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# UI Staff Council: Well-being

**Campus Nutrition Focus**

October 12, 2022

# Agenda

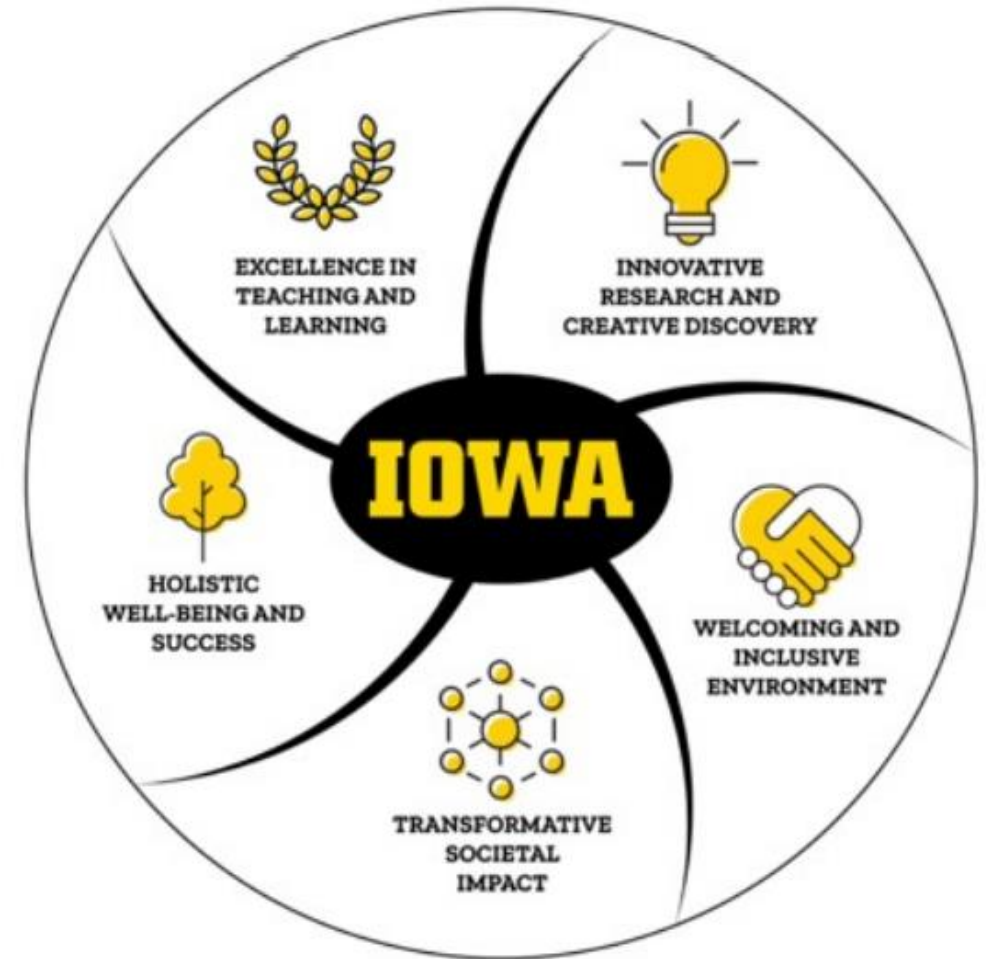
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- UI Strategic Plan
- Review of Data
- liveWELL: Nutrition Programming for Staff
- UI Food Pantry
- Takeaway / Action

# Alignment with Strategic Plan

## Goal 4: Holistic Well-Being and Success

- Objective A: Embed well-being and mental health into all aspects of campus culture to better support students, faculty, and staff



# Well-Being & Mental Health Campus Collaborative Subcommittees

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Food, Nutrition and  
Movement

