

Macalester Health & Wellness Center
Eating and Body Image Issues
Guidelines

Macalester College is committed to promoting the personal growth and development of our students who may struggle with eating and body image issues. Macalester offers confidential, respectful, collaborative space in which to explore needs and concerns.

Macalester Health & Wellness Center can provide **support in maintaining stable, healthy eating patterns achieved through previous therapy for an eating disorder**. Students with a previous diagnosis and treatment of an eating disorder may meet with a counselor for 10 sessions per academic year for support. Persons needing more than transition support often benefit from a multidisciplinary approach utilizing the skills of nutritionists, dietitians, physicians and ongoing psychiatric support. Such support is only available via off campus resources (see [Eating Concerns](#) web page).

Macalester Health & Wellness Center can provide **gateway assistance to students who may be struggling with disordered attitudes about food, eating habits and body image or who are coming to terms with a long term eating disorder for the first time**. Students with no formal diagnosis but with significant eating disorders issues may meet with a counselor for 10 sessions per academic year to initially explore their concerns, then they will be referred to a clinic with a multidisciplinary approach utilizing the skills of nutritionists, dietitians, physicians and ongoing psychiatric support. Such support is only available via off campus resources (see [Eating Concerns](#) web page).

Macalester Health & Wellness Center can provide **support and assistance to students who express concern about being overweight**. For students who exhibit no significant health issues, they will inventory their eating and behavior with a nurse practitioner, be asked to keep a 3-day diet diary and be referred to counseling. Other support can often be helpful (see [Eating Concerns](#) web page).

Macalester Health & Wellness Center can provide **gateway assistance to students who express concern about being overweight and who struggle with significant health issues** (ex. Type 2 diabetes). Students may meet with a nurse practitioner and inventory their diet and lifestyle choices. Persons experiencing eating/medical issues must make use of a multidisciplinary approach utilizing the skills of nutritionists, dietitians, physicians and ongoing psychiatric support. Such support is only available via off campus resources (see [Eating Concerns](#) web page).

Macalester Health & Wellness Center also provides **services for those who are concerned** about someone whom they believe is struggling with an eating disorder of any type. An individual consultation, in person or over the telephone, is available as requested with either a psychologist or nurse practitioner. Such a consultation may include education about eating issues, how to communicate about these issues, and appropriate supportive behavior.

Please call +1-(651)-696-6275 or stop by our location in the Leonard Center.