



Healthy. Mindful. Active. Well.

IOWA STATE UNIVERSITY

Student Health and Wellness

ANNUAL REPORT

**FISCAL YEAR
2025**

July 2024 – June 2025



A Message from Associate Vice President Erin Baldwin, MHA, MPH, FACHE

It is with great pride and purpose that I welcome you to the Fiscal Year 2025 Annual Report for the Student Health and Wellness Unit at Iowa State University. This year has been one of transformation, resilience, and innovation—grounded in our unwavering commitment to supporting the holistic wellbeing and success of our students.

At the heart of our mission lies a simple but powerful belief: student wellbeing is foundational to student success. Our programs, services, and initiatives this year have continued to evolve to meet the diverse and dynamic needs of our campus community. From expanding access to services and programs, to implementing new technology, to providing leadership for the development of the Cyclone Support initiative; we have prioritized solutions that are both evidence-based and student-centered. Innovation has guided our efforts every step of the way, as we've utilized student feedback to continuously adapt and improve.

Our success is made possible by our dedicated professional and student staff, partnerships with student leaders and organizations, campus partners, and supporters who bring compassion, expertise, and energy to our shared mission every day. Together, we are building a culture of care that empowers students not only to thrive during their time at Iowa State University, but to carry lifelong skills in health, balance, and resilience beyond graduation.

As you read through this report, we hope you are inspired by the stories, data, and impact captured here. They are a testament to what is possible when wellbeing is seen not as an extra, but as essential to the student experience.

WITHIN THE REPORT

UNIT OVERVIEW

DIVISION PRIORITIES*

- *STUDENT SUCCESS, DEVELOPMENT AND ENGAGEMENT*
- *PRINCIPLES OF COMMUNITY*
- *HOLISTIC WELLBEING*
- *EFFICIENCY AND INNOVATION*

STATEMENTS OF ASPIRATION

STRATEGIC PLAN PILLARS

FY 2025 UNIT IMPACT STATEMENT

STUDENT IMPACT

* The Student Health and Wellness Annual Report is divided by impact on the Division of Student Affairs priorities.



BE HEALTHY
BE MINDFUL
BE ACTIVE
BE WELL
BE IOWA STATE

Student Health and Wellness Unit

RECREATION
SERVICES

STUDENT
WELLNESS

STUDENT
COUNSELING
SERVICES

THIELEN
STUDENT HEALTH
CENTER

MISSION STATEMENT

To provide integrated, holistic services that help students to be healthy, be mindful, be active, be well, BE IOWA STATE.

VISION STATEMENT

To be a destination University for student health and wellness.

VALUES

The Student Health and Wellness unit will embrace the Iowa State University Principles of Community as our guiding values.

RESPECT: We seek to foster an open-minded understanding among individuals, organizations and groups. We support this understanding through outreach, increasing opportunities for collaboration, formal education programs and strategies for resolving disagreement.

PURPOSE: We are encouraged to be engaged in the university community. Thus, we strive to build a genuine community that promotes the advancement of knowledge, cooperation and leadership.

COOPERATION: We recognize that the mission of the university is enhanced when we work together to achieve the goals of the university. Therefore, we value each member of the Iowa State University community for their insights and efforts, collective and individual, to enhance the quality of campus life.

RICHNESS OF DIVERSITY: We recognize and cherish the richness of diversity in our university experience. Furthermore, we strive to increase the diversity of ideas, cultures and experiences throughout the university community.

FREEDOM FROM DISCRIMINATION: We recognize that we must strive to overcome historical and divisive biases in our society. Therefore, we commit ourselves to create and maintain a community in which all students, staff, faculty and administrators can work together in an atmosphere free from discrimination, and to respond appropriately to all acts of discrimination.

HONEST AND RESPECTFUL EXPRESSION OF IDEAS: We affirm the right to and the importance of a free exchange of ideas at Iowa State University within the bounds of courtesy, sensitivity and respect. We work together to promote awareness of various ideas through education and constructive strategies to consider and engage in honest disagreements.

