



2018 Report

ABOUT CLIMB IU

Climb IU is an online challenge to encourage IU employees and their spouses to move more throughout the day! Moving throughout the day re-energizes our minds and bodies, and it's important to our health. Participants can create a Climb IU team or register as an individual.

Taking the stairs can be fun and convenient, and it's one of many ways to accomplish workday movement! For Climb IU, there are two options for participation:

- Participate by climbing stairs: Those who will participate in Climb IU by taking the stairs will count every 12 stairs climbed as a flight.
- Participate by active minutes: Those who will participate in Climb IU by active minutes will count every 3 minutes of physical activity (stretching, walking, moving as able) as a flight.

THANK YOU TO ALL CLIMB IU PARTICIPANTS!

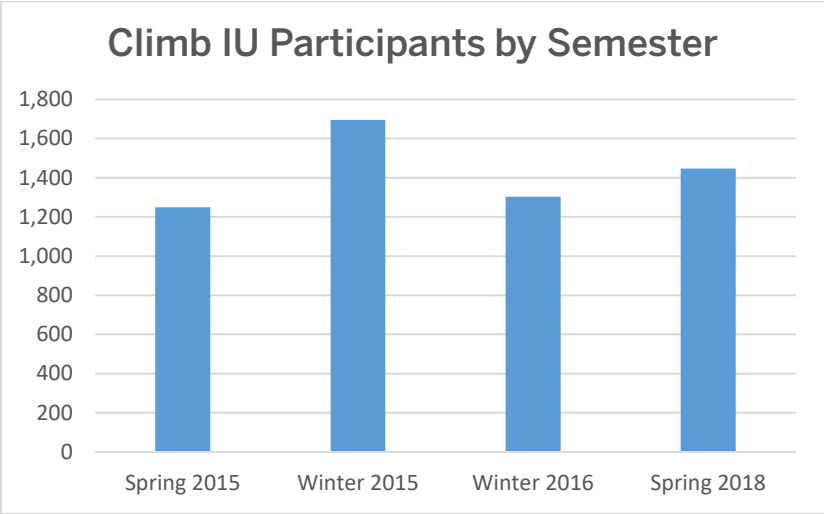
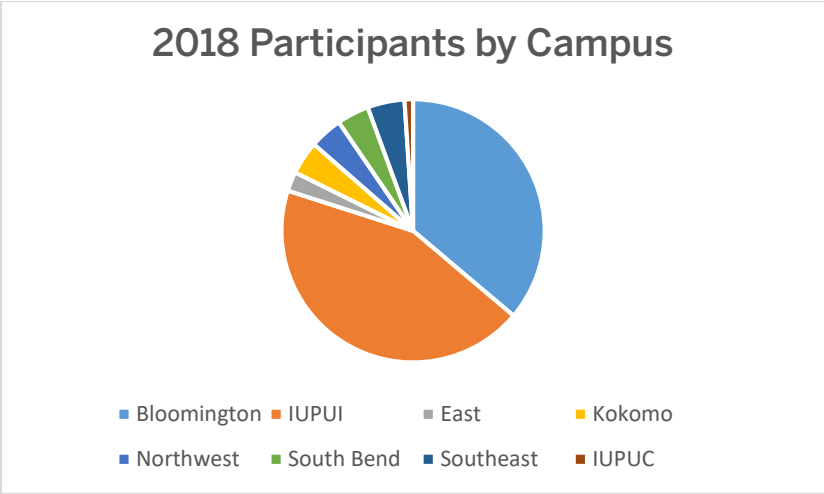
Your evaluation survey feedback helps Healthy IU improve future offerings.

