



# ANNUAL REPORT 2024-2025

**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 (4)
- Student Interventionists (3)
- Program Assistants (2)
- Undergraduate Research Assistant (1)

## **Locations**

- Westlawn
- Campus Recreation & Wellness Center



# Student Wellness

## Professional Staff



Trish Welter  
Associate Director



Becca Don  
Senior Behavioral  
Health Consultant



Emily Garcia  
Dietitian



Karen Grajczyk-Haddad  
Senior Behavioral  
Health Consultant



Haley Melchert  
Behavioral Health  
Consultant



Lindsey Norman  
Behavioral Health  
Consultant



Keanna Kubovec  
Behavioral Health  
Consultant



Susanne Kretschmar-Cowell  
Administrative Services  
Coordinator



Haley Wolf  
Behavioral Health  
Coordinator

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



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*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 second year of a brief report, highlighting key programs. A full assessment report will resume next academic year.*

# Summary of Individual Consultations

**Total Consultations: 1,808**



|                            |            |                      |            |                          |            |
|----------------------------|------------|----------------------|------------|--------------------------|------------|
| <b>Alcohol &amp; Drugs</b> | <b>787</b> | <b>Nicotine</b>      | <b>3</b>   | <b>Sleep</b>             | <b>0</b>   |
| 2023-2024                  | 717        | 2023-2024            | 9          | 2023-2024                | 6          |
| 2022-2023                  | 785        | 2022-2023            | 13         | 2022-2023                | 9          |
| 2021-2022                  | 900        | 2021-2022            | 3          | 2021-2022                | 8          |
| <b>Fitness</b>             | <b>236</b> | <b>Nutrition</b>     | <b>449</b> | <b>Stress Management</b> | <b>81</b>  |
| 2023-2024                  | 288        | 2023-2024            | 473        | 2023-2024                | 86         |
| 2022-2023                  | 202        | 2022-2023            | 580        | 2022-2023                | 73         |
| 2021-2022                  | 193        | 2021-2022            | 510        | 2021-2022                | 65         |
| <b>Intuitive Eating</b>    | <b>13</b>  | <b>Mini Consults</b> | <b>20</b>  | <b>Wellness Coaching</b> | <b>219</b> |
| 2023-2024                  | 31         | 2023-2024            | 24         | 2023-2024                | 248        |
| 2022-2023                  | 34         | 2022-2023            | 20         | 2022-2023                | 193        |
|                            |            | 2021-2022            | 29         | 2021-2022                | 182        |

# Summary of Outreach

**Total Outreach: 16,120**

**of those who completed an evaluation  
n=2,510**

**Improvement in personal well-being 97.8%**

**Likelihood of recommending opportunity  
to someone else 64.5%**

**Learn new information or skills 98.0%**

**Likelihood of application to personal  
well-being 98.7%**

*\*likelihood of recommending opportunity to someone else is calculated by students who answered with a score of 8, 9, or 10 on scale of 1-10.*

*\*more than 69.1% of outreach data collected are from mandated Fraternity & Sorority Life alcohol education*

# Earthmind

Earthmind is a new workshop offered in partnership with a local educational non-profit organization, Backyard Abundance. Earthmind is a four-session workshop that provides students with different activities to connect with nature as a stress management tool. Earthmind was implemented in fall 2024 and spring of 2025, enrolling 13 students in fall and 14 students in spring. Four students attended both the fall and springs sessions because each semester had different session themes.

## Highlights of Earthmind

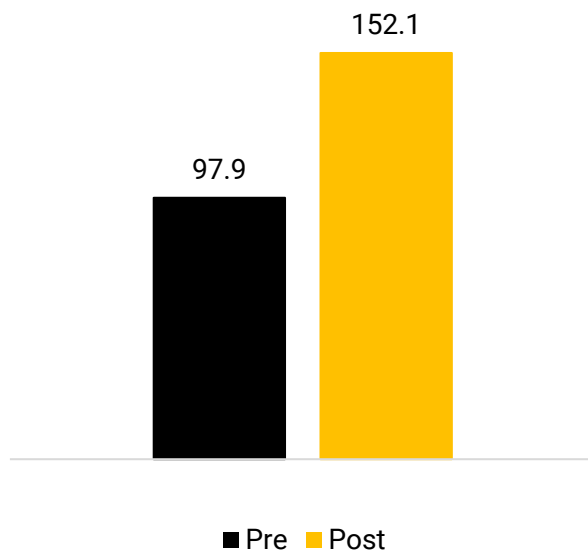
- 23 students attended at least one session of Earthmind

Of students who completed the follow-up survey ...

