



ANNUAL REPORT 2022-2023

IOWA

Student Wellness

Student Wellness

Services

- Alcohol and other drug prevention, evaluation, and educational consultations
- Educational outreach workshops on a variety of health topics
- Fitness and exercise consultations
- Light therapy program
- Mindfulness workshops and retreats
- Nicotine support
- Nutrition consultations
- Sexual health supplies and information
- Stress management consultations
- Sleep program and consultations
- Wellness coaching

Student Staff

- Health Promotion Assistants (3)
- Student Interns (5)
- Student Interventionists (3)
- Program Assistants (2)
- Undergraduate Research Assistant (1)

Locations

- Westlawn
- Campus Recreation & Wellness Center



Student Wellness

Professional Staff



Trish Welter
Associate Director



JoAnn Daehler-Miller
Dietitian



Becca Don
Senior Behavioral
Health Consultant



Karen Grajczyk-Haddad
Senior Behavioral
Health Consultant



Haley Melchert
Behavioral Health
Consultant



Briana VerSteeg
Behavioral Health
Consultant



Keanna Knutson
Behavioral Health
Consultant



Haley Wolf
Behavioral Health
Coordinator

Mission: Support student success by promoting sustainable health behaviors and fostering a culture of wellness.

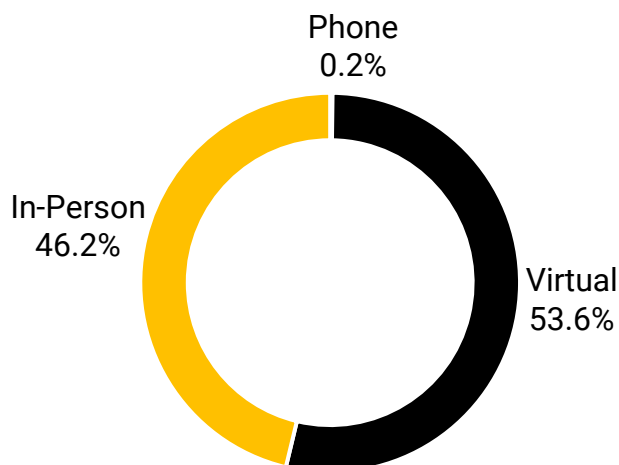
Contents

Summary of Individual Consultations_____	5
Evaluation & Outcomes of Individual Consultations_____	6
Summary of Outreach_____	7
Summary of Screenings_____	8
Alcohol & U _____	9
Healthy Hawk Challenge_____	10
Mindfulness Program_____	11-12
Red Watch Band_____	13

Following the 2020 Student Wellness Program Review, it was recommended that we conduct brief assessment reports on years the NCHA survey is distributed. This is the first year of a brief report, highlighting key programs. A full assessment report will resume next academic year.

Summary of Individual Consultations

Total Consultations: 1,908



Alcohol & Drugs | 785

2021-2022: 900
2020-2021: 1,080

Fitness | 202

2021-2022: 193
2020-2021: 90

Intuitive Eating | 34

*new for 2022-2023

Mini Consults | 20

2021-2022: 29
2020-2021: 9

Nicotine | 13

2021-2022: 3
2020-2021: 2

Nutrition | 580

2021-2022: 510
2020-2021: 547

Sleep | 9

2021-2022: 8
2020-2021: 4

Stress Management | 73

2021-2022: 65
2020-2021: 80

Wellness Coaching | 192

2021-2022: 182
2020-2021: 108

Evaluation & Outcomes of Individual Consultations

Of the 82 students that participated in a follow-up survey, the reported numbers are those that selected strongly agree or agree.

Expectations

- 86.4% reported the appointment met their expectations

Improved Wellness

- 87.8% learned about strategies for improving their wellness as a result of the appointment.

Changes in Behavior

- 79.3% made positive changes to a wellness behavior as a result of the appointment.

Connection

- 60.5% felt more connected to someone on campus as a result of the appointment.

Sense of Well-Being

- 74.4% felt a greater sense of overall well-being as a result of the appointment.

Individualized Experience

- 89.0% felt like their individual needs and interests were taken into consideration during the appointment.

Of those who took the survey, 48.8% were nutrition, 25.6% fitness, 17.1% wellness coaching, 4.9% stress management and 3.7% sleep consultations.

