



REFLECTIONS

offers the following services:

- Medical evaluation
- Behavioral assessment
- Behavior change counseling
- Psychological services
- Nutrition planning
- Exercise adherence counseling

If you believe that you could benefit from any of these services, please contact **REFLECTIONS** at the Department of Health Promotion

479-575-2817

Mission Statement

The Pat Walker Health Center, University Health Services provides professional and comprehensive medical care, mental health care, health education, and health promotion for a diverse community of students, faculty, and staff. We, the University Health Services Staff of the Pat Walker Health Center, have a commitment to physical, mental, spiritual, social, and emotional health, the highest standards of quality, and appreciation of the value of each individual. Through these endeavors we support the educational mission of the University of Arkansas and the growth of each individual.

Pat Walker Health Center University Health Services

525 N. Garland Avenue
Fayetteville, AR 72701

(479) 575-4451
TTY (479) 575-4124

Website: health.uark.edu



Accredited by
**Accreditation Association
for Ambulatory Health Care**

*A Member of
the Division of Student Affairs*



UNIVERSITY of ARKANSAS

1871



University Health Services

REFLECTIONS:

Linking Health & Body Image



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INDEPENDENCE... EATING WELL.... STAYING STRONG.....

The key to preventing eating disorders is identifying and changing the conditions which promote the three D's:

- Dissatisfaction with body
- Dieting
- Drive for Thinness

Cultural norms that value people on the basis of physical appearance, the glorification of thinness, and a narrowly defined concept of beauty have helped to create a culture in which millions of individuals spend their lives obsessed with dieting rather than with health and living.

REFLECTIONS . . .

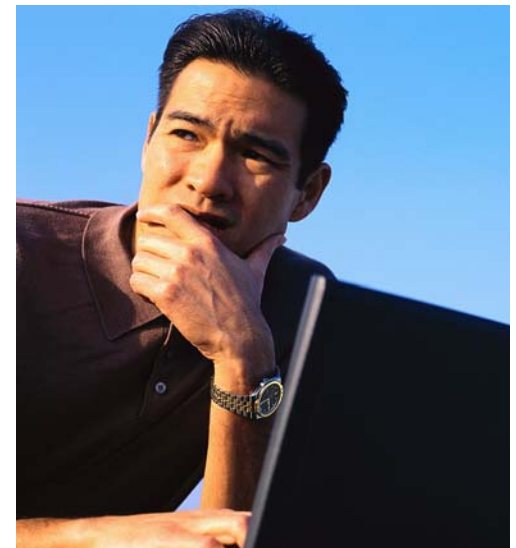
Strives toward the goals of body acceptance and lifelong health.

Do you ever feel that food and dieting are controlling your life?

- Do you worry about gaining weight?
- Do you avoid certain foods because of their fat, sugar, or carbohydrate content?
- Do you continually think about being thinner?
- Are you bothered by the thought of having fat on your body?
- Do you feel guilty after eating?
- Do your concerns or behaviors about eating cause you distress?
- Do your concerns or behaviors about eating or weight interfere with your relationships with family or friends, your academic performance or your physical performance?
- During the past 6 months have you exercised to control weight even if you were injured, sick, or against a doctors orders?
- During the past 6 months has exercising to control weight interfered significantly with other activities?

Answering YES to any of the previous questions may indicate a problem with food, body image, or even an eating disorder.

May it's time to REFLECT...



To talk with someone in a confidential setting about any concerns regarding nutrition or body image, call

REFLECTIONS

(479) 575-2817