PARTICIPANTS

Registered: 1,734

Participated: 1,434

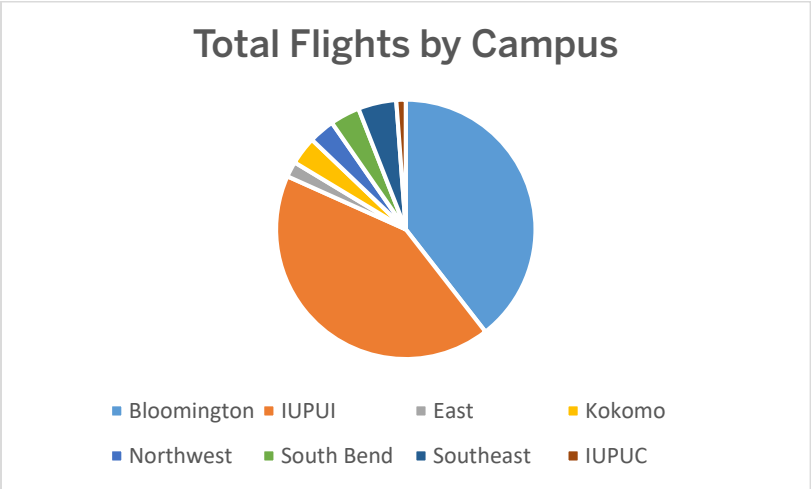
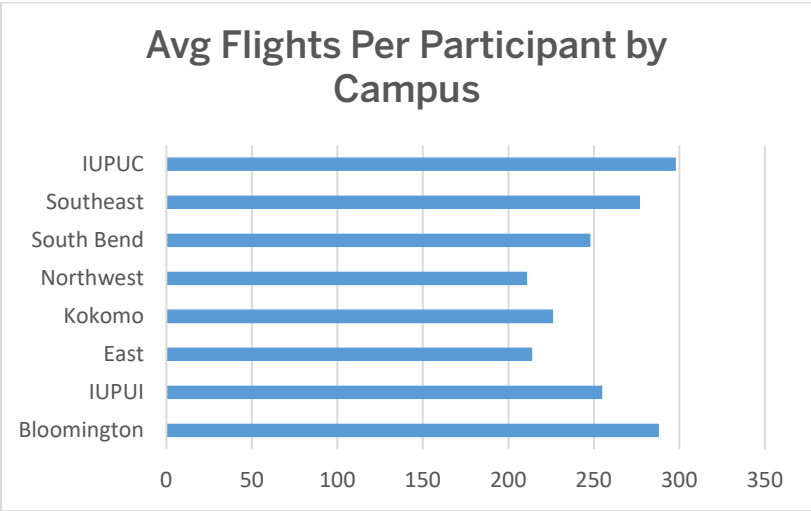
- 675 Team Members
- 124 Teams
- 759 Individuals



RESULTS

Total Flights Climbed: 354,071

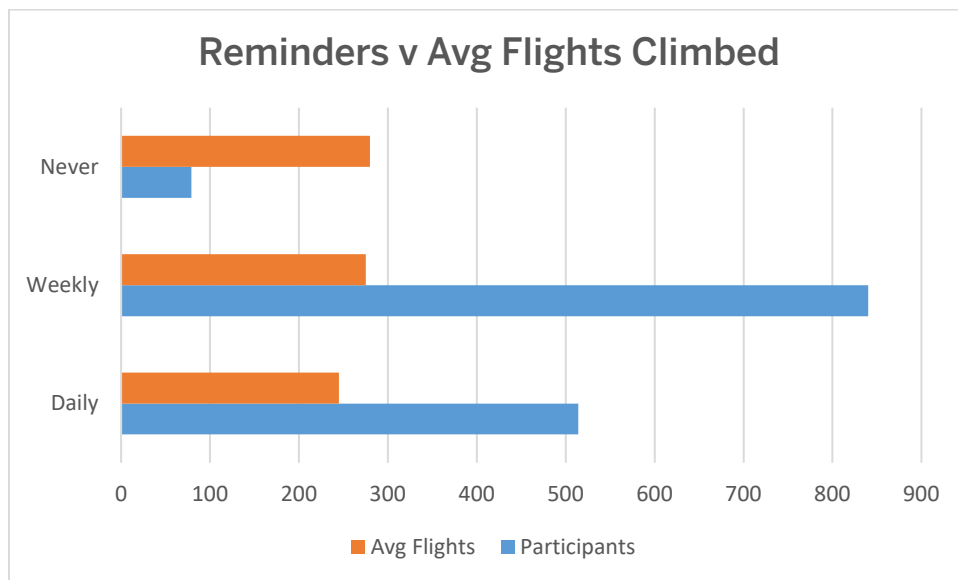
- Bloomington: 140,011 total flights, 288 avg flights
- IUPUI: 149,763 total flights, 255 avg flights
- East: 6,837 total flights, 214 avg flights
- Kokomo: 12,429 total flights, 226 avg flights
- Northwest: 11,397 total flights, 211 avg flights
- South Bend: 13,152 total flights, 248 avg flights
- Southeast: 169,04 total flights, 277 avg flights
- IUPUC: 4,178 total flights, 298 avg flights



