



Hydration Challenge

2020 Final Report

About the Challenge

Did you know? More than half of your body is WATER! With that in mind, it's easy to understand why being properly hydrated helps our bodies and minds feel good. The purpose of the Healthy IU Hydration Challenge was to learn about and practice healthy hydration habits! Daily emails with hydration information and tips were sent to participants during the 7-day challenge, and participants tracked their water intake.

Participation:

- 933 started
- 650 completed (70%)

Participants:

- 90% Full-time employees
- 8% Spouses of full-time employees
- 2% Part-time employees

Campus participation:

- IUPUI: 283
- IU Bloomington: 252
- IU Northwest: 28
- IU South Bend: 25
- IU Southeast: 18
- IU East: 16
- IU Kokomo: 13
- IUFW: 8
- IUPUC: 5
- Evansville: 1
- Other: 1

Challenge Ratings:

Registration Process

- Very Satisfied: 83%
- Satisfied: 15%
- Neutral: 1%
- Dissatisfied: 0%
- Very Dissatisfied: 0%

Daily Emails

- Very Satisfied: 69%
- Satisfied: 27%
- Neutral: 3%
- Dissatisfied: 0%
- Very Dissatisfied: 0%

Use of the PDF Hydration Tracker (if applicable)

- Very Satisfied: 44%
- Satisfied: 21%
- Neutral: 31%
- Dissatisfied: 3%
- Very Dissatisfied: 1%

Use of a mobile hydration app (if applicable)

- Very Satisfied: 38%
- Satisfied: 19%
- Neutral: 38%
- Dissatisfied: 4%
- Very Dissatisfied: 1%

Overall Experience

- Very Satisfied: 66%
- Satisfied: 31%
- Neutral: 3%
- Dissatisfied: 0%
- Very Dissatisfied: 0%

Hydration app used:

- Plant Nanny: 25%
- WaterMinder: 21%
- Fitbit: 13%

- WW: 9%
- MyFitnessPal: 2%
- Other: 30%

Hydration status during the challenge:

- Stayed hydrated more than usual: 71%
- Stayed hydrated about the same as usual: 28%
- Stayed hydrated less than usual: 1%