is difficult to give up. A supportive intervention program that addresses the physical, behavioral, and emotional aspects of an eating disorder is essential for effective treatment.

What Help is Available on the U.C. Davis Campus?

A student can begin the process of recovery in many different ways. The campus units available to help, coordinate their efforts to provide comprehensive services. You can seek help at the location where you feel most comfortable. All services are confidential. You can change your behavior and these University resources have staff available to help you.

- Counseling and Psychological Services (CAPS)
- Cowell Student Health Center
- The House
- Residence Halls
- Intercollegiate, Intramural, and Club Athletics
- Women's Resource and Research Center

CAPS offers the following confidential services:

- Individual evaluation
- Brief individual psychotherapy
- Psychiatric consultation and medication evaluation
- Brief psycho-educational groups
- Long-term group psychotherapy
- Referral for long-term individual psychotherapy and individual inpatient treatment programs
- Consultation to faculty, staff and students
- Educational programs
- Referral and coordination of treatment with health providers at Cowell Student Health Center

You can schedule an intake with a counselor or we have walk in services available from 8:00 am to 4:30 pm, Monday - Friday at CAPS, 219 North Hall, or for an appointment, call 752-0871.

Cowell Student Health Center offers the following confidential services:

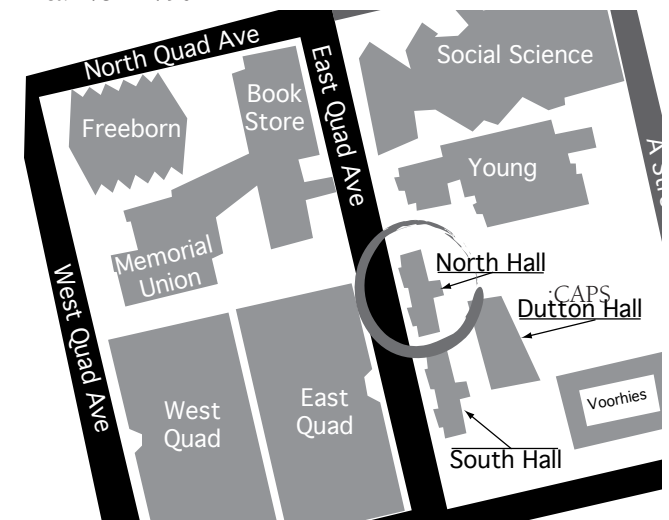
- Medical examination and assessment of health status and physical risks due to an eating disorder.
- Nutritional counseling by professional staff.
- Referral and coordination of treatment with CAPS staff who provide psychological assessment and intervention
- Educational programs, peer education and referrals provided by Health Education & Promotion.

To make an appointment at Cowell Student Health: 752-2300

The House offers the following confidential services:

- Brief peer counseling
- Referral assistance
- Educational programs

For services at The House, (TB 16) across from Regan Hall, call 752-2790



Residence Halls:

Directors and Resident Advisors are trained to provide supportive assistance and appropriate referral. Contact your area coordinators or resident advisor for a confidential consultation.

Intercollegiate, Intramural, & Club Athletics:

The staff and coaches of the Intercollegiate Athletic Department, Pavilion and Activities and Recreation Center (ARC) are very aware of the problems students and student athletes may face. Students involved in athletic competition may be vulnerable to disordered eating habits, unhealthy diets and/or poor body image. A coach, athletic trainer, sport consultant, peer counselor in athletics (PCA) or staff member can be helpful in finding referral resources and the support needed to address these concerns. Concerns addressed with athletic trainers, sport consultants and PCAs are confidential.

- To reach an athletic trainer call 752-7515
- To reach a sport consultant call 752-0871
- To reach a peer counselor in athletics (PCA) call 754-7103

Women's Resources and Research Center

- Campus outreach and programming on body image
- Campus referrals
- Information on "how to help a friend"
- Body image and eating disorders book list
- Library resources
- Student computers
- Community therapist binder
- A safe environment

You can come by to visit us on the 1st floor of North Hall between 8am and 5pm and even during the lunch hour, Monday - Friday. Call us at 752-3372 or check out our website at <http://wrrc.ucdavis.edu>

RESOURCES

National Association of Anorexia Nervosa and Associated Disorders (ANAD)
(708) 831-3438
<http://www.anad.org>

Eating Disorders Awareness and Prevention
(206)382-3587
(800)931-2237
www.edap.org

Anorexia Nervosa And Related Eating Disorders, Inc. (ANRED)
www.anred.com/tx.html

Books: Most are available in the WRRC library in North Hall

[Feeding the Hungry Heart](#) by Geneen Roth

[Father Hunger: Fathers, Daughters and Food](#) by Margo Maine

[The Deadly Diet: Recovering from Anorexia and Bulimia](#)
by Terence J. Sandbeck

[Overcoming Overeating: Living in a World of Food](#)
by Jane R. Hirschman and Carol H. Munter

[The Golden Cage: The Enigma of Anorexia Nervosa](#)
by Hilde Bruch

[Fat is a Feminist Issue I & II](#) by Susie Orbach

[Wasted: A Memoir of Anorexia and Bulimia](#)
by Marya Hornbacher

CAPS
Counseling And Psychological Services
219 North Hall
University of California
Davis, California 95616-8568
(530) 752-0871
www.caps.ucdavis.edu



Understanding Body Image, Problematic Eating, and Eating Disorders

and

Finding Resources at UC Davis

"Losing weight is one thing,
losing perspective is another..."

University of California, Davis