Unit Leadership



ERIN BALDWIN
ASSOCIATE VICE-PRESIDENT,
STUDENT HEALTH AND WELLNESS,
DIRECTOR THIELEN STUDENT
HEALTH CENTER



TONY DIRTH
DIRECTOR
RECREATION SERVICES



KRISTEN SIEVERT
DIRECTOR
STUDENT COUNSELING SERVICES



CHARLOTTE HAMPSON
DIRECTOR
STUDENT WELLNESS

We are leaders on campus who understand that learning happens everywhere. This includes infusing learning into employment and engagement opportunities so students can develop and enhance skills to take with them into the workforce. By recognizing the uniqueness of each student, we meet them where they are in their own development and create rich and diverse sets of opportunities for students to connect anywhere on campus. We actively work to build a co-curriculum that fosters academic, social, and personal success among students to ensure the greatest opportunity for flourishing as Cyclones.

STUDENT COUNSELING SERVICES developed a master's level internship program that will launch in the upcoming academic year. This initiative involved collaboration with Grand View University to meet training standards, coordination with legal counsel and the Provost's Office to establish formal agreements, and the creation of internal procedures. The program serves multiple purposes including training emerging clinical therapists, serving as a recruitment pipeline for future staff, and demonstrating a commitment to multidisciplinary training within our team.

THIELEN STUDENT HEALTH CENTER staff provided presentations at all orientation key topic sessions and staffed at resource fairs. As part of resource fairs, team members assisted students and their families with submissions for immunization records and health insurance.

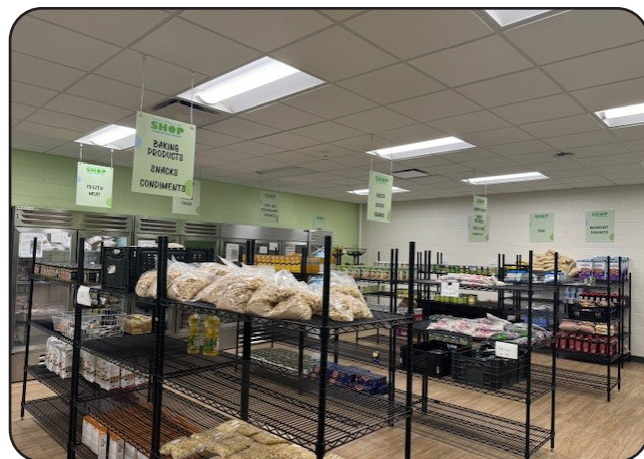
The **SHOP FOOD PANTRY** expanded its reach and distributed over 204,000 pounds of food to over 16,000 visitors and 1,550 unique households. SHOP served over 600 more households and over 30,000 more pounds of food than the previous year.

STUDENT WELLNESS expanded their Naloxone Training Program in October 2024 to include in-person 15-minute trainings. A total of 205 individuals were trained, and 184 naloxone kits were distributed. Based on participant survey data there was a significant increase in preparedness as 98% of participants reported knowing how to assist in an opioid overdose post-training, compared to 29% pre-training.

The **THIELEN STUDENT HEALTH CENTER** pharmacy often hires students as employees. Recent Iowa State graduate, and past-President of the ISU Pre-Pharmacy Club, Brody Trittle, received his license to practice pharmacy in the State of Iowa. Brody attributes his time working at TSHC as being instrumental in his decision to attend and graduate pharmacy school.

The dietitian at **THIELEN STUDENT HEALTH CENTER**, Alison St. Germain, developed a Joyful Eating internship position. This program emphasizes social responsibility, global perspective, self-awareness, ethics, purpose-driven work, accountability, and integrity. They gain skills as an undergraduate that most don't acquire until their supervised practicums following graduation. These experiences set them up for long term success and gives them a significant advantage among their peers.