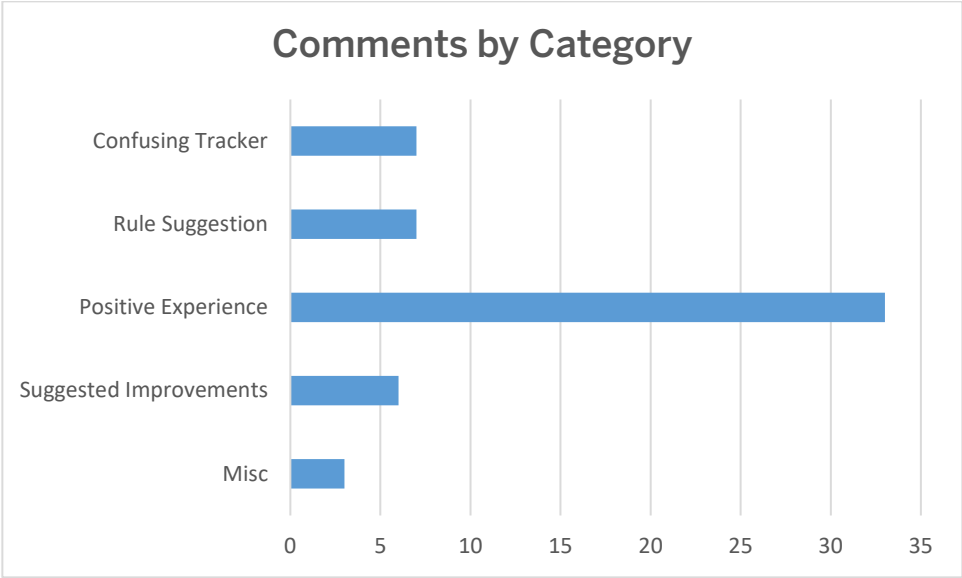
COMMUNICATIONS

Did the frequency of e-mail communications during the challenge affect participant outcomes?

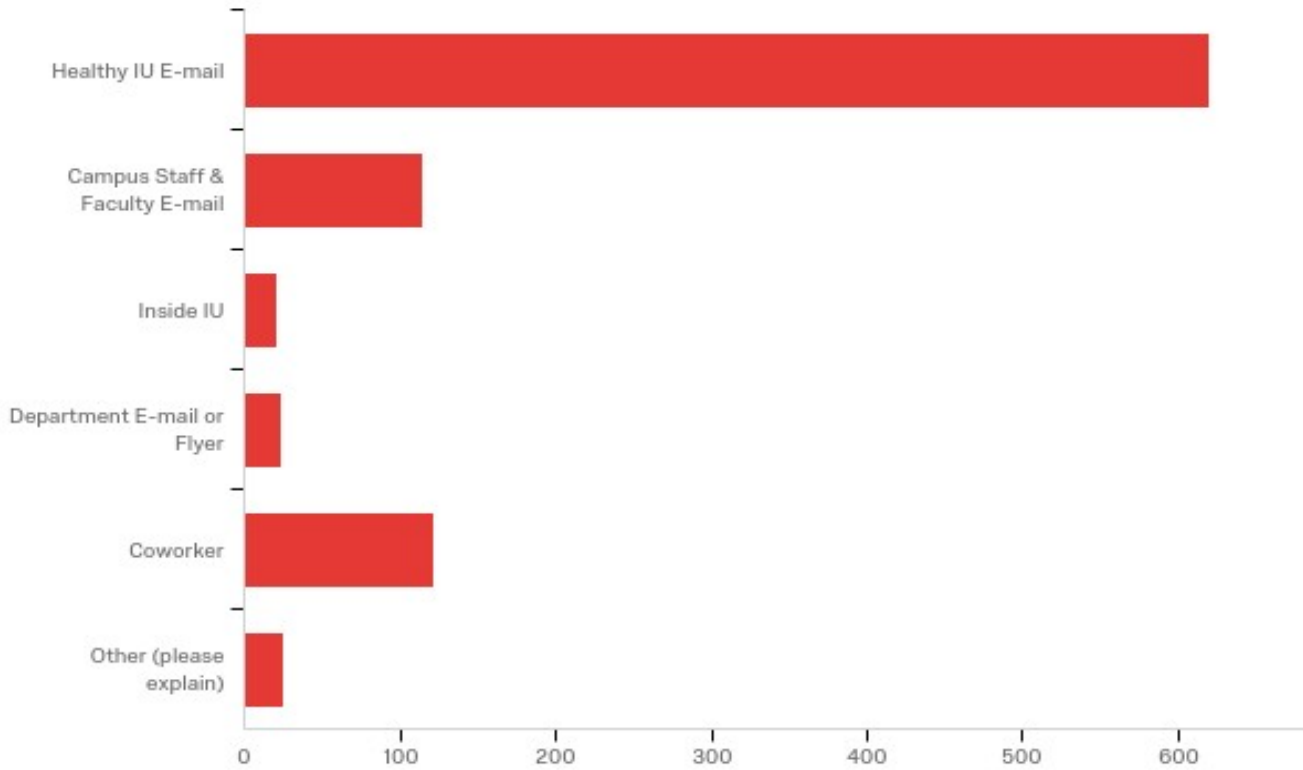
- Daily reminders: 244 flights avg (514 participants)
- No reminders: 277 flights avg (79 participants)
- Weekly reminders: 275 flights avg (840 participants)



