

# STUDENT HEALTH AND WELLNESS

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



**UNIT IMPACT FISCAL YEAR 2023**

**1,273,387**  
TOTAL POINTS OF CONTACT

**407**  
EVENTS

**60,011**  
PARTICIPANTS

**77%**  
COLLECTIVE STUDENT REACH

## RECREATION SERVICES



### IMPACT

Facility Visits.....	884,212
Group Fitness Participants.....	24,104
Personal Training Sessions.....	1,707
Intramural Participants.....	8,469
Sport Club Participants.....	1,708
Climbing Wall Visits.....	6,008
Student Employees.....	544

**UNIQUE STUDENT REACH.....63.10%**  
**PATRON SATISFACTION.....97%**

## STUDENT WELLNESS



### IMPACT

Peer to Peer Student Reach.....	7,818
Wellbeing Coaching Sessions.....	246
Green Dot Participants.....	14,618
Nutrition Sessions.....	283
Food Insecurity	
SHOP Food Pantry Visitors.....	13,016
Pounds of Food.....	147,716
Collegiate Recovery Attendance.....	271
Safer Sex Item Distribution.....	45,811
Campus-wide Wellbeing Initiatives.....	82
Screening and Brief Intervention.....	1,649

**UNIQUE STUDENT REACH.....26.17%**

## STUDENT COUNSELING SERVICES

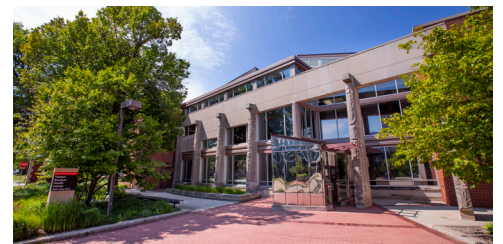


### IMPACT

Total Visits.....	7,352
Initial Appointments.....	1,450
Individual Clinical Services.....	3,975
Crisis Sessions.....	207
Group Services.....	915
Workshop Attendees.....	173
Event and Class Outreach.....	4,406
VCG Telecounseling Enrollments.....	2,166

**UNIQUE STUDENT REACH.....14.73%**  
**CLIENT SATISFACTION.....90%**

## THIELEN STUDENT HEALTH CENTER



### IMPACT

Total Patient Visits.....	34,196
Primary Care Visits.....	21,907
Mental Health Visits.....	3,735
Nurse Visits.....	4,362
Physical Therapy Visits.....	4,084
Pharmacy Immunizations.....	108
Lab Tests.....	196,533
Radiology Exams.....	1,545
Prescriptions Filled.....	30,559
Sliding Fee Adjustments.....	\$7,949
Phone Calls Answered.....	36,927

**UNIQUE STUDENT REACH.....34.86%**  
**PATIENT SATISFACTION.....93%**