RECREATION SERVICES trained 145 Sport Club Health and Safety Officers in CPR/AED/First Aid and safety protocols, and certified over 3,000 Sport Club members in general health and safety.



PRINCIPLES OF COMMUNITY

We embrace Iowa State University's Principles of Community: Respect, Purpose, Cooperation, Richness of Diversity, Freedom of Discrimination, Honest and Respectful Expression of Ideas. These principles serve as a critical foundation to our programs, services, resources, and spaces so Cyclones can flourish at Iowa State University and beyond.

In its third year, the Cardinal and Goal'd Tailgates led by **STUDENT WELLNESS** continued to provide a welcoming, alcohol-free space for students to engage in game day traditions. Across four home football games, the tailgates drew a total of 1,405 attendees. The events featured yard games, giveaways like tie-dye bucket hats, and interactive polls to promote substance-free engagement. Notably, 34% of attendees were first-year students, highlighting the tailgate's role in early student engagement and inclusion. Efforts began in FY25 to transition to a co-leadership model with the Office of the Vice President for Student Affairs, as part of the transition from a prevention initiative to an institutional tradition.

Iowa Games and Special Olympics Iowa continued their partnership with **RECREATION SERVICES** to promote accessible, multi-sport participation.

STUDENT WELLNESS Violence Prevention staff developed a framework for the Sexual Violence Prevention and Response Leadership Team that promotes collaboration among campus partners and focuses efforts on a strategic set of objectives. These objectives advance a systems-level approach to violence prevention and response that align with university priorities and encourage resource-sharing across departments.

RECREATION SERVICES hosted major events including the Iowa Girls High School State Soccer Tournament, Homecoming and Greek Week Tournaments, and Cyclone Welcome Weekend.

THIELEN STUDENT HEALTH CENTER continued in person appointments for all new international students. These in-person clinic visits have received excellent feedback from students and provide an opportunity to help familiarize new students with clinic services, the Student and Scholar Health Insurance Plan, and share information about all of the Student Health and Wellness departments. This included 462 visits during the fall semester, and 170 in the spring.

RECREATION SERVICES and **STUDENT COUNSELING SERVICES** collaborated to provide mental health education during Transform Your Stress workshops.

RECREATION SERVICES offered diverse intramural formats—including in-person, online, team, and individual sports—to meet varied student needs.



Our programs and services support all dimensions of wellbeing: physical, emotional, intellectual, financial, environmental, occupational, social, and spiritual. We are accessible and responsive to student and employee needs, minimize barriers that inhibit effective learning, and work to be a Health Promoting University.

Satisfaction surveys are sent to students who utilized the services provided by our **STUDENT HEALTH AND WELLNESS** departments. Results for all departments are positive. **RECREATION SERVICES** 98%, **STUDENT COUNSELING SERVICES** 97%, **STUDENT WELLNESS** 96% and **THIELEN STUDENT HEALTH CENTER** 96%.

To ensure students have immediate access to support, **STUDENT COUNSELING SERVICES** has developed a comprehensive service model that includes both in-house services and strategic partnerships offering 24/7, self-paced, and on-demand resources. Through university-supported funding, SCS has partnered with Uwill to offer free, 24/7 access to crisis and individual teletherapy sessions. This service ensures students can receive professional support at any time, regardless of location or time of day. Students utilized 1,411 sessions in FY2025.

THIELEN STUDENT HEALTH CENTER expanded hours of operation based on student requests and by utilizing data for the most utilized appointment times. The clinic is now open 7:30 am – 5 pm on Monday/Tuesday/Thursday/Friday, and 9 am – 5 pm on Wednesdays during the academic year. Specifically, additional appointment slots were allocated during the 11 am – 2 pm time-frame as these are the most utilized and requested times by students.

