UI Staff Council: Well-being

Campus Nutrition Focus
October 12, 2022
Agenda

- 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

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

Faculty/Staff (Personal Health Assessment)

Students (2021 NCHA)

Average Daily Fruit & Vegetable Intake

<table>
<thead>
<tr>
<th></th>
<th>Fruit</th>
<th>Vegetable</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>10.5%</td>
<td>9.1%</td>
</tr>
<tr>
<td>1-2</td>
<td>66.7%</td>
<td>59.6%</td>
</tr>
<tr>
<td>3-4</td>
<td>20.1%</td>
<td>25.8%</td>
</tr>
<tr>
<td>5+</td>
<td>2.8%</td>
<td>5.5%</td>
</tr>
</tbody>
</table>

Poor Fruit and Vegetable Intake

- Faculty/Staff: 76% in 2019, 80% in 2021
- Students: 2019 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)
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.
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.”
The Food Pantry at Iowa

Steph Beecher
Basic Needs Coordinator
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

10.2%  
ADULTS IN THE US FOOD INSECURE (2021)

82.2%  
FOOD PANTRY CLIENTS COULDN’T AFFORD BALANCED MEALS (12 MO)

4.4%  
FOOD PANTRY CLIENTS UTILIZE SNAP BENEFITS
POUNDS OF FOOD DISTRIBUTED

<table>
<thead>
<tr>
<th>Year</th>
<th>Pounds of Food Distributed</th>
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<tbody>
<tr>
<td>2016-17</td>
<td>9722</td>
</tr>
<tr>
<td>2017-18</td>
<td>21947</td>
</tr>
<tr>
<td>2018-19</td>
<td>22375</td>
</tr>
<tr>
<td>2019-20</td>
<td>15367</td>
</tr>
<tr>
<td>2020-21</td>
<td>69435</td>
</tr>
<tr>
<td>2021-22</td>
<td>98,916</td>
</tr>
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</table>
POUNDS OF FOOD DISTRIBUTED

LBS per Semester

<table>
<thead>
<tr>
<th></th>
<th>Undergrad</th>
<th>Grad</th>
<th>Professional</th>
</tr>
</thead>
<tbody>
<tr>
<td>Summer 2020</td>
<td>1146</td>
<td>2222</td>
<td>7042</td>
</tr>
<tr>
<td>Fall 2020</td>
<td>11850</td>
<td>11670</td>
<td>6375</td>
</tr>
<tr>
<td>Spring 2021</td>
<td>13071</td>
<td>11083</td>
<td>8994</td>
</tr>
<tr>
<td>Summer 2021</td>
<td>957</td>
<td>5443</td>
<td>6444</td>
</tr>
<tr>
<td>Fall 2021</td>
<td>20496</td>
<td>5443</td>
<td>10763</td>
</tr>
<tr>
<td>Spring 2022</td>
<td></td>
<td>23087</td>
<td>4641</td>
</tr>
<tr>
<td>Summer 2022</td>
<td></td>
<td>1916</td>
<td>503</td>
</tr>
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</table>
FOOD PANTRY CLIENTS

- Undergrad: 14%
- Grad/Professional: 60%
- Faculty/Staff: 26%

<table>
<thead>
<tr>
<th></th>
<th>UNIQUE VISITORS</th>
<th>TOTAL VISITORS</th>
<th>% OF TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Summer 2020</td>
<td>77</td>
<td>313</td>
<td>67.7%</td>
</tr>
<tr>
<td>Fall 2020</td>
<td>104</td>
<td>504</td>
<td>32.4%</td>
</tr>
<tr>
<td>Spring 2021</td>
<td>74</td>
<td>432</td>
<td>27.5%</td>
</tr>
<tr>
<td>Summer 2021</td>
<td>55</td>
<td>301</td>
<td>66%</td>
</tr>
<tr>
<td>Fall 2021</td>
<td>43</td>
<td>276</td>
<td>20.1%</td>
</tr>
<tr>
<td>Spring 2022</td>
<td>85</td>
<td>502</td>
<td>24.1%</td>
</tr>
<tr>
<td>Summer 2022</td>
<td>77</td>
<td>375</td>
<td>61.7%</td>
</tr>
</tbody>
</table>
STATISTICS

7 VISITS
Ave visits per person
- Undergrad: 3
- Graduate: 9
- Faculty/Staff: 8

2.6 people
Household size
- Undergrad: 2.3
- Graduate: 2.3
- Faculty/Staff: 3.5

FACULTY/STAFF
- Merit: 65%
- P&S: 30%
- Faculty: 2.5%
FOOD SOURCES

$27,000

USG/GPSG
Stipends
Groceries
Events/Trainings/Outreach
Tech/Space Updates

Table to Table 31%
Donation 14%
Farmers Hen House 5%
Grow Johnson Co 2%
Groceries 8%
Multicultural Foods 2%
HACAP 38%
Action/Takeaway: Ways to Give

Donate
- imu.uiowa.edu/imu-services/food-pantry/donate

Volunteer
- imu.uiowa.edu/imu-services/food-pantry/volunteer
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
Health and Well-being Fair

IOWA