Format of Appointment

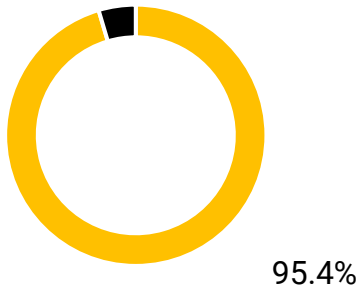
Students self-select the format of the appointment they register for. Of those who completed the follow-up survey, 39.0% preferred virtual and 61.0% preferred in-person appointments.

Summary of Outreach

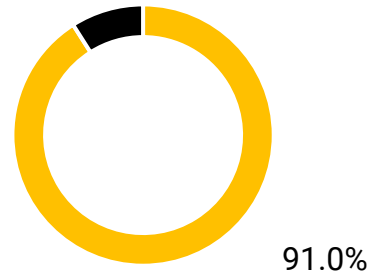
Total Outreach: 14,416

Of those who completed an evaluation
n=2,630

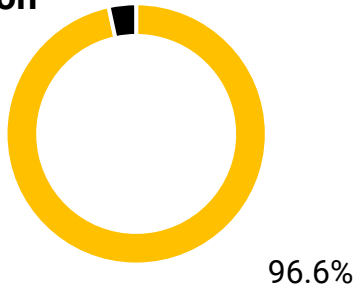
**Learned skills/information
that will be useful**



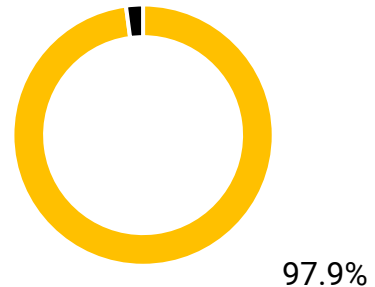
**Will apply the tools/skills learned to
live a healthier lifestyle**



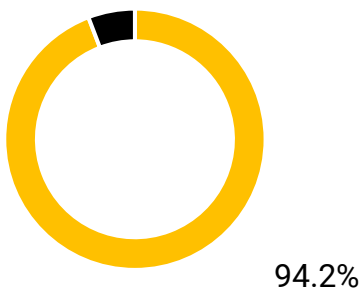
**Thought the material was
presented in a well-organized
fashion**



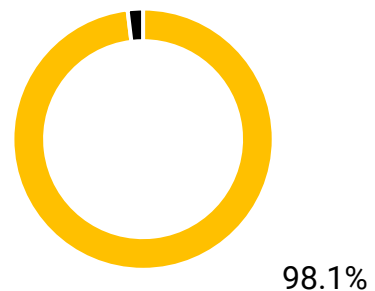
Thought the speaker was effective



Thought the program was effective



Able to list one thing they learned



Summary of Screenings

Total Screenings: 6,622

2021-2022: 6,498

2020-2021: 6,512

(AUDIT) Alcohol | 15

2021-2022: 13

2020-2021: 12

Bipolar Disorder | 106

2021-2022: 136

2020-2021: 123

Disordered Eating | 66

2021-2022: 93

2020-2021: 85

Opioids | 0

2021-2022: 1

2020-2021: 1

PTSD | 38

2021-2022: 63

2020-2021: 55

Wide Range Mental Health | 327

2021-2022: 414

2020-2021: 403

Cannabis eCHECKUP TO GO | 15

2021-2022: 15

2020-2021: 32

Anxiety | 205

2021-2022: 275

2020-2021: 283

Depression | 150

2021-2022: 229

2020-2021: 230

Gambling | 3

2021-2022: 2

2020-2021: 0

Overall Well-being | 26

2021-2023: 33

2020-2021: 32

Substances | 22

2021-2022: 23

2020-2021: 12

Alcohol eCHECKUP TO GO | 5,641

2021-2022: 5,201

2020-2021: 5,243

Well-Being eCHECKUP TO GO | 8

Alcohol & U

Alcohol & U is a three-tiered alcohol education intervention for Fraternity & Sorority Life students facilitated by Student Wellness staff. This year, Part 1 was implemented, which focused on brief alcohol education, chapter/organization environments, campus environments, and the messages received by them. This program was modeled from evidence-based interventions, including Alcohol Skills Training Program (ASTP).

