

2025 UNIT IMPACT

IOWA STATE UNIVERSITY

Student Health and Wellness

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



1,331,658
TOTAL POINTS OF CONTACT



81.2%
COLLECTIVE STUDENT REACH

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