RECREATION SERVICES prioritized well-being through consistent facility access and enhanced fitness resources. Equipment and spaces were upgraded, including new treadmills, step mills, dumbbells, EZ bars, and upright bikes. A renovation of the functional training room was completed in State Gym and the fitness studio in Beyer Hall was improved to enhance participant experience.

STUDENT WELLNESS developed two new violence prevention trainings this year – *Green Flags (consent education)* and *Green Zone (promoting help-seeking and responding to help-seekers)* – designed to engage the campus community in conversations and action about consent, violence prevention, and

holistic support. These training courses have been integrated into many campus trainings including Department of Residence RA training, Peer Mentor training, and department-level training sessions.

Multiple **STUDENT HEALTH AND WELLNESS** unit staff members collaborate to create the Eating Disorders Treatment Team. Two members hold a Certified Eating Disorder Specialist (CEDS), a national best practice certification. All members are passionate about supporting students and patients here on campus through eating disorders while referring and recommending services and facilities on campus.



We are committed to providing efficient and effective operational and financial strategies that enhance the student and employee experience at Iowa State University. We create innovative programs and services that provide value and growth for each unit, the division, and the institution. We share successes and outcomes with the community, encourage transparency, and invite discussion about where we can enhance our work.

STYLED FOR SUCCESS brings various campus partners into one space to support student success. In the past, **STUDENT WELLNESS**, in partnership with Multicultural Student Affairs and TRIO have put on free haircut events for students in Cyclone Support Central. This year, the haircut event was transformed into Styled for Success, which brought together Career Services, the Pop-Up Shop (a professional clothing shop), professional headshots, exit counseling, and student employment services into one space for a one-stop shop where students could prepare for career fairs, job interviews, and internships. This led to greater efficiency in the delivery of services to students, as well as innovation in bringing hair stylists to campus to support students in their hygiene needs as they prepare for professional opportunities.

STUDENT WELLNESS led the completion of the 2022–2024 Alcohol and Other Drug (AOD) Biennial Review, ensuring ISU remains in compliance with the federal Drug-Free Schools and Communities Act (DFSCA).

RECREATION SERVICES advanced operational excellence through sustainability, safety, and digital innovation. Nilfisk Dryft micro scrubbers were integrated into the use of Cleancore technology to enhance custodial efficiency and environmental stewardship. Lied outdoor lighting was retrofitted with energy-efficient LEDs and installed the Perry Weather lightning detection system to improve safety. Intramural offerings were expanded to include trending sports such as pickleball tournaments, wallyball, and doubles bowling.

THIELEN STUDENT HEALTH CENTER has voluntarily participated in national accreditation through the Accreditation Association for Ambulatory Health Care for more than 20 years. TSHC achieved their 3 year re-accreditation in June 2025 which involves being evaluated on more than 600 standards and ensures TSHC is following best practices in evidence based care.

STUDENT COUNSELING SERVICES hosted the Field of Memories suicide awareness event in September 2024. This initiative is an impactful display of 1,100+

flags on the library lawn to represent the number of students nationally who die by suicide each year. Students, faculty, and staff could write messages on the flags in honor of lost loved ones or words of hope for those struggling. ISU is one of only a handful of universities across the U.S. that hold this event.

In addition to expanding service options, **STUDENT COUNSELING SERVICES** has significantly reduced wait times for care, outperforming national averages for university counseling centers. Initial service appointment wait time is 2.85 days vs. national average of 15 days and wait time for first appointment is 3.79 days vs. national average 6.7 days. These improvements reflect the center's ongoing commitment to student wellbeing, timely access to care, and the continuous enhancement of service delivery.



STATEMENTS OF ASPIRATION

SUCCESS STORIES

To be the most student-centric leading research university.

