



# Alcohol and Substance Abuse Newsletter

The College Diet

Issue 4  
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## Not a Meal Replacement

By Richie Kenney

New Year's Resolutions usually involve people setting unrealistic goals such as going to the gym five days a week, or losing 20 pounds within a month. Although both of these are possible, they usually fall through and are never achieved. Some would argue that these goals were not achievable without some sort of aid, and that aid usually is in the form of a nutritional supplement. Many men that regularly go to the gym use some sort of nutritional supplement; the most popular of these being the protein shake, which increases energy, and helps promote faster recovery after a workout. There are no significant negative side effects to having protein shakes before or after one works out, however, they can become a problem if the shake is all the person is having for a meal during the day and then going to the gym.

The average protein shake contains about half of the protein that a person should consume in a day (based on

a 2,000 calorie diet). After having a protein shake one feels full, but truly is not, because all of the benefits from the shake only benefit the muscles, and not the rest of the body. Although one feels full after drinking the shake and thinks that it is a meal replacement, it really is not a good idea, to not eat normal meals. After the body recovers from the work out, and the shake is fully digested, extreme hunger will set in. Imagine this: you are sitting in class and all of a sudden you feel a pit in your stomach because you have skipped meals for the past

few days while you are satisfying your New Year's Resolution. How you've been eating is really wreaking havoc on the body. Feeling full and actually being full are two completely different things. It is very important to eat after you work out, whether or not you have a protein shake or some sort of other nutritional supplement. Having a well-balanced meal after your work out gives you not only the energy to make it

through the day, but also will help you sleep better at night, and help with many other things. It all works into a balanced life; the more you take care of your body, the more it will take care of you. Think ahead, if you take care of your body now, it will make finals easier when they come around.

On the outside, the protein shake as a recovery drink is great; it helps the muscles repair faster, allowing you to work out more often and build muscle. However, to only use the shakes as a meal replacement, and not eat anything else other than that is not good. Three square meals a day are best - breakfast, lunch, and dinner. If you are saying to yourself, "I don't even wake up until 11:00am," have a bowl of cereal for lunch and just have lunch at 3:00pm instead of 12:00pm. You are much better off doing that then just jumping right into lunch and missing out on all those great breakfast foods.

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## The Alcohol & Substance Abuse Task Force

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## Addicted to Exercise?

### These disorders will pump you up – ...but at what cost?

By Dave Kokandy

People exercise for many reasons. Some exercise in order to shed unwanted fat. Others exercise to improve their athletic ability. Others still simply work out as part of their wellness regiment, while some do not typically exercise at all. While exercise can be extremely beneficial for the maintenance of healthy bodies, when exercise becomes compulsive, excessive, or obsessive, exercise could be a symptom of a dangerous eating disorder. Resources easily found online outline a few overlapping disorders related to excessive exercise: anorexia athletica, exercise bulimia, obligatory exercise, and muscle dysmorphic disorder. Please note that these brief descriptions are not a substitute for an actual evaluation by a trained physician. If you believe you or someone you know suffers from one of these disorders, please consult your doctor.

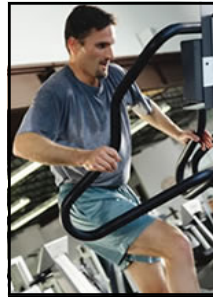
**Anorexia athletica** is not an officially recognized disorder, as separate from anorexia nervosa. However, the symptoms of what is called anorexia athletica are in some ways common threads throughout exercise disorders. According to *Anorexia Nervosa and Related Eating Disorders* (ANRED.com), those suffering from what is called anorexia athletica often suffer from:

- repeatedly exercising beyond the point of good health
- fanaticism about weight and diet
- stealing time from relationships, work, and school to exercise
- forgetting the fun of physical activity in favor of increasing challenge
- valuing the self in terms of athletic performance
- lack of satisfaction with athletic achievements, moving right along to the next challenge

These anorexics often suffer from more classical signs of anorexia, such as reduced caloric intake and excessive water intake, and they will often insist that their exercise level is normal and healthy, according to [www.myfit.ca](http://www.myfit.ca).

Wikipedia.com gives a similar list of symptoms for **exercise bulimia**, specifying that those who suffer from exercise bulimia are bulimics who use exercise as their purging method of choice. Exercise bulimia is most often found in those who find it difficult to purge by vomiting or the use of laxatives, and is the method of choice for many men with eating disorders.

ANRED also describes the **obligatory exerciser**. For these people, exercise becomes like a drug. [In fact, some doctors debate that people can suffer from a biochemical exercise addiction – instead of being



If you believe you or someone you know suffers from one of these disorders, please consult your doctor.

addicted to the exercise itself, they become addicted to the morphine-like chemical their bodies produce after exercise.] For the obligatory exerciser, exercise is no longer fun, but a duty that they must perform. If they miss an exercise session, they may feel regret or anxiety. In fact, the obligatory exerciser is so focused that an obligatory runner may work out even while still in a walking cast, unless he or she is somehow immobilized.

