

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 2020

Outreach/Presentations/Programs/Trainings364 with 15,737 participants
 Student Health and Wellness Ambassadors.....254 volunteer hours

Collective Student Reach of the SH&W Departments.....85% of student body

RECREATION SERVICES



SERVICES

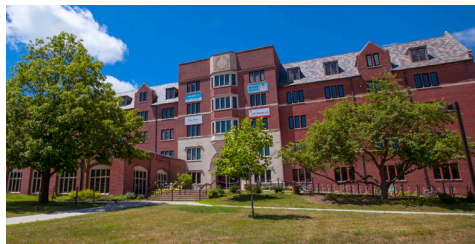
- Facilities
- Fitness Classes
- Intramural Sports
- Outdoor Recreation Program
- Sport Clubs

IMPACT

Facility Visits..... 752,280
 Group Fitness Participations.....5,066
 Personal Training Sessions.....2,521
 Intramural Participants.....8,406
 Outdoor Recreation Participants289
 Climbing Wall Participants.....748

UNIQUE STUDENT REACH.....73%

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.....6,302
 BASICS Sessions (Alcohol/Marijuana)..... 90
 Green Dot Participants2,493
 AlcoholEdu Participants5,143
 Nutrition Sessions211
 Spring Wellness Campaign Reach65,000+
 Collegiate Recovery Meetings/Events 16
 Safer Sex Item Distribution75,000+

STUDENT COUNSELING SERVICES



SERVICES

- Workshops
- Group Counseling
- Couples Counseling
- Individual Counseling
- Career Counseling
- Crisis Counseling
- Biofeedback
- Embedded Counselors
- RESPOND Training

IMPACT

Total Visits 11,605
 Access Appointments..... 2,159
 Clinical Services 6,855
 Crisis Sessions 326
 Group Services..... 2,265

UNIQUE STUDENT REACH.....7.3%
CLIENT SATISFACTION.....4.41/5.0

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 39,342
 Primary Care Visits 30,928
 Mental Health Visits 4,163
 Nurse Visits.....4,251
 Physical Therapy Visits.....4,031
 Lab Tests 216,965
 Radiology Exams 1,459
 Prescriptions Filled 24,411
 Patient Portal Enrollments..... 543
 Sliding Fee Adjustments\$9,124
 Phone Calls Answered..... 37,102

UNIQUE STUDENT REACH.....39%
CLIENT SATISFACTION.....4.6/5.0