

# MYTH

of the Freshman 15  
(Albers, 2003)

We all need to take care of our bodies and make sure that we are fueling them with a nutritional balance of foods.

But we don't need to let the way our bodies curve or don't curve determine how we feel about ourselves or how we live our lives.

## JUST BECAUSE YOU ARE IN COLLEGE DOES NOT MEAN YOU AUTOMATICALLY GAIN WEIGHT...

Research has not found evidence of this supposed 15 pound weight gain.

(Hodges et al., 1993)

Belief in the "Freshman 15" actually promotes a culture of dieting which can be harmful.

Graham & Jones (2002) found that "freshmen who were concerned about gaining 15 pounds were more likely to have poorer body image than others."

Studies have indicated that 35% of dieters progress to "pathological" dieting.

Of those, 20-25% progress to eating disorders.

(Shisslak & Crago, 1995)

### For help and information, please visit:

<http://wrrc.ucdavis.edu/abide>

Counseling Services (CAPS) - North Hall, 752-0871

Cowell Student Health Center - 752-2300

Women's Center - North Hall, 752-3372

Fitness & Wellness Center at the ARC - 754-2179

KEEP YOUR FOCUS  
ON **HEALTH & WELLNESS**  
RATHER THAN WEIGHT LOSS