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Beauty undressed: Speaker tackles image, health issues

"Do I weigh myself every day? Skip at least one meal a day? Count calories and fat grams when I eat? Worry over my weight or how I look?"



Shannon Cutts

Answering yes to some or all of the above indicates possible disordered eating patterns and an excessive preoccupation with your body image.

While millions of men and women struggle with various levels of eating disorders, some of which may have life threatening consequences, many more individuals struggle with body dissatisfaction.

Almost 80 percent of American women report being dissatisfied with their appearance (NEDA, 2002). As a result a recent survey showed 91 percent of women on one college campus had attempted to lose weight through dieting (NEDA, 2002). Society's messages about body image are shaped by the media, the beauty industry, and the diet industry.

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About *Cougar News*

A newsletter for the students, faculty and staff of the Collin College. Published semi-monthly. For information or submissions, call 972.599.3142. *Cougar News* welcomes student and faculty submissions. Next deadline: Feb. 1 All submissions are due by 5 p.m. on the due date. Photos cannot be returned. Text should be emailed to mrobinson@ccccd.edu or sent on disk. Please submit copy that is proofed, edited and saved in Word format. *Cougar News* staff: Lisa Vasquez, director; Mark Robinson, editor; Marcy Cadena-Smith, contributor; Sydney Portilla-Diggs, student correspondent; Nedal Ahmed, student correspondent; Alicia Pike, special contributor; Nick Young, photography and layout.

Collin College's Counseling Services and Student Life will host "Beauty Undressed" featuring Shannon Cutts, a popular speaker and songwriter, from 11:30 a.m.-1 p.m., Tuesday, Feb. 19, at the Spring Creek Campus Conference Center.

Cutts' presentation explores how culture contributes to the rise of eating and mood disorders, low self-esteem and poor body image. With stories and music, she will take attendees on a compelling and powerful journey that is at times humorous and gut-wrenching, but always honest.

For more information on eating disorders and the impact of media, visit www.nationaleatingdisorders.org, www.about-face.org and www.youtube.com/watch?v=ESQlryualZ4.

Call Counseling Services at 972.881.5126 for more information.

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