Connections,  
Inclusion and Purpose

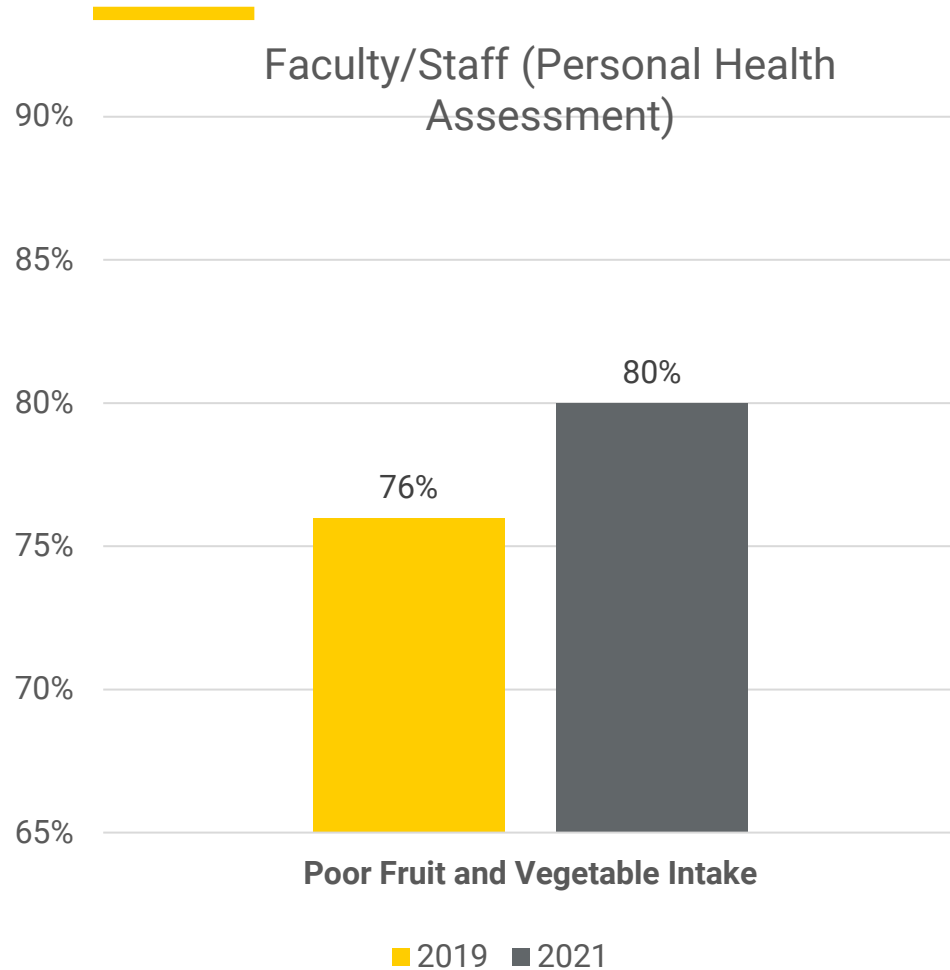
Substance Use

Built and Natural  
Environment

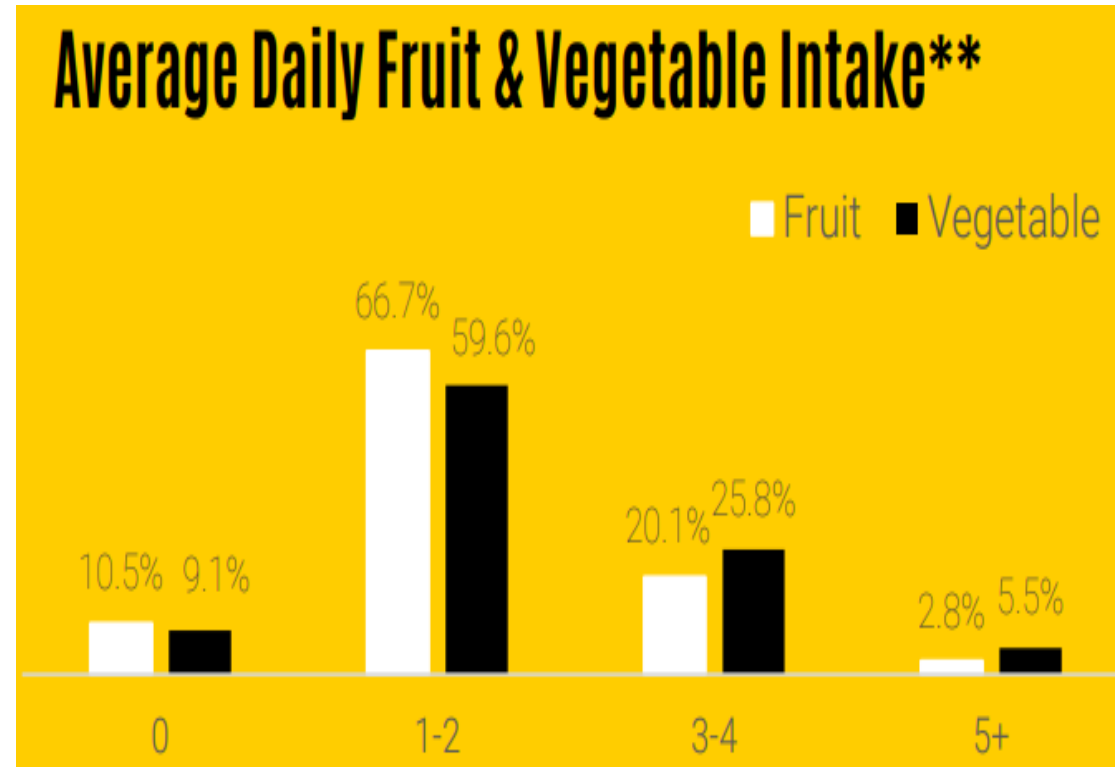
Collaborative  
Leadership  
Framework

Mental Health and  
Resilience

# Nutrition Data for Campus



Students (2021 NCHA)



# Free Health Coaching

- One-on-one, five visits plus 1- and 3-month follow-ups
- CRWC, UEHC, Zoom or block of time at your department by request
- Areas covered include Nutrition, Exercise, Weight Management, Stress Management, Tobacco/Nicotine Cessation
- Referrals to:
  - Personal Training (through UI Rec Services)
  - Mindfulness-Based Stress Reduction 8-week
  - CDC's Diabetes Prevention Program (DPP)
  - 10-week Wondr Health (app-based, all online)



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Rolling with the punches while adopting healthier eating habits

Martin Gallardo teamed up with liveWELL health coach to develop health goals, accountability



Martin Gallardo has increased his energy levels by eating a more balanced diet, avoiding too much junk food, and taking part in a fitness activity he loves—boxing. Photo courtesy of liveWELL.

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# Lifestyles Prevention Programs

- 10-Week Weight Management Program
  - 10-week online and app-based behavior change program for employees with an on-the-go lifestyle. Powered by Wondr Health.
- National Diabetes Prevention Program
  - Yearlong group-based lifestyle change program focusing on achieving a healthy weight, increasing physical activity and managing stress to prevent type 2 diabetes and other chronic health conditions.

**livewell**<sup>™</sup>

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**NATIONAL**  
**DIABETES**  
**PREVENTION**  
**PROGRAM**



# Wellness Challenge Programs & liveWELL Trainings



At least one of four challenge programs annually is focused on nutrition



**Collaboration Note:** Developed in partnership with Student Wellness and so students, faculty and staff can all do Colorful Choices together!



**Now Registering:** Mindful Moments. Register in “MyLiveWELL Portal” at Employee Self Service > Benefits & Wellness

*Impact of trainings (can be found in MyTraining or requested by department):*

1,941 attended a liveWELL training in 2021.