- 95.0% would recommend the workshop to a friend
- 95.0% indicated their personal well-being had improved
- 100.0% learned new information or skills
- 95.0% will apply what they learned to their personal well-being

Participants in Earthmind reported that they felt more connected to nature through the Connectedness to Nature (CNS) screening, but most were not statistically significant

Minutes spent enjoying the outdoors in the last week



## Notable Quotes

- *"I am grateful that I have taken this course as it has allowed me to connect with new people, childhood memories, and bring home cool stuff."*
- *"It was very nice just to meditate and stuff. I also noticed my brain going quiet (my thoughts love looping always)."*
- *"The most helpful part was to literally dedicate this time of the day to refreshing the mind and not have any expectations expected of me."*
- *"It was fun and good practice on mindfulness. Just having the structured quiet time was very nice. I found myself looking forward to it. Honestly, it helped to be sat down and told to do similar stuff to what my therapist suggested."*
- *"I felt very connected to the others at Earthmind and felt that I was given relief from my everyday that I didn't even know I needed."*
- *"I loved Earthmind. It was a great program and provided tools for me to use in my daily life beyond this program. I looked forward to it every week."*



# 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. 52.6% of students were invited for part two.

## Highlights

- 1,450 sophomores completed the HHC online survey
  - 790 completed the three-month online follow-up survey
- Of those students who completed the three month follow up...
- 94.0% could list one thing they learned about their health after taking the HHC
  - 93.6% could list one way they had improved their overall health after taking the HHC

## Campus Resource Utilization

- 46.7% students who completed the follow-up survey utilized a campus resource following the Healthy Hawk Challenge
  - 21.1% utilized more than one campus resource
  - 29.2% utilized Student Health, 21.6% Student Wellness, 22.2% University Counseling Service, 5.6% utilized another resource

## Alcohol Intervention & Education Snapshot

- 201 students completed the alcohol intervention
- 77.6% of students moved forward in Stages of Change regarding their alcohol use
- 98 students who completed the alcohol intervention completed a three-month follow-up survey 51 students who completed the alcohol intervention in 2023-2024 completed a twelve-month follow-up survey

## Behavior Change from BASICS

\*p<.05   \*\*p<.01   \*\*\*p<.001

|                                                                                          | Change after<br>3 months | Change after<br>1 year |
|------------------------------------------------------------------------------------------|--------------------------|------------------------|
| Average typical blood alcohol concentration (BAC)                                        | .08 to .05 ***           | .08 to .06 **          |
| Percent with any high-risk drinking (4+ for females, 5+ for males) in the last two weeks | 67.3% to 45.9% ***       | 67.8% to 54.0%         |
| Average typical number of drinks in the last 30 days                                     | 7.9 to 4.4               | 4.5 to 3.6 **          |
| Experienced negative consequences in the last 30 days                                    | 90.8% to 69.4% ***       | 94.3% to 81.6% *       |
| Reported doing something they regretted due to alcohol in the last 30 days               | 70.4% to 48.0% ***       | 60.9% to 55.2% ***     |

1 year data from alcohol intervention participants from 2023-2024

# Intro to Mindfulness

Intro 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 six Intro to Mindfulness workshops and two three-hour silent retreats.

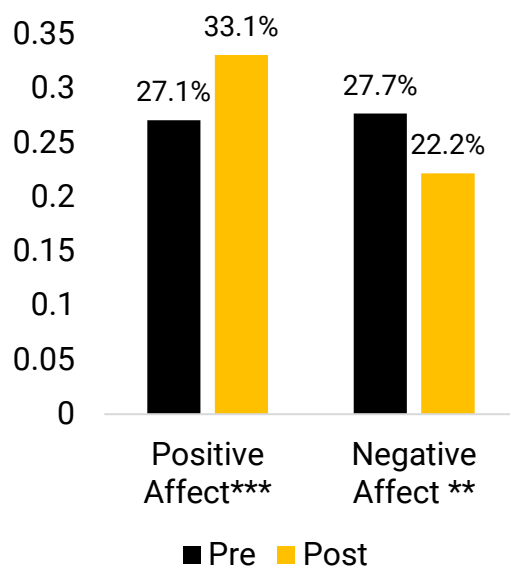
## Highlights of Intro to Mindfulness Workshop

- 30 students attended at least one session of Intro to Mindfulness
- Of students who completed the follow-up survey...
  - 89.6% would recommend the workshop to a friend
  - 100.0% learned new information or skills
  - 100.0% indicated they would apply what they learned to their personal well-being

| In the last month, how often have participants... (n=22)                               | 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 *             | 2.5   | 2.0   |
| Felt nervous and stressed *                                                            | 3.4   | 2.9   |
| Found that they could not cope with all the things that they had to do **              | 2.5   | 1.8   |
| Been able to notice their thoughts without judgment *                                  | 1.7   | 2.3   |
| Been able to focus on the present moment *                                             | 1.8   | 2.4   |
| Had difficulties with sleep (e.g., falling or staying asleep, waking too early) *      | 2.3   | 1.7   |
| Got enough sleep to feel rested                                                        | 2.2   | 2.4   |
| Engaged in high-risk drinking (4+ for females, 5+ for males) in the last two weeks *** | 63.6% | 18.2% |

\*p<.05    \*\*p<.01    \*\*\*p<.001

## Positive and Negative Affect Scale (PANAS)



## Notable Quotes

*"My personal well-being has drastically improved since I began participating in the mindfulness workshop. My anxiety and ADHD are much more manageable, and I feel the best I have in a very long time. I have drastically reduced my stress level, stabilized my emotions, and find myself spending my free time in a more meaningful way. I feel my connections and relationships have deepened, becoming more personal and meaningful."*

*"The most meaningful part of the workshop was how my relationships improved because of my meditation practice. I felt like I was able to conquer some of my anxiety and make new friendships."*



## 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. Narcan (an opioid reversal treatment) administration training was added to the existing training in spring of 2024. 16 trainings occurred throughout the year.