For the second year, the **STUDENT HEALTH AND WELLNESS** directors co-facilitated with the Center for Excellence in Learning and Teaching to provide the annual student centered learning workshop. The 2024-2025 workshop was titled “Thriving Together: Cultivating Wellbeing in Learning and Teaching” and focused on Cyclone Support resources for students and wellbeing focused teaching and learning strategies. This team was awarded the ISU Award for Impact on Student Success in Fall 2024.

Although most students prefer to meet in-person (92%), **STUDENT COUNSELING SERVICES** continues to offer services both virtually and in-person to meet the needs and preferences of students and increase accessibility for students.

RECREATION SERVICES continued the Unified Sports (Volleyball, Basketball, and Bowling) Sport Programs offerings to allow students the opportunity to play alongside Special Olympics athletes and build new relationships in the community.

Programs within **STUDENT WELLNESS** advance the university’s goal of being student-centric. SHOP addresses basic needs by providing food and essentials, while Styled for Success offers career-focused resources—like haircuts, resume reviews, headshots, attire, and employment support—to help students thrive personally and professionally.

To be the university that cultivates a welcoming and respectful environment where all students, faculty, and staff flourish.

The **THIELEN STUDENT HEALTH CENTER** fun committee hosted a variety of events including pumpkin decorating, Halloween costumes, donations for The SHOP and Military Affiliated Student Center, hat and glove drive, dress up theme days, and food celebrations.

Both **STUDENT COUNSELING SERVICES** and **STUDENT WELLNESS** are located in the Student Services Building, one of the older facilities on campus. In FY25, several improvements were made to enhance the physical environment and overall student experience. Renovations included new carpeting and fresh paint throughout the spaces, contributing to a more inviting and comfortable atmosphere. The Student Wellness team is now located in one comprehensive space. These efforts have significantly improved the functionality and atmosphere of the spaces, reinforcing our commitment to providing a supportive and professional environment for all who seek our services.

RECREATION SERVICES hosted a new member event through the fitness program, offering equipment orientations and introductory fitness classes for incoming faculty and staff prior to the start of the semester.

STUDENT WELLNESS identified several opportunities to make primary and secondary resources more accessible to students impacted by sexual violence, to improve our strategic communication plan for the upcoming year, and to better engage students in learning about consent and bystander intervention.

To be the university that fosters lifelong learning.

THIELEN STUDENT HEALTH CENTER was a clinical preceptorship site for students completing degrees in physical therapy, pharmacy, physician, and nurse practitioner programs.

STUDENT COUNSELING SERVICES facilitated several all-staff training sessions focused on enhancing clinical competencies in key areas, including supporting students transitioning to college with ADHD, Assessment, Intervention, and Critical Response to Violence on Campus, and providing care for students experiencing eating disorders.

STATEMENTS OF ASPIRATION

SUCCESS STORIES

STUDENT COUNSELING SERVICES is also committed to training faculty, staff, and students. The team provided three Mental Health First Aid trainings to 71 ISU staff and faculty. These are 8-hour, evidence-based, early intervention trainings that teach participants about mental health and substance use challenges. The team also provided suicide gatekeeper QPR trainings for a total of 31 faculty/staff and 134 students.

RECREATION SERVICES delivered over 60 advanced aquatic certifications, including lifeguard and instructor credentials, and implemented “drill weeks” to assess lifeguard readiness in real-time scenarios. In addition, financial support and training was offered for student employees to earn nationally recognized fitness certifications, enhancing their professional development. The team facilitated student participation in conference-based learning and networking events during the fall semester to promote career readiness and leadership growth.

To be the university that creates opportunities and forges new frontiers.

THIELEN STUDENT HEALTH CENTER and **RECREATION SERVICES** contracted with Kahler Slater, a national expert in collegiate health and recreation facilities, to develop long term master facility plans. Estimated completion of these plans is December 2025.

STUDENT COUNSELING SERVICES hosted the annual Out of the Darkness suicide awareness walk. Work continues to expand this event to engage both campus and community members while raising awareness and funds for suicide prevention. This year eight sponsors provided \$4,100 in support. There were 11 non-profit resource organizations present, \$10,214 was raised by 27 teams of walkers, and 302 pre-registered walkers and 70 walk-in walkers participated.