96% said they were ‘committed to taking action.’

90% “learned a new skill that can be applied.”

97% report “my identities were respected.”



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Student Care & Assistance

# The Food Pantry at Iowa

**Steph Beecher**

Basic Needs Coordinator



# FOOD INSECURITY

*food in·se·cu·ri·ty*, n.

Food insecurity is the limited or uncertain availability of nutritionally adequate and safe foods, or the ability to acquire such foods in a socially acceptable manner. The most extreme form is often accompanied with physiological sensations of hunger.



# FOOD INSECURITY

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**10.2%**

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**ADULTS IN THE US  
FOOD INSECURE (2021)**

**82.2%**

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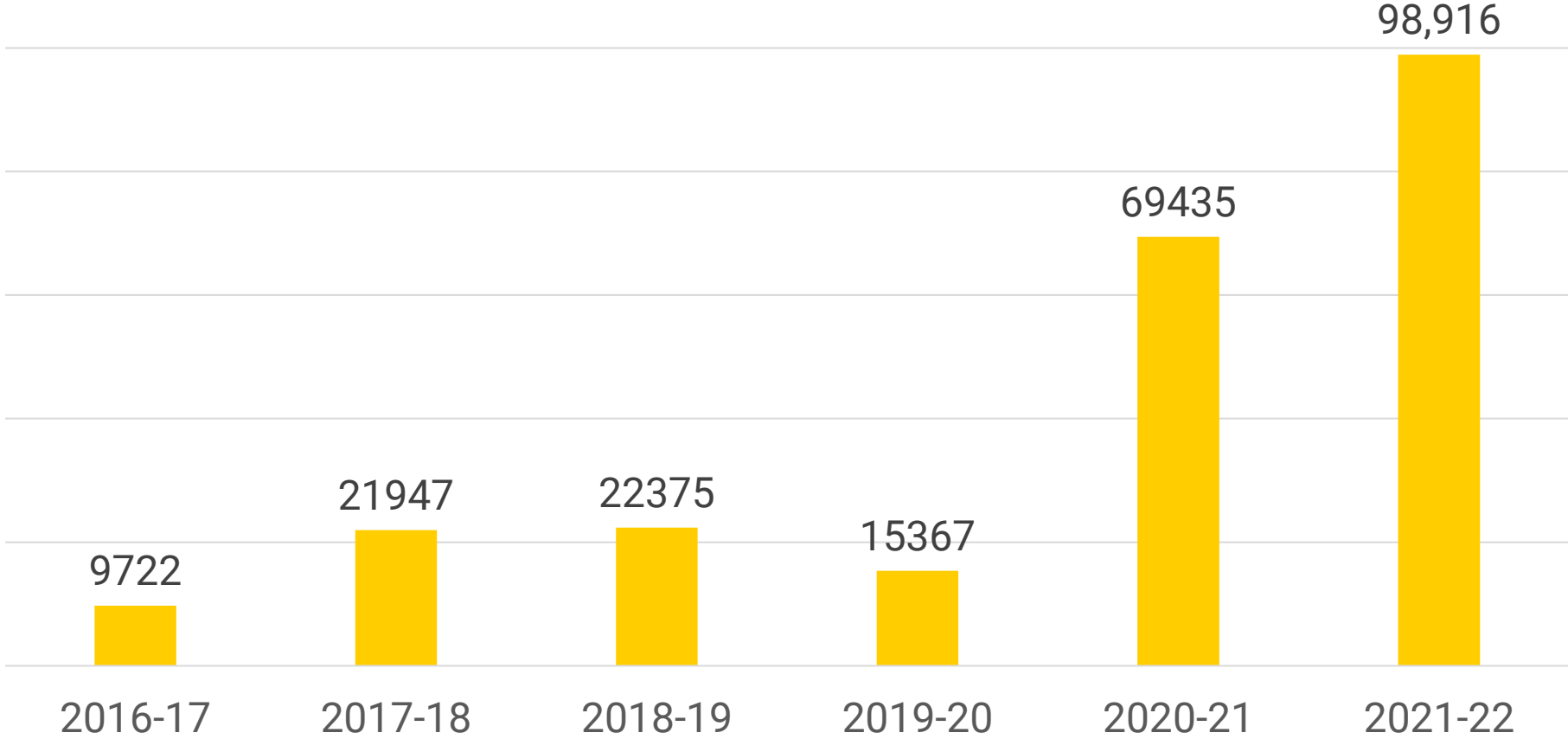
**FOOD PANTRY CLIENTS  
COULDN'T AFFORD  
BALANCED MEALS (12 MO)**

