



Resources and Improvements for Nutrition and the Treatment of Eating Disorders at the University of Dayton

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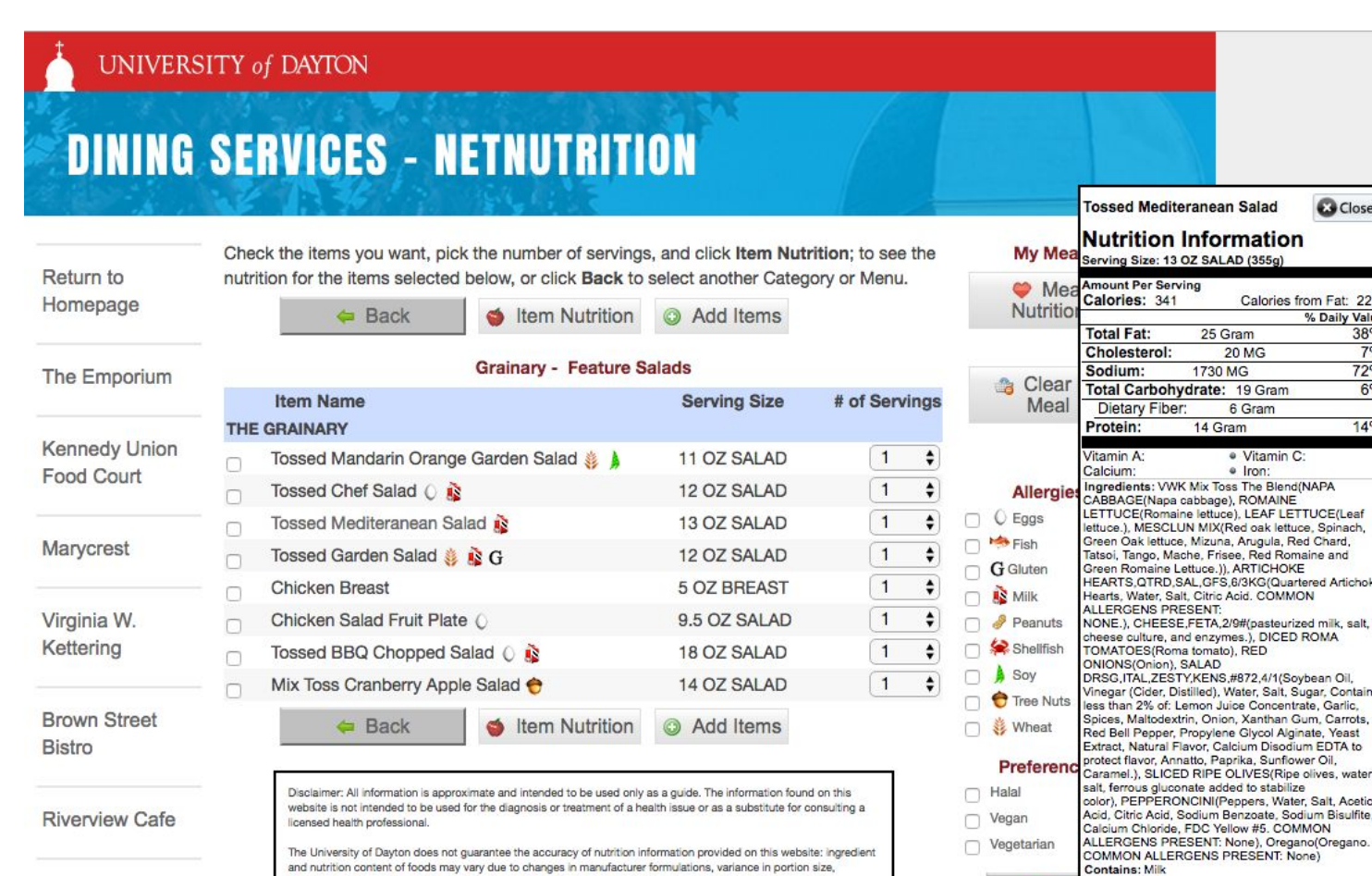
Purpose

- Staying healthy while eating on a meal plan
- Improve existing resources for tracking meals on campus
- Increase awareness for eating disorder resources on campus
- Provide more resources for eating disorder prevention and recognition