RECREATION SERVICES embraced innovation and expanded access through data-driven strategies and program growth which included developing Power BI dashboards to analyze student participation demographics, informing future outreach and inclusion efforts and expanded community programming with a second year of Youth Camps and Youth Swim Lessons, reinforcing early development and engagement.

To be the trusted partner for proactive and innovative solutions.

Erin Lucas, a **THIELEN STUDENT HEALTH CENTER** medical staff member provided coverage for ISU Occupational Medicine during the past academic year and will continue for fall 2025.

In October 2024, the **COLLEGIATE RECOVERY PROGRAM** was selected by Iowa Health and Human Services as a strategic partner to lead the new Iowa Collegiate Recovery Network. In collaboration with the ISU Public Science Collaborative, the program received \$50,000 in funding to expand collegiate recovery support across Iowa.

STUDENT COUNSELING SERVICES maintains a strong commitment to supporting the broader campus community through timely consultation and coordinated care. A designated staff member is always available to provide consultation to students, faculty, staff, friends, or family members who are concerned about a student’s wellbeing. In addition to campus consultations, clinicians regularly engage in professional consultation with external providers to ensure continuity and coordination of care for students receiving services both on and off campus. In FY25, SCS provided 259 consultations, reflecting the ongoing dedication to accessible support and collaborative mental health care.

STUDENT COUNSELING SERVICES presented a webinar for ISU student Parent and Family Programs called Supporting YOUR Cyclone’s Wellbeing.

RECREATION SERVICES created a new tiered pricing structure for facility rentals based on user affiliation and built-in profit margins.

PILLARS OF EXCELLENCE

INNOVATIVE SOLUTIONS

Innovation, creativity, and an entrepreneurial attitude will inspire the curriculum, decision making and outlook for Iowa State. We will bring forth expertise, technologies, novel perspectives, and ideas. By striving to bring a creative mindset and unique solutions to the grand challenges of our local and global communities, ISU will be recognized for its distinctive approach to environmental, social, economic, and cultural sustainability, and meeting the needs of society with integrity.

SHOP FOOD PANTRY piloted the Parking Ticket Relief Program in partnership with Student Government. Student Government allocated funds to pay for parking tickets (\$20 for each hour of volunteering) of any student who participated in the program and volunteered at SHOP. The added labor supported SHOP operations, and the program raised awareness about the SHOP among students.

RECREATION SERVICES completed a detailed assessment of the State Gym Pool, identifying solutions to improve operational efficiency, safety, and performance. The department also upgraded Beyer Hall pool infrastructure, transitioning from outdated systems to modern technology for enhanced reliability and user experience.

In an ongoing effort to meet students where they are, **STUDENT COUNSELING SERVICES** piloted a new initiative called Connect with a Counselor. This program placed SCS staff members in various high-traffic locations across campus, creating informal opportunities for students to engage, ask questions, and learn more about available mental health resources. Over the course of the year, seven Connect with a Counselor events were held resulting in 280 student interactions.

The **THIELEN STUDENT HEALTH CENTER** lab purchased and implemented the Abbott ID Now for strep testing. This is the fastest molecular test on the market and more accurate than conventional tests.

EDUCATIONAL EXPERIENCE

Promoting an excellent educational experience focused on student engagement, knowledge growth, transformative educational opportunities, and access to a welcoming and supportive educational environment will create a strong foundation for success and prosperity for a well-educated graduate with life-long relationships to Iowa State University.

RECREATION SERVICES supported academic engagement and workforce development through its partnership with the Turfgrass Management Program. Four incoming students were recruited into the turf program, reinforcing the department's role in supporting academic pathways and the sustainability of outdoor facility operations.