**Muscle dysmorphic disorder** or "bigorexia" is more commonly seen among men than women in the Western world, probably due to sociocultural reasons. Sufferers of MDD see themselves as small or frail and attempt to overcome that problem by beefing up their bodies with muscle. According to ANRED, MDD can lead to excessive resistance training, weightlifting, large caloric intake, and even steroid use. People with MDD are often larger or more muscular than most people (some even compete as

professional body-builders), but still are unable to see themselves as anything other than small. For this reason, MDD affects its sufferers' social lives, because they are always self-conscious in social situations, ashamed of their perceived smallness.

Sufferers from anorexia athletica, exercise bulimia, obligatory exercise, or muscle dysmorphic disorder may suffer for different reasons – anorexia nervosa, bulimia nervosa, body dysmorphic disorder, or obsessive-compulsive disorder, to name a few possibilities. However, the medical consequences of their disorders are more or less the same. Excessive, obsessive, or abnormal exercise can lead to physical injuries (including sprains, strains, and fractures), dehydration, low body-fat (some body-fat is a necessary thing), menstrual irregularities, delayed puberty in adolescents, fatigue, arthritis, osteoporosis, and cardiovascular disease. Psychologically, one suffers from compulsive thoughts, addictive behavior, skewed body image and self-worth, and shame or depression (when unable to work out). Socially, one could suffer from damaged relationships and poor performance at work or school. If driven to use steroids, steroid use can cause hallucinations, blurry vision, mood swings, loss of sex drive, muscle cramps, joint pain, acne, and depression.

Eating disorders are difficult to classify, and doctors still debate the identity of these disorders as separate from more basic disorders. However, it is impossible to ignore the devastating effects that systematic, compulsive, abnormal over-exercise can cause the body. Exercise itself is a healthful, essential activity for human wellness. There is no danger in shaving a few unwanted pounds or gaining a little muscle. However, when exercise becomes more of a need than a want, or when it stops being fun and all about challenge, then athletic lifestyles have become something more dangerous and possibly deadly.



## Media Influenced Weight Loss

By Bri Lewis

I noticed an increase in the number of weight loss reality television shows, so for fun, I Googled “weight loss TV shows”. I received over six millions results. These results contained everything from documentation of past shows, casting calls for new shows, and many critiques of contestants who participated on these shows. Is it appropriate for the media to decide if their audiences are overweight or not?

Models and actresses are seen everywhere, whether it be showing off the latest fashion or driving the newest car. They are constantly under the public eye, and the pressure to stay thin, beautiful, and happy has been greater than ever. These celebrities are seen as role models for younger children worldwide, especially girls. It is amazing how many people are striving for the “perfect” body image, thanks to what the media instills in us.

Part of the intrigue comes from the happy lifestyles these stars portray. They all have happy, beautiful families, amazing lives, and a rewarding and exciting career. Along with all of these attractive aspects, the celebrities have amazing bodies. Many younger children try to emulate these body types through the only ways they know how: eating disorders. These include everything from eating too much and getting sick after eating (bulimia), to not eating at all (anorexia).

There is a minute part of the human population that is built to look like the celebrities we see. Let’s examine a Barbie doll. According to [Media Awareness Network](#), “Researchers generating a computer

**“Researchers generating a computer model of a woman with Barbie-doll proportions, for example, found that her back would be too weak to support the weight of her upper body, and her body would be too narrow to contain more than half a liver and a few centimeters of bowel.”**

model of a woman with Barbie-doll proportions, for example, found that her back would be too weak to support the weight of her upper body, and her body would be too narrow to contain more than half a liver and a few centimeters of bowel. A real woman built that way would suffer from chronic diarrhea and eventually die from malnutrition.”

I was not aware that it was physically impossible to live with Barbie’s proportions. This fact is shocking.

An article in the [Official Journal of the American Academy of Pediatrics](#) reported on a survey of elementary, middle school, and high school girls about their body types. The purpose of this survey was to prove that magazine ads had an impact on these girl’s perceptions of beauty. The results were startling. Please refer to the chart for the results.

There are many groups actively taking a stand against weight loss advertisements in the media. The Federal Trade Commission is one of these groups. The FTC is creating a “Red Flag Booklet” that

will help the media discern what ads are appropriate to put on the air and what are not. Some ads that are being targeted include:

- Causes weight loss of two pounds or more a week for a month, or more without dieting or exercise.
- Causes substantial weight loss, no matter what or how much the consumer eats.
- Causes permanent weight loss (even when the consumer stops using the product).
- Blocks the absorption of fat or calories to enable consumers to lose substantial weight.
- Safely enables consumers to lose more than three pounds per week for more than four weeks.
- Causes substantial weight loss for all users.
- Causes substantial weight loss by wearing it on the body or rubbing it into the skin.

It is important to express to the youth of today that the images seen on television today are not healthy for everyone.