**4.4%**

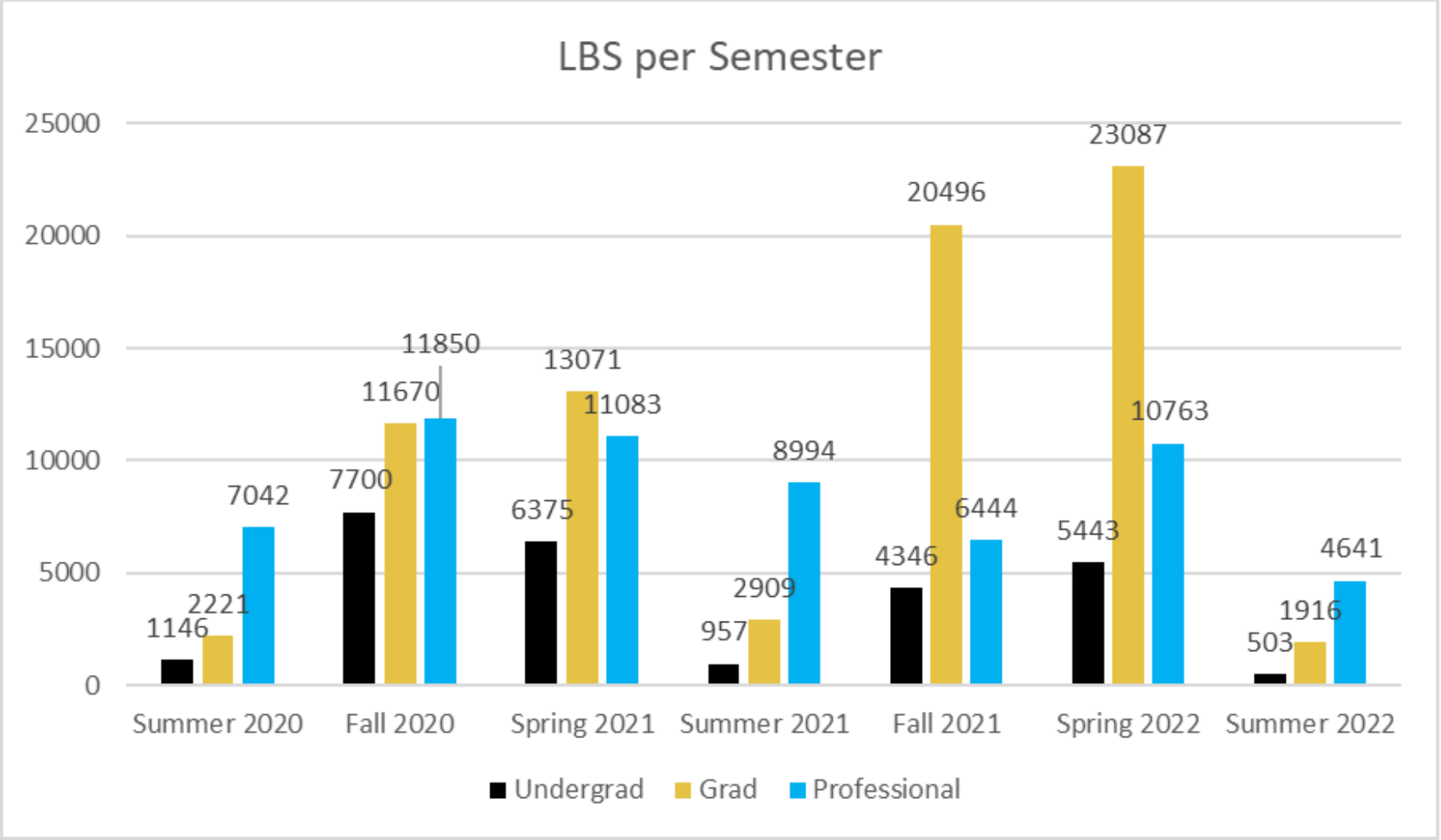
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**FOOD PANTRY CLIENTS  
UTILIZE SNAP BENEFITS**