Fitness student staff within **RECREATION SERVICES** contributed to the Learn 2 Teach and Train program by leading instructional sessions, building their teaching and communication skills. Adventure student leaders participated in the Learn to Lead curriculum, which emphasized diverse learning styles—auditory, visual, and kinesthetic—to enhance instructional effectiveness and peer education.

STUDENT COUNSELING SERVICES is committed to supporting the professional development of future mental health providers. In FY25, SCS supported the educational experience of nine Counseling Psychology graduate students through practicum and graduate assistant placements. These students received comprehensive training, direct clinical experience, and supervision in key areas of service delivery. This hands-on experience is a vital component of their graduate education and reflects SCS's dedication to fostering the next generation of mental health professionals.

THIELEN STUDENT HEALTH CENTER partnered to support the development of Cyclone 101, an online tool provided to incoming ISU students to learn about support resources on campus. TSHC specifically provided information for the module "Cyclone Wellbeing".

Four pillars encompass the themes of acknowledged university areas of excellence. These strengths are ingrained in the daily work and lives of our faculty, staff, and students, and have been proven time and again throughout Iowa State University's history. Intersected and interwoven throughout the pillars are our land-grant university hallmarks of teaching, research, service, and extension. Most importantly, the pillars give structure and direction on how we make a difference for our state and world in the years ahead. By leveraging these strengths, we will make progress fulfilling our "to be" statements.

COMMUNITY ENGAGEMENT

Through active participation in and partnership with the local, state, and global communities, Iowa State University advances its land-grant mission to serve society by engaging our stakeholders to understand and address their needs and challenges.

Over the past year, **STUDENT WELLNESS** has collaborated with leaders in Student Government to advance a strategy for student learning related to consent and violence prevention. This strategy engages Student Government leaders in information and resource-sharing and creates opportunities for students to be directly involved in strengthening the university's approach to violence prevention and response.

RECREATION SERVICES strengthened community ties through facility rentals and youth programming. The team worked hard to proactively schedule spring and summer youth field rentals, expanding access to recreational opportunities for local families. The Adventure Programs staff partnered with the City of Ames to present on cross-country skiing opportunities, promoting outdoor recreation and community connection during the winter season.

In Fall 2024, **STUDENT COUNSELING SERVICES** hosted a first ever open house. Campus and community partners were invited to come tour the space, meet staff, learn about services, and ask questions. Approximately 250 people attended the open house and received very positive feedback. Lesser known services were highlighted and attendees learned about group therapy, biofeedback, and workshops. This event strengthened relationships with key stakeholders and enhanced visibility of the diverse support options available to students through SCS.

THIELEN STUDENT HEALTH CENTER served as the Story County vaccination site for mPox for Story County Public Health.

KNOWLEDGE AND DISCOVERY

We will enhance our understanding of our universe and ourselves and create and discover new methods, pedagogies, thought processes, and knowledge. Through deep analysis, research, and collaboration, we will bring forth new technologies, science, perspectives, and ideas to benefit a changing world.

SHOP FOOD PANTRY has partnered with Reiman Gardens to both receive produce through their Grow and Give grant and to host an educational class about ways to grow produce at home. SHOP hosted the class at 1306 Beyer Hall, and students came to learn how to grow plants in buckets in their homes or apartments. The event offered students a free plant, bucket, and soil, it also educated students on how to grow their own food rather than having to rely solely on grocery stores and other vendors to provide them food.

RECREATION SERVICES leveraged technology to enhance data-driven decision-making and sustainability. Water Compass technology was implemented to monitor water usage and detect leaks, supporting sustainability and utility management. A robotic field painter continues to improve turf marking precision, reduce labor demands, and increase operational efficiency.

