

## **Inflexxion Inc. - Food, Mood & Attitude**

### **Description:**

Inflexxion Inc. has developed Food, Mood and Attitude, which is an interactive CD-ROM program designed to provide important health information to college women. It utilizes preventive techniques, harm reduction approaches, and multimedia technology to communicate health and nutrition information in a confidential and personalized manner. The program focuses on primary and secondary prevention of disordered eating, and includes information on healthy exercise, general nutrition, self-esteem and body image. Food, Mood and Attitude is self-administered, self-paced and self-directed, allowing the user to explore the program on their own and focus on the areas that are of greatest interest to them.

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