Highlights

- 35 organizations completed Alcohol & U Part 1
- 1,854 students attended Alcohol & U in the 22-23 academic year
- 1,616 students completed a brief evaluation at the conclusion of the training
- 386 students completed the one-month online follow-up evaluation

Overall Satisfaction of the Program

Immediately after the training (n=1,616)...

- 95.5% learned new skills/information that will be useful to them
- 90.8% will apply the tools/skills that they learned to live a healthier lifestyle
- 96.8% stated the material was presented in a well-organized fashion
- 93.3% rated the program as effective/very effective
- 98.9% were able to list one thing they learned in this program

Alcohol Education & Environments Content

As a result of the training (n=386)...

- 93.0% of students strongly agreed/agreed they learned new ways to think about issues related to alcohol
- 91.2% of students strongly agreed/agreed they reflected on how a chapter can influence individual alcohol use
- 94.3% of students strongly agreed/agreed they reflected on how environments can influence individual alcohol use
- 94.5% of students strongly agreed/agreed they learned what blood alcohol concentration is and what factors affect it
- 94.5% of students strongly agreed/agreed they understand factors that affect intoxication and how to count standard drinks
- 90.3% of students strongly agreed/agreed they have thought about their relationship with alcohol

Alcohol Messaging Content

As a result of the training (n=386), students reported “yes” that they adjusted their messaging to shift the focus away from alcohol in the following ways:

- 95.6% have supported non-drinkers
- 94.6% have helped normalize lower risk drinking
- 89.1% have debunked misperceptions of alcohol use on campus
- 94.6% have encouraged low-risk drinking
- 94.6% have thought more about their personal alcohol use

Healthy Hawk Challenge

The entire University of Iowa sophomore class was invited to take part in an online health risk assessment named the Healthy Hawk Challenge (HHC), making this the fourteenth year it has been offered in some capacity. This tool provided personalized feedback on many health behaviors. Students who met specific high-risk criteria were asked to participate in the second part of the HHC, an evidence-based alcohol intervention aimed at lowering their risk. 58.2% of students were invited for part two.

Highlights

- 1,594 sophomores completed the HHC online survey
- 428 completed the three-month online follow-up evaluation
- 94.3% of students who completed the three-month online follow-up could list one thing they learned about their health after taking the HHC
- 94.1% of students who completed the three-month online follow up could list one way they had improved their overall health after taking the HHC

Campus Resource Utilization

- 48.1% students who completed the follow-up survey utilized a campus resource following the Healthy Hawk Challenge. The most common resources used by students were:
 - Student Health (26.1%)
 - Student Wellness (21.2%)
 - University Counseling Service (20.0%)

Alcohol Intervention & Education Snapshot

- 181 students completed the alcohol intervention
- 87 students who completed the alcohol intervention completed a three-month follow-up
- 119 students who completed the alcohol intervention in 2021-2022 completed a twelve-month follow-up

Behavior Change from BASICS

*p<.05 **p<.01 ***p<.001

	Change after 3 months	Change after 1 year
Average typical Blood Alcohol Concentration (BAC)	.08 to .04 ***	.07 to .05 ***
Percent who had any negative consequences from use in the last 30 days	90.8% to 60.9% ***	88.4% to 75.9% **
Average typical number of drinks	4.7 to 2.9 ***	4.5 to 3.7 **
Percent who missed class or work	15.5% to 11.9%	19.3% to 11.0% ***
Percent with any high-risk drinking (4+ for females, 5+ for males) in the last two weeks	57.5% to 28.7% ***	59.5% to 54.1%

1 year data from alcohol intervention participants from 2021-2022

Mindfulness Program

Koru Mindfulness® is an evidence-based curriculum specifically designed for teaching mindfulness, meditation, and stress management to college students. Participants learn different meditation practices to help cope with negative emotions and stress by staying present in the current moment. This year, Student Wellness offered seven Koru Basic workshops, two three-hour silent retreats, Koru 2.0, an advanced workshop for students who completed the Koru Basic workshop, and Mid-Day Mindfulness, a weekly, drop-in virtual meditation over Zoom.

