

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 2022

Outreach/Presentations/Programs/Trainings 457 events, 50,317 participants
 Total Points of Contact 844,962
Collective Student Reach of the SH&W Departments 78.51% of student body

RECREATION SERVICES



SERVICES

- Facilities
- Fitness Classes
- Intramural Sports
- Outdoor Recreation Program
- Sport Clubs

IMPACT

Facility Visits 745,711
 Group Fitness Participants 2,668
 Personal Training Sessions 1,662
 Intramural Participants 7,497
 Sport Club Participants 2,331
 Climbing Wall Visits 5,768
 Student Employees 486

UNIQUE STUDENT REACH 65.38%
PATRON SATISFACTION 97%

STUDENT WELLNESS



SERVICES

- Peer to Peer Programs
- Power Based Violence Prevention (Green Dot)
- Collegiate Recovery Community
- Substance Use Prevention
- Suicide Prevention/Mental Health Promotion
- Dietitian/Joyful Eating Services
- Holistic Wellness Programs and Outreach
- Food Insecurity
- Sexual Health Promotion
- Screening and Brief Intervention Strategies

IMPACT

Peer to Peer Student Reach 6,453
 Wellbeing Coaching Sessions 126
 Green Dot Participants 14,233
 Nutrition Sessions 259
 Food Insecurity
 SHOP Food Pantry Visitors 3,961
 Pounds of Food 49,369
 Collegiate Recovery Attendance 275
 Safer Sex Item Distribution 70,075
 Campus-wide Wellbeing Initiatives 47
 Screening and Brief Intervention 1,617

UNIQUE STUDENT REACH 26.93%

STUDENT COUNSELING SERVICES



SERVICES

- Workshops
- Group Counseling
- Individual Counseling
- Career Counseling
- Crisis Counseling
- Let's Talk
- Biofeedback
- Embedded Counselors
- QPR and RESPOND Trainings

IMPACT

Total Visits 10,230
 Initial Appointments 1,906
 Individual Clinical Services 6,605
 Crisis Sessions 268
 Group Services 1,369
 Workshop Attendees 82

UNIQUE STUDENT REACH 6.48%
CLIENT SATISFACTION 4.36/5.0

THIELEN STUDENT HEALTH CENTER



SERVICES

- Illness, Injury Care and Physical Exams
- Chronic or Ongoing Medical Conditions
- Lab and Radiology Services
- Mental Health Services
- Sexual and Reproductive Health
- Allergy and Travel Clinic
- Pharmacy
- Physical Therapy

IMPACT

Total Patient Visits 40,487
 Primary Care Visits 22,310
 Mental Health Visits 2,872
 Nurse Visits* 10,058
 Physical Therapy Visits 4,217
 Pharmacy Immunizations 1,030
 Lab Tests 210,314
 Radiology Exams 1,602
 Prescriptions Filled 31,694
 Patient Portal Enrollments 403
 Sliding Fee Adjustments \$9,068
 Phone Calls Answered 45,080

UNIQUE STUDENT REACH 37.9%
PATIENT SATISFACTION 4.62/5.0

*COVID testing and vaccines, flu and rabies vaccines, travel and allergy clinic visits, TB testing, other nurse visits.