

IOWA

Building a Healthy Campus

Health Fair, Wellness Ambassadors, Wellness Grants, and Departmental Well-Being Toolbox

Erin Litton

Senior Director, UI Wellness

Benefits Health & Productivity

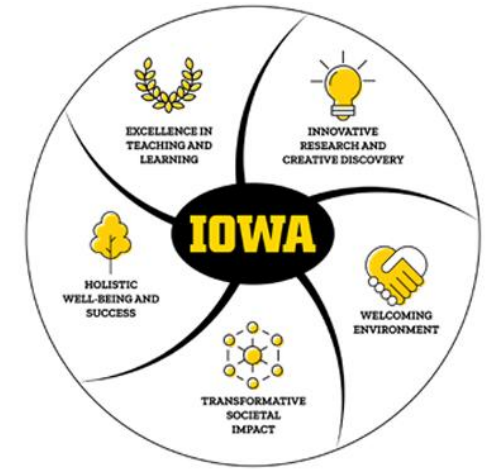
liveWELL – Promoting Population Health at Iowa



Embedding Well-Being and Mental Health

Holistic Well-being and Success

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



Building a Healthy Campus



Health Fair

Annual event celebrating campus, community, and UI Health Care resources and support for faculty and staff.



Wellness Ambassadors

Employee volunteers who partner with **liveWELL** to increase awareness of campus resources and encourage well-being.



Wellness Grants

Funding to support units/departments with initiatives that embed well-being and mental health.



Well-Being Toolbox

One-stop shop to access tools and resources for integrating well-being into the day-to-day of the department.

IOWA

HEAL+H
and **WELL-BEING**
• **FAIR** •

UI HEALTH AND WELL-BEING FAIR

*Celebrating Campus Well-Being, One
Healthy Habit at a Time*

All University of Iowa employees are invited to attend and
learn more about campus resources to support well-being.

October 15, 2025

7:30 a.m. — 2:00 p.m.

UI Field House Main Deck

LEARN MORE:



→ **HR.UIOWA.EDU/LIVEWELL**

Individuals with disabilities are encouraged to attend all University of Iowa sponsored events. If you are a person with a disability who requires a reasonable accommodation in order to participate in this program, please contact **liveWELL** in advance at 319-353-2973.

Health and Well-Being Fair Highlights

- 43 vendors
- Flu Shots
- Health screenings: Cholesterol, glucose, blood pressure, grip strength
- Recreational Services In-Body and Personal Training assessments
- Chair massages
- Walking Labyrinth
- Financial Well-Being Consults
- ***New this year!*** Iowa City Bike Library



Virtual Health and Well-Being Fair

- Share the website
- Download and share the flyer and digital signage

The screenshot displays the Virtual Health and Well-Being Fair website. At the top left is the 'HEALTH WELL-BEING FAIR' logo. A welcome message reads: 'Welcome to the Virtual Health and Well-Being Fair! No matter if you're tuning in from your office, home, or on the go, we're glad you're here. This virtual event is all about connecting you with helpful resources, engaging activities, and easy-to-use tools to support your health and well-being.' Below this is a photo of two women at a 'liveWELL' booth. The main content area has three columns: 'Explore Our Vendors' with a description and a right arrow icon; 'Take Action for Your Health' with an illustration of a person climbing a ladder and a description with a right arrow icon; and 'Share Your Healthy Habit' with a description and a right arrow icon. The bottom features a yellow banner with 'SWIPE IN FOR DOOR PRIZES' and a black button with 'SWIPE IN →'.

HEALTH WELL-BEING FAIR

Welcome to the Virtual Health and Well-Being Fair!

No matter if you're tuning in from your office, home, or on the go, we're glad you're here. This virtual event is all about connecting you with helpful resources, engaging activities, and easy-to-use tools to support your health and well-being.

liveWELL

Explore Our Vendors

Check out short videos from our health and well-being partners. Just like stopping by a table at the fair, you can learn about resources, services, and programs available to you.

→

Take Action for Your Health

Put your well-being into motion. Schedule a flu shot, practice mindful breathing, volunteer at the Food Pantry, or explore wellness activities you can do anytime.

→

Share Your Healthy Habit

One small step can make a big difference. Add your favorite healthy habit to our virtual wall and get inspired by what others are doing too.

→

My favorite healthy habit is....

SWIPE IN FOR DOOR PRIZES

SWIPE IN →



Health Fair Impact Driven by the PHA

- The Health and Well-Being Fair was informed by needs identified on the PHA

	2024
Preventative screenings	350 individuals received a health screening; made aware of diabetes, cholesterol, or blood pressure risk
Flu shots	144 individuals conveniently received their flu shot
Information and Resources	The Health and Well-Being Fair encourages attendees to engage with these resources identified on the PHA in real time.
In-person Connection	1,000+ attendees. The event brings employees and departments together, creating connection, which is proven to support health and well-being.

