



sustain & move IU

Fall 2018 Report

About the Challenge

Many activities that are good for us are also good for the environment! That's why Healthy IU and Sustain IU are partnered for the 3-week "Sustain and Move IU!" Challenge. Walking, bicycling, and using public transportation or carpooling help us stay active and lower our carbon footprint.

Sustain & Move IU! was a challenge that could be taken anywhere — at home, work, or play. Each week, participants selected 2 activities to try, such as taking a nature walk, carpooling to lunch, or bicycling with family. ([Click here](#) to view all the weekly options.) The challenge was available to all members of the IU community. Full-time IU faculty & staff, and their spouses on an IU-sponsored medical plan, were eligible to receive the challenge incentive, a clip-on light that can be used while walking or bicycling.

Participants

Total Registered: 922

Role at IU: 89% of participants are IU employees, 8% are a spouse of an IU employee, and 3% are students or community members.

Primary Campus Location:

Location:	Number of Participants:
IU Bloomington	376
IUPUI	288
IU South Bend	69
IU Northwest	59
IU Kokomo	49
IU East	34
IU Columbus	24
IU Southeast	17
IU Fort Wayne	3
Other	3

Week One: Walking Activities

The lunch break walk was the most selected activity (65%) and enjoying a walk in a park (42%) was second most selected.

Activity Completion Rate:

Activity 1: 88.68% **Activity 2:** 87.01%

Week Two: Bicycling

Nature Appreciation (79%) and Healthy IU Trails (40%) were participant's top activity selections.

Activity Completion Rate:

Activity 1: 73.86% **Activity 2:** 81.53%

Week Three: Carpool/Busing

A little bit goes a long way (85%) and Workstation Movement with a buddy (55%) were the top picks for week 3. Carpooling to dinner (23%) was the top activity from the week's theme.

Activity Completion Rate:

Activity 1: 83.03% **Activity 2:** 88.81%

Evaluation

I would recommend the Sustain & Move IU Challenge to others:

Around 80% of participants would recommend the Sustain & Move IU Challenge.

Strongly Agree	43.23%
Agree	37.22%
Neutral	14.66%
Disagree	3.38%
Strongly Disagree	1.5%

The registration process was easy:

99% of participants agreed that registration process was easy.

Strongly Agree	70.19%
Agree	28.68%
Neutral	.38%
Disagree	0%
Strongly Disagree	.75%

I enjoyed using my Personal Online Tracker to keep track of my weekly progress.

77% of participants enjoyed using the Personal Online Tracker to track progress.

Strongly Agree	42.48%
Agree	34.59%
Neutral	19.17%
Disagree	2.26%
Strongly Disagree	1.50%