

Overview

Healthy Campus 2030 is a campus-wide assessment and accountability initiative that is laser focused on improving student and employee health metrics by the end of the decade. Student objectives are a subset of high-priority outcome measures selected to drive action toward improving health and well-being. Healthy Campus 2030 is modeled after the U.S. Department of Health and Human Services *Healthy People 2030* initiative and is tailored to address factors that are actionable within the scope of higher education.

Methodology

Data from 2019-2021 was evaluated to identify areas of greatest need along with an emphasis on addressing important factors that impact student health, well-being, and academic success. The IUPUI Wellness Coalition, consultants from Prevention Insights in the School of Public Health at Indiana University-Bloomington, and stakeholders from across the campus deliberated over all possible student health metrics currently available (and those that could be investigated in the future) to select student objectives and set numerical targets. 31 participants served on 7 working groups representing different student health topics, and each topic working group met up to 4 times to deliberate. Some participants served on more than one working group.

To increase focus and drive action, no more than 5 objectives were selected for each category. Each objective includes a baseline measurement, a numerical target for the end of the decade, target methodology, and an identifiable and repeatable data source to allow future comparison. Progress on improvement over time will be tracked on a public dashboard at <http://coalition.iupui.edu>.

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Mental Health and Suicide - Maps to IUPUI Strategic Plan Goal 5 Objective 2 *Improve stress and mental health of students.*

MH-1	Decrease the number of days in the past 30 days that students report their mental health was not good.
	Baseline: 9.2 days (ICSUS 2021)
	Target: 7.5 days
	Target Method: Return to recent low
	Data Source: ICSUS question 35
	More Information: Mean days reported. Working group considered trend date, state comparison, and same campus historical comparison.
MH-2	Decrease the proportion of students who report high overall stress in the past 30 days.
	Baseline: 27.6% (NCHA 2020)
	Target: 24.9%
	Target Method: Peg to national reference group
	Data Source: ACHA N3Q48
	More Information: Working group focused on students reporting “high” stress.
MH-3	Decrease the proportion of students who report ever thinking about or attempting to kill themselves.
	Baseline: 47.1% (NCHA 2020)
	Target: 42.4%
	Target Method: 10 percent improvement
	Data Source: ACHA N3Q49

More Information: Anything greater than “never” is coded as an affirmative response. Note: affirmative survey responses may increase at first as stigma is reduced and talking about suicide ideation is normalized.

MH-4 Increase the proportion of students who would consider seeking help from a mental health professional.

Baseline: 80.4% (NCHA 2020)
Target: 85.0%
Target Method: 5 percent improvement
Data Source: ACHA N3Q43
More Information: Working group set attainable goal derived from recent trend between 2017 to 2020.

MH-5 Decrease the proportion of students who report often feeling isolated from others.

Baseline: 16.6% (NCHA 2020)
Target: 16.6%
Target Method: Maintain or do not increase
Data Source: ACHA N3Q45
More Information: IUPUI is already significantly lower than the national reference group for students reporting “often” feeling isolated from others and maintaining but not increasing in this area would be a success.

Healthcare Utilization

HCU-1 Increase the proportion of students who report receiving psychological or mental health services in the past 12 months.

Baseline: 26.1% (NCHA 2020)
Target: 30.5%
Target Method: Peg to national reference group
Data Source: ACHA N3Q54B
More Information: Working group set target to increase to the national reference group percentage responding “Yes” to receiving services.

HCU-2 Increase the proportion of students who report receiving a dental exam and cleaning in the past 12 months.

Baseline: 71.1% (NCHA 2020)
Target: 72.9%
Target Method: Peg to national reference group
Data Source: ACHA N3Q57
More Information: Working group set target to increase to the national reference group percentage responding “Yes” to receiving services.



HCU-3	Increase the proportion of students who report visiting any medical provider in the past 12 months.	
	Baseline:	73.4% (NCHA 2020)
	Target:	74.9%
	Target Method:	Peg to national reference group
	Data Source:	ACHA N3Q55A
	More Information:	Working group set target to increase to the national reference group percentage responding “Yes” to receiving services. Any medical provider defined as a nurse practitioner, physician assistant, primary care doctor, or other type of medical doctor for a check-up or any other medical reasons.

