Providing integrated, holistic services that help students to be healthy, be mindful, be active, be well, BE IOWA STATE.
I’m excited to share our accomplishments from the past year as we continue to develop and grow our comprehensive health and wellness unit. Iowa State and national college health data shows that student health and well-being is inextricably connected to academic success, retention and persistence to graduation. The combined Student Health and Wellness unit offers comprehensive services for students; there is no wrong door, we will make sure that they are connected with the appropriate resource based upon their individual need(s).

RECREATION SERVICES implemented several new initiatives to increase engagement from students and staff, increase group fitness participation and continued admiration of the intramural champion t-shirts.

STUDENT WELLNESS continues to grow programs that increase awareness and provide wellness information while collaborating with departments campus-wide.

STUDENT COUNSELING SERVICES continues to make strides toward increasing student accessibility and needs, while balancing available staff resources.

THIELEN STUDENT HEALTH CENTER continues to increase Mental Health and Women’s Health Services. Access to a qualified and student focused team has allowed the clinic to achieve record-breaking patient visits.

Our unit priorities will help us grow and develop the health and wellness unit on campus and continue to expand services for the growing student body at Iowa State.

FACTORS AFFECTING ACADEMIC PERFORMANCE

Undergraduates

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
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<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress</td>
<td>29.1</td>
<td>31.7</td>
<td>35.6</td>
<td>34.9</td>
<td>2.0%</td>
</tr>
<tr>
<td>Anxiety</td>
<td>19.0</td>
<td>20.5</td>
<td>24.7</td>
<td>25.2</td>
<td>2.0%</td>
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<tr>
<td>Sleep difficulties</td>
<td>24.4</td>
<td>21.9</td>
<td>22.2</td>
<td>22.6</td>
<td>1.8%</td>
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<tr>
<td>Cold/Flu/Sore throat</td>
<td>20.9</td>
<td>18.9</td>
<td>22.0</td>
<td>22.0</td>
<td>0.0%</td>
</tr>
<tr>
<td>Depression</td>
<td>13.0</td>
<td>12.7</td>
<td>13.4</td>
<td>20.8</td>
<td>55.2%</td>
</tr>
<tr>
<td>Internet use</td>
<td>29.1</td>
<td>20.2</td>
<td>16.5</td>
<td>15.4</td>
<td>-6.7%</td>
</tr>
<tr>
<td>Participation in extra-curricular activities</td>
<td>12.1</td>
<td>12.3</td>
<td>12.6</td>
<td>14.5</td>
<td>15.1%</td>
</tr>
<tr>
<td>Work</td>
<td>13.0</td>
<td>13.4</td>
<td>13.7</td>
<td>13.8</td>
<td>0.7%</td>
</tr>
<tr>
<td>Concern for troubled friend or family member</td>
<td>10.9</td>
<td>9.3</td>
<td>7.4</td>
<td>8.8</td>
<td>18.9%</td>
</tr>
<tr>
<td>Relationship difficulties</td>
<td>13.0</td>
<td>10</td>
<td>9.3</td>
<td>7.9</td>
<td>-15.1%</td>
</tr>
</tbody>
</table>

*Graduate and professional student data is very similar

PEOPLE

This pillar represents our commitment to employee engagement. Our team is our most precious resource and we aim to support them by providing a caring and inclusive environment and continuous opportunities for professional and personal development.

The unit held their FIRST ALL-STAFF MEETING in February 2018. The team learned about each department to help improve coordination.

An EMPLOYEE SATISFACTION SURVEY was conducted by the Thiel Student Health Center. The clinic received 4.0/5.00 and is utilizing the feedback to guide the priorities for the upcoming year.

Recreation Services offered a five-week, COMPREHENSIVE LEADERSHIP PROGRAM for 17 of their Student Employee Leaders. Participants of the program reported a better understanding of their strengths and leadership identity as well as having a better understanding of the Relational Leadership Model.

Congratulations to our award winning staff:

CYTATION AWARD
Jazmine Brooks, Student Wellness

WOMEN IMPACTING IOWA STATE
Stacy Ko, Student Counseling Services

COMMITTEE ON ACADEMIC STANDARDS & ADMISSIONS

SERVICE

This pillar represents our commitment to providing excellent service and acceptable access to our health and wellness offerings for our students and stakeholders. We are committed to evidence based practice and well exceed in our compliance with national guidelines and accreditation requirements.

Seventy-six percent of Iowa State students UTILIZE Recreation Services.

Both Student Counseling Services and Thiel Student Health Center conducted PATIENT SATISFACTION SURVEYS; Counseling received a 4.57/5.00 and TSHC ended the year with a 4.72/5.00.

The GPA of students highly engaged in recreation services was 3.8 HIGHER than those who are not.

Efficiency

This pillar represents our commitment to provide efficient and effective operational and financial strategies. We aim to not only provide holistic health and wellness services, but also value and growth for the unit.

The unit was awarded the GARRETT LEE SMITH CAMPUS SUICIDE PREVENTION GRANT. This will provide $102,000 per year, for three years, to expand infrastructure around suicide and substance abuse prevention, as well as mental health promotion.

A FEASIBILITY STUDY was completed for a new Student Health and Wellness facility to house the clinic, wellness, and counseling services in one location. The team continues to explore funding options to minimize impact to student fees.

The team at Recreation Services implemented their NEW MANAGEMENT SOFTWARE, FUSION, in early spring. This software assists in membership management, billing and equipment checkout as well as offering an online portal for clients.

The unit took advantage of the newly formed unit to present a unified MARKETING AND BRANDING CAMPAIGN focusing on health and wellness as a whole. BE WELL. BE HEALTHY. BE MINDFUL BE ACTIVE. BE ISU. Part of the campaign involved creating a landing page, CycloneHealth.org, where students can access all things related to the unit. This will increase the ease in which students can access our services.

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