Wellness Ambassadors

- 150 ambassadors across the institution
 - Attend monthly meetings
 - Send communications
 - Plan activities and events
 - Promote and encourage resources
 - Volunteer at the Health and Well-Being Fair
- Professional growth opportunity



Wellness Ambassadors in Action



Wellness Grants



- **Goal:** Support initiatives that embed employee well-being and mental health into the workplace.
- **Funding:** Up to \$10 per person, max \$500 per unit, first-come, first-served.
- **Eligibility** Must benefit all employees in the unit and directly impact well-being.
- **Commitment to Well-Being:** Show well-being is included in department goals and priorities.
- **Timeline:** Apply anytime during fiscal year; complete within 90 days.



Built and Natural Environment Grants

Respite Spaces

- Designated spaces that support stress management and recovery
 - Designed using principles of biophilic design
 - Compliant with campus and UI Health Care regulations
-

Campus Community Gardens

- Outdoor campus gardens planted and maintained by departments
 - Department team building activity
-

FY 25 Impact

- Total grants awarded: 9
- Total individuals impacted: 908
- Total funded: \$4,075.49



**HOLISTIC
WELL-BEING AND
SUCCESS**

Departments Impacted

Respite Spaces

- Ambulatory Surgery Center
- UI Children's Hospital, Perioperative
- Center for Disabilities and Development
- Department of Nursing, Medical Surgical Services
- Department of Nursing, Intensive Surgical Services
- Graduate College

Campus Community Gardens

- College of Engineering
- Center for Social Science Innovation, VP of Research
- Anatomy and Cell Biology, Carver College of Medicine

Center for Social Science Innovation

- *Everyone really enjoyed this idea and wanted to get involved. We were already able to harvest some of the produce and enjoy eating it. People comment on the garden whenever they walk in, and everyone seems to enjoy watching the process.*

– Dragana Petic, Office Manager



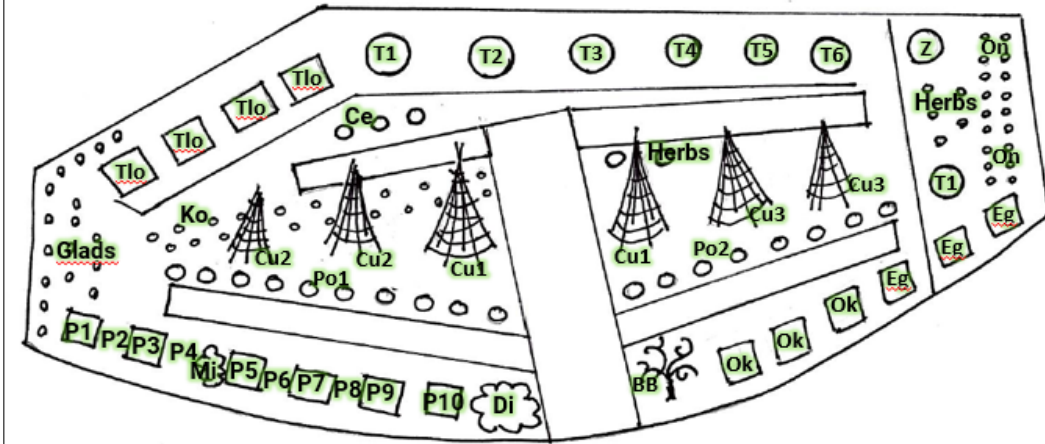
Anatomy and Cell Biology



It was really cool getting to share our knowledge about gardening and teach others who did not know a lot about gardening/have the room to plant their own. Thank you for continuing to fund this project. It brings a lot of joy to our department.

— Madison O'Leary, Administrative Services Coordinator

Anatomy and Cell Biology Department Community Garden Plants - 2025



BB: Blackberry
Ce: Celery 'Tango'
Cu1: Cucumber 'Homemade Pickles'
Cu2: Cucumber (English)
Cu3: Cucumber (Striped Armenian)
Di: Dill
Eg: Eggplant 'Black Beauty'
Ko: Kohlrabi
Mi: Mint
Ok: Okra 'Candle Fire'
On: Onion (yellow)
Po1: Potato (Russet)
Po2: Potato (Yukon Gold)

Herbs:

Basil
Rosemary
Cilantro
Lavender
Lemon thyme
Oregano

P1: Pepper 'Golden Cal Wonder'
P2: Pepper 'Farolito'
P3: Pepper 'Golden Treasure'
P4: Pepper 'Ubatuba'
P5: Pepper (?)
P6: Pepper 'Chocolate Beauty'
P7: Pepper (Sweet Banana)
P8: Pepper (Habenero)
P9: Pepper (Sweet Banana)
P10: Pepper (Fresno)

T1: Tomato 'Hartman's Yellow Gooseberry'
T2: Tomato (Beefsteak)
T3: Tomato 'Black Beauty'
T4: Tomato 'Lemon Boy'
T5: Tomato 'Paul Robeson'
T6: Tomato (Black)

Tlo: Tomatillo 'Grande Rio Verde'
Z: Zucchini

Well-Being Toolbox

- Resources to promote
- Monthly bulletin board materials and digital signage
- Quick ideas to lead well-being moments
- Workshop requests
- Wellness Ambassadors
- Wellness Grants
- Wellness Heroes



Well-Being Bulletin Board Kit

FALL 2025

October | November | December



liveWELL – Promoting Population Health at Iowa

Questions?



hr.uiowa.edu/livewell

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