HCU-4	Increase the proportion of students who report having a gynecologic visit or exam.	
	Baseline:	45.9% (NCHA 2020)
	Target:	45.9%
	Target Method:	Maintain or do not decrease
	Data Source:	ACHA N3Q56
	More Information:	IUPUI is already significantly higher than the national reference group for students reporting receiving services and maintaining but not decreasing in this area would be considered a success. Gynecologic visit or exam is defined as contraception, STI testing, pelvic exam, or Pap test with a healthcare provider (for example: OB-GYN, nurse practitioner, or physician assistant).

HCU-5	Increase the proportion of male students who report completing the HPV vaccine.	
	Baseline:	32.0% (NCHA 2020)
	Target:	43.7%
	Target Method:	Peg to national reference group
	Data Source:	ACHA N3Q61
	More Information:	The Human Papillomavirus (HPV) vaccine (for example: Gardasil, Silgard, or Cervarix) is recommended, but usually not required, and is given in a series of 2 or 3 shots based on age. Compared to the national reference group, female IUPUI students are not far behind, but male IUPUI students complete the vaccine at a significantly lower rate.

Interpersonal Violence and Personal Safety

IPV-1	Decrease the proportion of students who report that a partner often insisted on knowing where they were and who they were with or tried to limit contact with family or friends within the past 12 months in the context of an intimate relationship.	
	Baseline:	6.3% (NCHA 2020)
	Target:	6.0%
	Target Method:	5 percent improvement
	Data Source:	ACHA N3Q19B

More Information: Due to pandemic, interpersonal violence will increase, and it will take time to get back to the baseline, but want to be relatively/safely optimistic, therefore 6% meets these criteria determined by the group (National Ref Group=5.6%)

IPV-2 Decrease the proportion of students who report that a partner pushed, grabbed, shoved, slapped, kicked, bit, choked, or hit them within the past 12 months in the context of an intimate relationship.

Baseline: 3.0% (NCHA 2020)

Target: 2.0%

Target Method: Peg to national reference group

Data Source: ACHA N3Q19C

More Information: Goal is to be below the national average, which was 2.5% in 2020. With increases in education, new staff members to address the issue, and an institutional history of taking action on this topic, a 2% goal is possible. Note: With awareness going up and stigma doing down, there may be an increase at first followed by a decrease leading to 2030.

IPV-3 Decrease the proportion of students who report that a partner pressured them into unwanted sexual contact by threatening them, coercing them, or using alcohol or other drugs within the past 12 months in the context of an intimate relationship.

Baseline: 2.4% (NCHA 2020)

Target: 2.0%

Target Method: Peg to national reference group

Data Source: ACHA N3Q19E

More Information: Goal is to be below the national average, which was 2.6% in 2020. With increases in education, new staff members to address the issue, and an institutional history of taking action on this topic, a 2% goal is possible.

IPV-4 Decrease the proportion of students who report being sexually touched without their consent within the past 12 months outside the context of an intimate relationship.

Baseline: 5.3% (NCHA 2020)

Target: 5.0%

Target Method: 5 percent improvement

Data Source: ACHA N3Q20D

More Information: IUPUI was already below the national average, which was 6.5% in 2020. With increases in education, new staff members to address the issue, and an institutional history of taking action on this topic a 5% goal is possible.

IPV-5 Decrease the proportion of students who report being victims of stalking [defined] within the past 12 months outside the context of an intimate relationship.

Baseline: 3.1% (NCHA 2020)

Target: 2.9%

Target Method:	5 percent improvement
Data Source:	ACHA N3Q20G
More Information:	IUPUI was already below the national average, which was 3.8% in 2020. With increases in education, new staff members to address the issue, and an institutional history of taking action on this topic a 2.9% goal is possible.

Nutrition and Food Security – Maps to IUPUI Strategic Plan Goal 5 Objective 3 *Improve healthy food choices on campus*, and Goal 5 Objective 4 *Improve physical activity of faculty, staff, and students*.

NFS-1 Increase the proportion of students who report consuming zero sugar-sweetened beverages [defined] per day on average in the last 7 days.