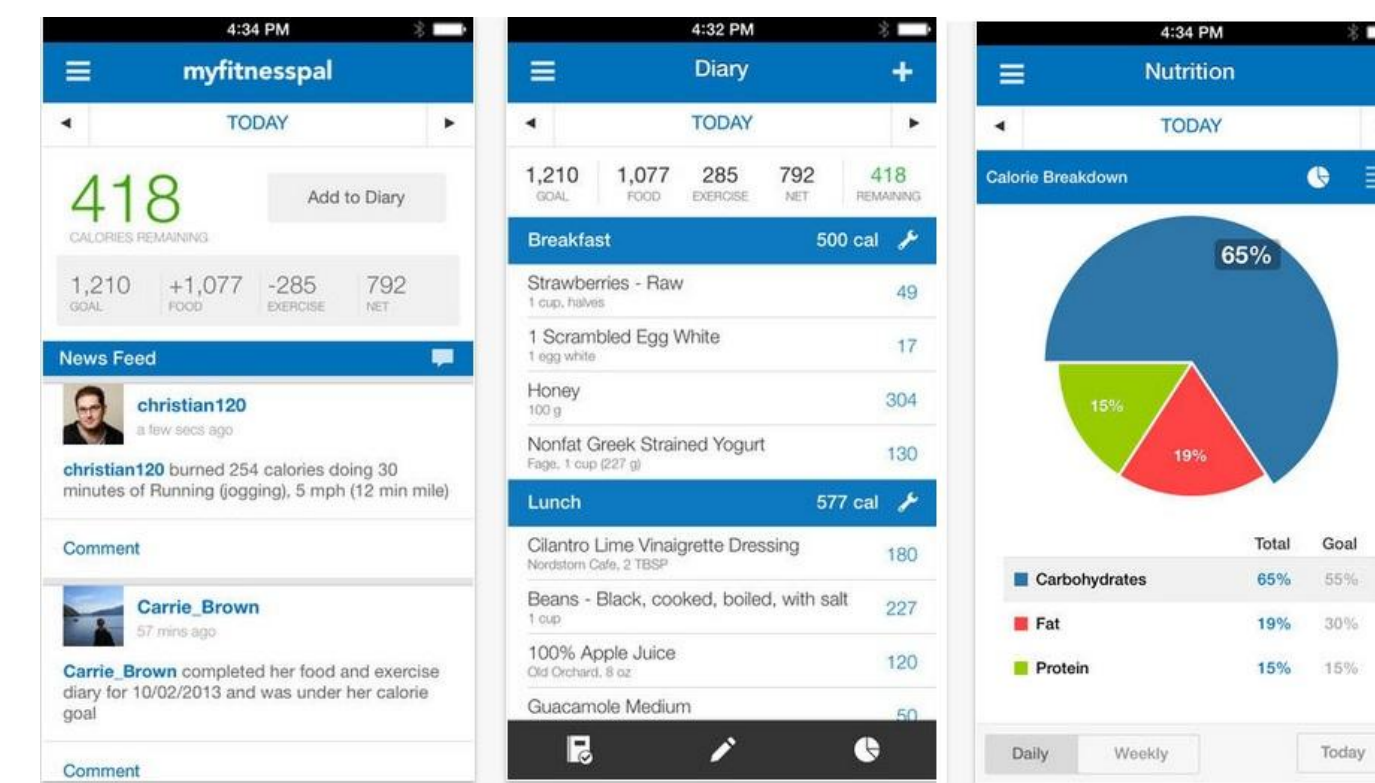
Nutrition: Background

- Food Allergies
 - A+ Room in Marycrest - requires permission
 - Gluten-Free options in all dining halls
- Cultural Considerations
 - VWK's Passports offers Halal meat
- NetNutrition - online nutrition tracking for UD's food
- Joan Bauman, R.D.



Nutrition Resource Improvements

- Eliminate NetNutrition and add all dining hall foods into MyFitnessPal
- Add calories onto menus of all dining hall menus



Eating Disorders: Background

- Eating Disorder - severe changes in eating patterns linked to physiological changes
- Disordered eating - variety of irregular short-term changes in eating behavior related to stress, illness, or desire to modify diet for health or appearance reasons

Current Resources

- Counseling Center
- Eating Concerns/Body Image Discussion Group
- Full time nutritionist on campus
- Recovery centers in the area (Lindner Center of Hope, Eating Recovery Center, The Emily Program)

Eating Disorder Resource Improvements

- Speak at CBM meetings on freshman girls floors in the dorms to raise awareness for how to recognize the signs and symptoms of an eating disorder.
- Create an online chat through the counseling center website to provide anonymous support outside of business hours.
- Increase staffing at the counseling center to provide more appointments to students

Conclusion

- Many resources are available for students on nutrition related topics, including healthy meal choices and concerns with eating disorders.
- There are many improvements that can be made to these resources, as well as addition of resources that can be implemented to better the nutritional health of students at UD.

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