In alignment with university direction, the **STUDENT HEALTH AND WELLNESS** unit revamped all of their websites and consolidated into a one-stop website that was designed based on student feedback and current best practices. For fiscal year 2025, this new website had 742,671 views and 171,589 active users. The top five most searched pages were as follows facilities and hours – Student Health and Wellness, Recreation Services – Student Health and Wellness, Health Clinic - Student Health and Wellness, Fitness Class Schedule – Student Health and Wellness, and Vaccinations – Student Health and Wellness.

2025 UNIT IMPACT

IOWA STATE UNIVERSITY

Student Health and Wellness



1,331,658
TOTAL POINTS OF CONTACT



81.2%
COLLECTIVE STUDENT REACH

RECREATION



IMPACT

Facility Visits.....	960,553
Total Program Participants	41,553
Fitness.....	21,295
Intramural.....	8,927
Sport Club.....	2,623
Aquatic	276
Youth Camp	170
Adventure.....	918
Gaming and Esports	7,324
Student Employees.....	962

MEDICAL SERVICES



IMPACT

Total Patient Visits	28,742
Primary Care Visits	20,133
Nurse Visits.....	4,198
Physical Therapy Visits.....	3,863
Nutrition Sessions	548
Lab Tests	193,945
Radiology Exams.....	1,300
Prescriptions Filled.....	32,354
Phone Calls Answered.....	27,667

MENTAL HEALTH



IMPACT

Total Mental Health Contacts	20,017
Initial Counseling Appointments	1,208
Individual Counseling Services.....	3,257
Crisis Sessions	146
Group Services.....	896
Psychiatry Visits.....	3,167
Trainings/Programs Attendees.....	11,343
Total Virtual Contacts	2,573
Telecounseling Sessions.....	1,459
TAO Contacts.....	1,114

SUPPORT PROGRAMS



IMPACT

Total Program Contacts	22,974
Wellbeing Coaching Sessions.....	474
Violence Prevention	3,079
CRP/Substance Use	1,533
SHOP Food Pantry Visitors.....	16,906
SHOP # of Food Distributed.....	209,526

INNOVATE at Iowa State

I had an interview with a professor that day. Before the meeting, I got a haircut, which gave me a boost of confidence and helped me feel more optimistic and presentable. As a result, I walked into the interview with a positive attitude and a stronger sense of self-assurance.

I worked with the best counselor and they have made me a better person in the short time we have worked together.

The staff and my provider were extremely kind and professional. They watched for my wellbeing and showed concern for my medical needs. The service was prompt and helped me feel better and I am very grateful and satisfied with the support and services.

SHOP is helping us to worry less about food. Whatever we get, even small amount of food, helps to redirect our finances on buying other groceries. Thus, improving food security in my household.

The Adventure program is completely underrated. I wish I would have started going on trips before my junior year. I can't wait to continue in the future. I have strengthened friendships and met many new people through the climbing walls and the trip I attended.

what our students are saying

what our students are saying

It was a great experience to participate in activities like yoga, dance parties, and jumping classes! I truly appreciate this opportunity, which made the experience even more exciting and enjoyable. The energy, fun, and sense of community were truly uplifting, and I look forward to joining more events like this in the future!

I just want to say how thankful I am for every staff member I interacted with. Throughout the entire process, everyone was incredibly friendly. I was helped swiftly and my visit gave me peace of mind.

Since using the resources provided by SHOP, I'm able to make my grocery shopping last longer and not have to go as often saving me money and time. This is amazing for me since I am in a professional program and paying a ton in tuition. The variety and ability to get protein, fruits, vegetables, and dairy product is amazing because it's more than just the generic dry goods you may see.

I called and was given an immediate appointment; they got me right in and I didn't even have to wait in the waiting room! Everyone was beyond nice and treated me with the utmost kindness and care. Best experience I have ever had at a doctor's office.

Being a part of a sport club was so fun, definitely a highlight of my college experience. It was a great way to meet new people and find a fun community.

IOWA STATE UNIVERSITY

Student Health and Wellness

515-294-5802

cyclonehealth.iastate.edu

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