Baseline:	35.0% (NCHA 2020)
Target:	38.5%
Target Method:	10 percent improvement
Data Source:	ACHA N3Q9A
More Information:	Baseline included 1027 valid responses from original N=1035.

NFS-2 Decrease the proportion of students who report consuming zero servings of fruit [defined] per day on average in the last 7 days.

Baseline:	14.1% (NCHA 2020)
Target:	10.0%
Target Method:	30 percent improvement
Data Source:	ACHA N3Q10
More Information:	Baseline included 1032 valid responses from original N=1035.

NFS-3 Decrease the proportion of students who report consuming less than 3 servings of vegetables [defined] per day on average in the last 7 days.

Baseline:	66.6% (NCHA 2020)
Target:	50.0%
Target Method:	25 percent improvement
Data Source:	ACHA N3Q11
More Information:	Baseline included 1031 valid responses from original N=1035.

NFS-4 Decrease the proportion of students who report ever eating less than they felt they should because there wasn't enough money for food in the last 30 days.

Baseline:	34.1% (NCHA 2020)
Target:	20.0%
Target Method:	45 percent improvement
Data Source:	ACHA N3Q12D
More Information:	Baseline included 1032 valid responses from original N=1035.

NFS-5	Increase the proportion of students who report being aware of campus and community food pantries available to them.
Baseline:	No data
Target:	--
Target Method:	--
Data Source:	New question
More Information:	Are you aware of campus and community food pantries available to you? (yes/no)

Physical Activity and Sleep – Maps to IUPUI Strategic Plan Goal 5 Objective 4 *Improve physical activity of faculty, staff, and students.*

PHS-1	Increase the proportion of students who report completing 150 or more total minutes of moderate physical activity [defined] in the last 7 days.
Baseline:	40.8% (NCHA 2020)
Target:	46.2%
Target Method:	Peg to national reference group
Data Source:	ACHA N3Q6
More Information:	The percentage of students reporting having spent at least 150 minutes doing moderate activity in the last 7 days will increase to the national percentage (40.8% to 46.2%).

PHS-2	Increase the proportion of students who report completing 75 or more total minutes of vigorous physical activity [defined] in the last 7 days.
Baseline:	32.5% (NCHA 2020)
Target:	38.8%
Target Method:	Peg to national reference group
Data Source:	ACHA N3Q7
More Information:	The percentage of students reporting having spent at least 75 minutes doing vigorous activity will increase to the national percentage (32.5% to 38.8%).

PHS-3	Increase the proportion of students who report sleeping 7 or more hours per night on weeknights in the last 2 weeks.
Baseline:	55.1% (NCHA 2020)
Target:	57.1%
Target Method:	Peg to national reference group
Data Source:	ACHA N3Q14
More Information:	The percentage of students reporting having slept at least an average of 7 hours over the last two weeks will increase to the national percentage (55.2% to 57.1%).

PHS-4	Decrease the proportion of students who report feeling tired or sleepy during the day on all 7 days of the last week.
Baseline:	25.0% (NCHA 2020)
Target:	23.9%
Target Method:	Peg to national reference group
Data Source:	ACHA N3Q16B
More Information:	IUPUI students will report feeling tired or sleepy on less than 7 days in the last week.

PHS-5	Increase the proportion of students who report getting enough sleep to feel rested on 4 or more days in the last 7 days.
Baseline:	27.5% (NCHA 2020)
Target:	29.2%
Target Method:	Peg to national reference group
Data Source:	ACHA N3Q16D
More Information:	The percentage of students will increase that report having got enough sleep to feel rested at least 4 days out of 7 days (IUPUI 27.5% to National 29.2%)

Sexual Health

SEX-1	Increase the proportion of students who report ever being tested for any STI (e.g. chlamydia, gonorrhea, HIV, genital herpes).
Baseline:	No data
Target:	--
Target Method:	--
Data Source:	New question
More Information:	Question exists about past HIV testing, but no question currently exists asking about testing for any STI. <i>Have you ever been tested for any STIs (e.g., chlamydia, gonorrhea, HIV, genital herpes)? Yes, within the last 12 months; Yes, more than 12 months ago; No; Unsure</i>

SEX-2	Increase the proportion of students who report using any protective barrier for any sexual activity in the past 30 days.
Baseline:	46.3% (NCHA 2020)
Target:	--
Target Method:	Peg to national reference group
Data Source:	ACHA N3Q36 A-C
More Information:	Out of students who indicated they were sexually active (oral, vaginal, anal) in the last 30 days. Recode into dichotomous variable in which any frequency of past 30-day barrier use for any sexual activity counts as affirmative response.