**Prevalence of Dieting, Exercising to Lose Weight, and Influence of the Media by Frequency of Exposure to Women’s Fashion Magazines Among 548 Preadolescent and Adolescent Girls**

	Frequency of Reading Magazines		
	Infrequent (n = 235)	Moderate (n = 170)	High (n = 143)
Have dieted to lose weight (%)	34	37	45
Diet frequently (%)	6.8	5.3	11.9
Have dieted to lose weight because of a magazine article (%)	13	16	22
Exercise to lose weight (%)	48	51	64
Exercise to improve shape (%)	71	78	85
Initiated exercise because of a magazine article (%)	14	23	29
Pictures in magazines influence their idea of a perfect body shape (%)	59	74	79
Pictures in magazines make them want to lose weight (%)	41	48	57



## The 'First-Year Fifteen'

By Avi Zacherman

We all hear about it, as we prepare to leave for college. Be careful what you eat, you're going to gain fifteen pounds by the end of the first year of school. But is that really true? And how do we combat the temptation to eat all those fries when really, nothing else exists?

Studies do show that many college students do indeed gain a significant amount of weight their first year in school. One study done at Cornell University found that on average, a first-year student gained 4.2 pounds after 12 weeks of school. Another study, done at the University of Guelph, in Ontario, backs up the Cornell study, and shows that first year students tend to gain about five pounds, not fifteen.

So the upside is, you're not going to gain fifteen pounds upon entering school as many fear. The downside is, you're probably still going to gain some weight. But why is there the weight gain at all?

Multiple studies have found a huge variety of reasons. However, there are always a few common ideas behind them. First and foremost is the newfound freedom that comes with being a college student. Nobodies around to tell you to clean your room, do your homework or most relevant, eat your vegetables. Sad as it may seem, most 17-18 year olds just aren't really educated on how to properly watch what they are eating. Instead

they'll just eat whatever is available.

The food itself is another major cause of this weight gain. As any cafeteria going college student can attest to, many foods available to first year students are generally starch-based, fried or covered in cheese. This isn't exactly the healthiest selection, and our bodies do get affected by it. And when it becomes the only thing around to eat for months, we see the result of that diet on the scale.

A final reason comes from the college environment itself. School is stressful, especially for a first year student.

Classes, fitting in, attending NACURH conferences all these things take their toll on somebody. Many people see snacking on food as a way to comfort themselves from the stress (hence the term 'comfort foods'). Additionally, one of the effects of stress is that it inhibits digestion, and thereby causes us to gain weight.

In truth, it is most likely a combination of the aforementioned three, as well as other factors, that cause the weight gain in new college students. It's there and it's well known that you come into school, you put on a few pounds. The real

question is how do you fight it?

Obviously many schools have their own gym facilities. Some, like my school, offer use of the exercise rooms for no additional charge. If you're school has a similar situation, you're missing out if you don't take advantage of it. Usually, if its not free, the gym fees aren't too expensive that it would put too big a dent in your pocket. Just use the money normally spent on pizza.

Additionally, for all the fried foods available in an 'all-you-can eat' cafeteria, there's usually a salad bar as well. Try to mix it up a little bit, and put some green on your plate. Just a little bit of salad every once in a while will cut back on adding all those pounds.

Obviously this is an issue that will continue to exist for many years. By increasing the amount of knowledge we have on it though, as well as providing better education to incoming first year students, we can slowly see the weight gain dwindle, until eventually the idea of the 'first-year fifteen' is a thing of the past.

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Pizza is a staple food of the typical college students diet.



## NACURH Mission Statement

NACURH is the leading national organization advocating for the interests and welfare of residence hall students, while also providing opportunities for their personal growth and development. It is an organization of students committed to developing leadership, honoring diversity, recognizing achievement, as well as stimulating engagement and involvement among students who reside in college and university residence halls. Through regional and national programs and services, NACURH provides leadership opportunities for students, shares residence hall programming resources and best practices, and coordinates activities with appropriate professional associations and business partners.

The NACURH Alcohol and Substance Abuse Task Force is one of four issue based task forces established by the NACURH National Board of Directors. The mission of the task force is to provide a monthly newsletter (which you are currently reading), write articles for the NACURH Link, create national case studies and implement a half-day program at NACURH 07.

The Alcohol and Substance Abuse Task Force currently consists of four members:

- Avi Zacherman, Task Force Chair - Associate Director of Administration and Finance for the NEACURH Region
- Richie Kenney - Vice President of Administration and Finance for the University of Massachusetts—Amherst Residential Leadership Association
- Bri Lewis - NCC for the Ithaca College Residence Hall Association and NEACURH 2007 Regional Conference Chair
- Dave Kokandy - Associate Director of Information-Technology for the GLACURH Region

If you are interested in contributing, e-mail [adafneacurh@gmail.com](mailto:adafneacurh@gmail.com)

**NACURH 2007 Is Just Four Months AWAY!!! Keep Your Eyes Peeled for More Information Regarding Half-Day Programs Put On by the Task Forces.**



## One Small Step

University of Wisconsin - Oshkosh

June 1st—June 4th, 2007

<http://www.mio.uwosh.edu/nacurh/>