This report summarizes your Organizational Unit’s Personal Health Assessment (PHA) data, providing a 2014 snapshot of overall health compared to the University of Iowa as well as trended data for the past 5 years.

**Figure 1: Personal Health Assessment (PHA) Utilization**

In 2014, the participation breakdown by Job Classification is:
- 90%--Professional & Scientific
- 86%--MSE
- 57%--Merit
- 82%--SEIU

Orgs 49 & 92 Participants = 393
UI Participants = 12,447

**Figure 2: Health Snapshot for the Div of Student Life from 2010 - 2014**

The Division of Student Life has made considerable improvements in the areas of stress, exercise, nutrition, smoking status and sleep behaviors over the past four to five years.

A continued focus on improving health behaviors and sustaining positive lifestyle change is an area of emphasis and supports well-being, quality of life, and individual resilience. As the UI enters a period of transition and change, resilience (the ability to respond to challenges and move forward in a positive way) will be important.
Using 2014 PHA data, the Division of Student Life is compared to UI on six health-related lifestyle areas. These behavioral risk factors contribute to the leading causes of chronic illness and disease. Orgs 49 and 92 faculty and staff are generally similar to the overall University population with the most notable differences in nutrition and Body Mass Index (BMI).

In 2014, the Division included a new question assessing support: “My Supervisor supports health and wellness within my unit.” At UI, 84% of faculty and staff agreed with this statement. In the Division of Student Life, 86% agreed.

The Gallup Healthways Well-Being Index measures overall well-being.

A majority of UI faculty and staff (68%) are in the “thriving” category where individuals report significantly fewer health problems, fewer sick days, less worry and stress, and more happiness and interest than their struggling and suffering counterparts. The Division has a somewhat higher percentage in the “struggling” category. Given this is a new index, trends will be monitored year over year.

**2015 Recommendations for Health and Well-Being Initiatives in the Division of Student Life**

1. Involve Wellness Ambassador Network in targeted efforts around nutrition and healthy weight.
2. Provide information on sleep resources and the SHUTi program offered through the EAP.
3. Offer Group Health Coach Service to faculty and staff; focus on resilience and healthy weight.