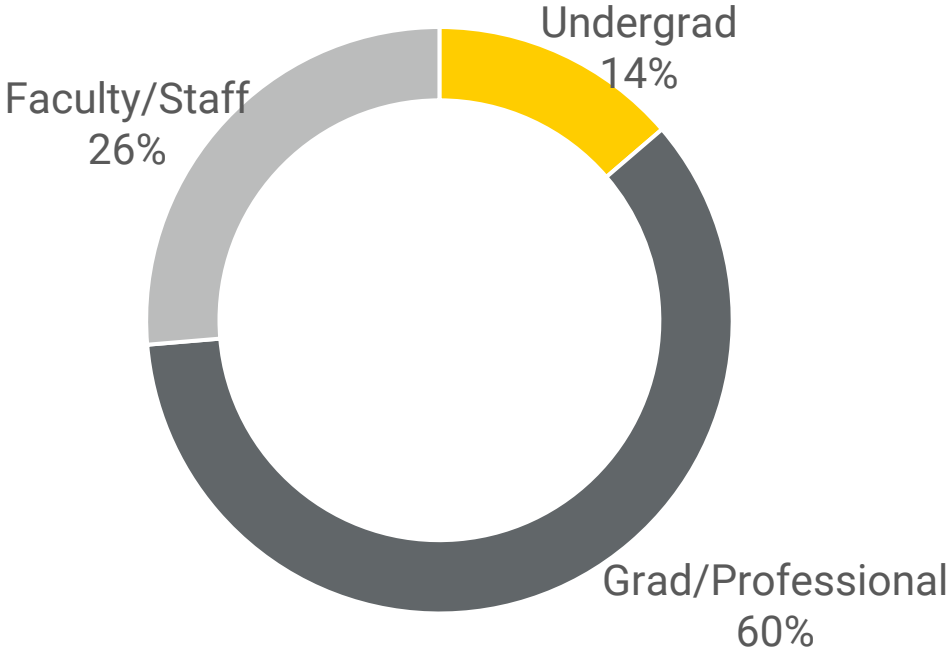
# POUNDS OF FOOD DISTRIBUTED



# POUNDS OF FOOD DISTRIBUTED



# FOOD PANTRY CLIENTS



|             | UNIQUE VISITORS | TOTAL VISITORS | % OF TOTAL |
|-------------|-----------------|----------------|------------|
| Summer 2020 | 77              | 313            | 67.7%      |
| Fall 2020   | 104             | 504            | 32.4%      |
| Spring 2021 | 74              | 432            | 27.5%      |
| Summer 2021 | 55              | 301            | 66%        |
| Fall 2021   | 43              | 276            | 20.1%      |
| Spring 2022 | 85              | 502            | 24.1%      |
| Summer 2022 | 77              | 375            | 61.7%      |