### Highlights

- 226 students participated in a Red Watch Band training
- Of those who completed a follow-up survey...
- 100.0% were satisfied with the training
  - 93.7% would recommend Red Watch Band to a friend
  - 92.3% felt that their personal well-being was improved
  - 99.5% learned new information
  - 99.1% will apply the information to their personal well-being

### Behavior Change

| <i>n</i> =221                                                                                       | Pre   | Post  |
|-----------------------------------------------------------------------------------------------------|-------|-------|
| <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   | 4.8   |
|                                                                                                     |       |       |
| Identified correct signs of alcohol poisoning ***                                                   | 1.7   | 2.8   |
| Identified correct actions to help someone who may be experiencing alcohol poisoning ***            | 1.4   | 2.9   |
|                                                                                                     |       |       |
| Correctly named 3 signs of alcohol poisoning ***                                                    | 19.9% | 84.6% |
| Correctly named 3 actions needed to help someone ***                                                | 9.5%  | 92.8% |

### Notable Quotes

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

- "It was great! Very hands on and good presentation! Thank you!"
- "I thought the training was very thorough and informative."
- "I think everything is well designed and presented
- "[I learned] How to respond with confidence in an emergency."

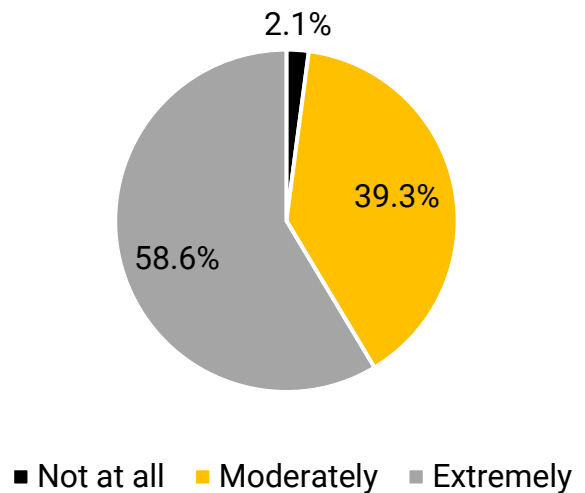
# Thrive in 3

Thrive in 3 program leverages the influence peers have on alcohol use by supporting students in trying alcohol harm reduction strategies in community with their friends, while continually prompting them to reflect on their experiences through a series of questions and educational content texted to them throughout the 3-week program. The program also invites students to reflect on the intersection of alcohol and mental health. The program is three weeks in length, including three text message check-in responses per week and a post survey.

## Highlights

- 393 students registered for Thrive in 3 over two semesters, representing 13 student organizations or groups
- 75.7% of fall and 68.9% of spring participants met the aim of 1 drink per hour or less on weekends while in the program
- 75.7% of fall and 68.6% of spring participants replied to more than 80.0% of the text messages in the program
- 96.3% of participants were able to describe information learned from the program as if they were talking to a friend about it
- 95.1% of participants could identify factors that influence their personal alcohol use
- 96.6% of participants who did not hit the aim could identify strategies to try in the future
- 99.0% of participants could identify a personal benefit of limiting their use
- 97.9% of participants moderately or extremely recommended the program to other students.

How strongly participants would recommend others to participate in Thrive in 3



## Notable quotes about what students learned

- *"Maintaining 1 drink per hour and setting a cash limit for when I am out."*
- *"The main thing i think of now is how my alcohol use effects the middle of my week."*
- *"I have gained insightful techniques on how to limit my drinking and the side effects involved with over drinking like spending too much money or saying something you regret."*
- *"I learned about what I can do to help my peers."*
- *"Knowing strategies to help me drink less during an amount of time."*

# 2024-2025 Assessment Review

As a result of collecting and analyzing data from some of our programming, the following changes will be implemented for our next assessment cycle.

**Earthmind Workshop** will revise assessment questions to focus on well-being, mental health, and connection to nature, rather than environmental assessment questions.

Student Wellness will increase marketing and communication efforts for **Intro to Mindfulness** workshops due to the decrease in enrollment in workshops and increase of positive health outcomes.

Student Wellness will also focus on partnerships in the Division of Student Life to fill all our **Red Watch Band** trainings, due to lower enrollment.