

UCC NURSING STUDENTS

NEWS RELEASE

For Immediate Release
October 29, 2001

Healthy Lifestyles Decrease the Risk of Students Developing Disordered Eating Habits.

UCC – Studies at UCC on the wellness of students have demonstrated that the six issues that affect student health are: stress, depression, alcohol use, relationship issues, and sexual health. These six issues are common factors which contribute to disordered eating.

The term disordered eating refers to severe illnesses such as anorexia and bulimia as well as what may be considered poor eating habits, such as skipping a meal. It is believed that disordered eating is a health issue for a significant number of the population. A recent study done in Ontario stated that 80% of girls are dissatisfied with their appearance.

In order to create awareness regarding these issues a week long campaign will be held at UCC. Heather Scatchard and Jessie Lewis, 4th year nursing students, have organized the following events:

Monday November 5th : Informational booth

- 11:30-12:30 in Campus Activity Center
- 12:30-1:30 in Student Street (Old Main)

Tuesday November 6th : Presentation by Carla Carter BSW

- Discussing stress, self esteem, and relationship issues
- 12:00-1:00 Arts and Education (AE) room 262

Wednesday November 7th : Video Presentation

- Killing Us Softly 3: Advertising's Image of Women
- 12:00-1:00 Old Main room 2612

Thursday November 8th : Presentation by Terry Turrif Registered Dietitian/Nutritionist

- Discussing proper nutrition and a healthy lifestyle
- 12:00-1:00 Arts and Education (AE) room 262

We hope to see you there!

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For more information contact: Heather 377-8851 or Jessie 554-9564.