# STATISTICS

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## 7 VISITS

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**AVE VISITS PER PERSON**

Undergrad: 3

Graduate: 9

**Faculty/Staff: 8**

## 2.6 people

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**HOUSEHOLD SIZE**

Undergrad: 2.3

Graduate: 2.3

**Faculty/Staff: 3.5**

## FACULTY/STAFF

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Merit: 65%

P&S: 30%

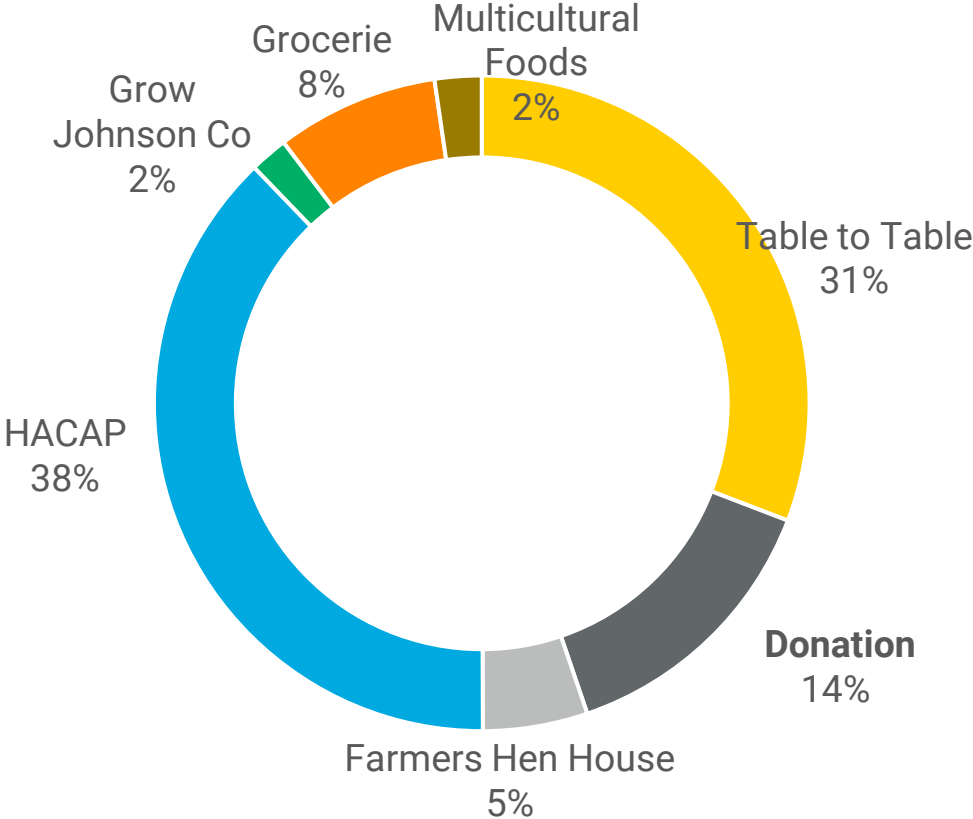
Faculty: 2.5%

# FOOD SOURCES

**\$27,000**

## USG/GPSG

- Stipends
- Groceries
- Events/Trainings/Outreach
- Tech/Space Updates





# Action/Takeaway: Ways to Give

Donate

- [imu.uiowa.edu/imu-services/food-pantry/donate](https://imu.uiowa.edu/imu-services/food-pantry/donate)

Volunteer

- [imu.uiowa.edu/imu-services/food-pantry/volunteer](https://imu.uiowa.edu/imu-services/food-pantry/volunteer)



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Megan Hammes, MS, MCHES  
Senior Director, UI Wellness  
University Human Resources

Steph Beecher, MA  
Basic Needs Coordinator  
Student Care & Assistance, Office  
of the Dean of Students

→ <https://imu.uiowa.edu/imu-services/food-pantry-iowa>

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# Health and Well-being Fair

<https://hr.uiowa.edu/employee-well-being/livewell/livewell-programs-and-services/health-and-well-being-fair-2022>

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