Highlights of Koru Basic Workshop

- 63 students attended at least one session of Koru Basic
 - 100% of students who completed the survey would recommend the workshop to a friend
 - 100% of students who completed the survey indicated they would do something differently in their life as a result of the workshop
- *p<.05 **p<.01 ***p<.001

In the last month, how often have participants... (n=26)	Pre	Post
(0=never; 1=almost never; 2=sometimes; 3=fairly often; 4=very often)		
Felt that they were unable to control the important things in their life **	2.7	2.1
Felt nervous and stressed	2.9	2.5
Found that they could not cope with all the things that they had to do **	2.4	1.8
Been able to notice their thoughts without judgment **	1.8	2.4
Been able to focus on the present moment *	1.9	2.5
Had difficulties with sleep (e.g., falling or staying asleep, waking too early) **	1.8	1.5
Got enough sleep to feel rested ***	2.3	2.5
Number of drinks on a typical night of drinking ***	1.5	0.3
High-risk drinking (4+ for females, 5+ for males) in the last two weeks	23.1%	11.5%

Notable Quotes

- *"It taught me some important techniques that'll help me in the future. Genuinely came out of it feeling better and less stressed than before."*
- *"This has helped me gain a new appreciation for each day. I have been more aware and more present and will take time to continue practicing these skills. Thank you!"*
- *"Mindfulness has helped me stay in the present moment more often than I did before completing this workshop. I have learned valuable skills to use throughout my life to keep me curious about my thoughts and body."*

Mindfulness Program Continued

Highlights of Silent Retreat & Koru 2.0 Workshop

Silent Retreat

- 24 students and UI community members in total attended the two three-hour silent retreats
- 94.1% of students who completed the follow up survey from the retreat stated they would do something in their life differently as a result of the retreat
- 94.1% of students shared they would recommend the retreat to a friend

Notable Quotes from Silent Retreats

As a result of the workshop, what will you do differently in your life?

- *"This workshop gave me a time to share the gift of awareness with others!"*
- *"I felt so comfortable with the facilitators, and being in a room with everyone else (even in silence) felt really comforting".*
- *"This retreat was an excellent way to unwind and connect with myself before heading into a busy week."*
- *"This was a great way to reconnect with myself and calm my mind down before I graduate."*

Koru 2.0 Workshop

- 6 students completed Koru 2.0 workshop in Spring 2023
- 100% of the students who completed 2.0 stated they will do something in their life differently as a result of the workshop
- 100% of the who completed 2.0 would recommend the workshop to a friend

Notable Quotes from 2.0 Workshop

As a result of the workshop, what will you do differently in your life?

- *"I'll try to be present at the moment more often by doing things more mindfully."*
- *"Be more present"*
- *"I will practice gatha meditation and loving kindness meditation more often"*
- *"Try to live in the present"*

Red Watch Band

The Red Watch Band Program focuses on knowledge, skill, and confidence building regarding preventing death from alcohol overdose. Students are taught the knowledge and skills to "make the call," and using role plays, given opportunities to build confidence to intervene on behalf of another. 28 trainings were held this academic year.

Highlights

- 360 students participated in a Red Watch Band training
- 99.7% of students were satisfied with the training
- 99.4% of students would recommend Red Watch Band to a friend

Behavior Change

	<i>Pre</i>	<i>Post</i>
<i>strongly disagree=1; disagree=2; neither agree nor disagree=3; agree=4; strongly agree=5</i>		
Felt confident in ability to respond effectively as a bystander in an alcohol-related emergency ***	3.5	4.7
Number of correct signs of alcohol poisoning ***	1.2	2.8
Number of correct actions to help someone who may be experiencing alcohol poisoning ***	1.2	2.8
Could correctly name 3 signs of alcohol poisoning ***	14.4%	84.9%
Could correctly name 3 actions needed to help someone ***	10.8%	89.2%

*p<.05 **p<.01 ***p<.001

Notable Quotes

- "I thought this training was very helpful and will encourage my friends to take it as well!"
- "It was a great learning experience."
- "This was a very informative and interesting class!"
- "I thought it was great! Very well organized and educated teachers"
- "I thought it was great - good structure, very engaging, useful information presented"
- "[The Program needs] more advertising, I don't think that many people know about this training."