SEX-3	Increase the proportion of students who report using an intrauterine device to prevent pregnancy the last time they had vaginal intercourse.
Baseline:	19.0% (NCHA 2020)
Target:	16.1%
Target Method:	Peg to national reference group
Data Source:	ACHA N3Q38G
More Information:	IUD is an effective method to prevent pregnancy and IUPUI currently exceeds the national reference group. The goal is to continue exceeding the national reference group as reference numbers change over time.
SEX-4	Increase the proportion of students who report using birth control pills to prevent pregnancy the last time they had vaginal intercourse.
Baseline:	44.9% (NCHA 2020)
Target:	45.6%
Target Method:	Peg to national reference group
Data Source:	ACHA N3Q38A
More Information:	Birth control pills are an effective method to prevent pregnancy and IUPUI currently lags the national reference group. The goal is to exceed the national reference group as reference numbers change over time.
SEX-5	Track the number of sexual partners students report in the last 12 months
Baseline:	1.75 Mean (NCHA 2020)
Target:	No target set
Target Method:	Increase visibility of the mean without stigmatizing the number of sexual partners
Data Source:	ACHA N3Q34
More Information:	Question wording combines oral, vaginal, and anal intercourse. Question about number of partners only asked to students who report any sexual activity in the past 12 months.

Substance Use – Maps to IUPUI Strategic Plan Goal 5 Objective 5 *Decrease incidence and prevalence of tobacco product use by faculty, staff, and students.*

AOD-1	Decrease the proportion of students who report using any tobacco or nicotine delivery products in the past 30 days.
Baseline:	20.7% (ICSUS 2021)
Target:	18.6%
Target Method:	10 percent improvement
Data Source:	ICSUS question 12
More Information:	Metric combines responses for any past 30 days use of cigarettes, cigars, chewing/smokeless tobacco, hookah, and electronic vapor products.

AOD-2	Decrease the proportion of students who report using marijuana (not including CBD) on 20 or more occasions in the past 30 days.
Baseline:	5.9% (ICSUS 2021)
Target:	5.3%
Target Method:	10 percent improvement
Data Source:	ICSUS question 12
More Information:	Metric combines responses for using marijuana on 20-39 occasions and 40 or more occasions in the past 30 days.
AOD-3	Decrease the proportion of students who report any use of prescription drugs not prescribed to them in the past 30 days.
Baseline:	2.5% (ICSUS 2021)
Target:	2.3%
Target Method:	10 percent improvement
Data Source:	ICSUS question 12
More Information:	Metric combines responses for any past 30 days use of prescription stimulants not prescribed to you, prescription painkillers not prescribed to you, and prescription sedatives not prescribed to you.
AOD-4	Decrease the proportion of students who report driving after having any alcohol in the last 30 days.
Baseline:	21.5% (NCHA 2020)
Target:	15.6%
Target Method:	Peg to national reference
Data Source:	ACHA N3Q30A
More Information:	Decrease to at or below the national reference group. Only students who reported driving in the last 30 days and drinking alcohol in the last 30 days were asked this question.
AOD-5	Decrease the proportion of students who score >10 on the ASSIST measure of alcohol risk.
Baseline:	15.6% (NCHA 2020)
Target:	14.0%
Target Method:	10 percent improvement
Data Source:	ACHA SSISALCOHOL
More Information:	ASSIST is a validated screening tool for risk of negative consequences from alcohol that can be embedded within survey instruments. An alcohol score of 0-10 indicates low risk, 11-26 moderate risk, and 27-39 high risk. This metric combines moderate and high-risk categories into affirmative responses.