WRITTEN FEEDBACK

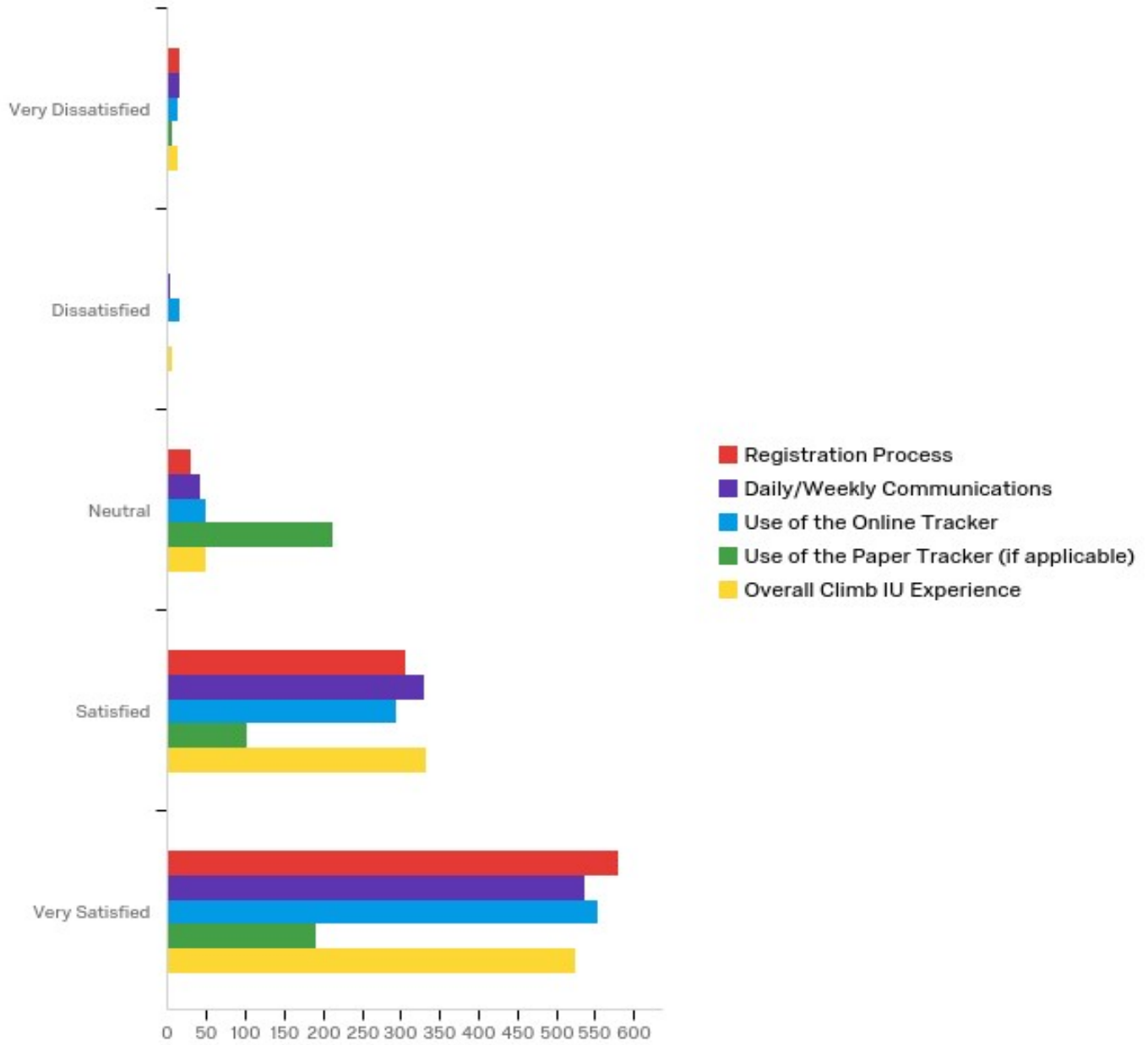


Q32 - How did you hear about Climb IU?



#	Answer	%	Count
1	Healthy IU E-mail	66.95%	620
2	Campus Staff & Faculty E-mail	12.42%	115
6	Inside IU	2.27%	21
3	Department E-mail or Flyer	2.59%	24
4	Coworker	13.07%	121
5	Other (please explain)	2.70%	25
	Total	100%	926

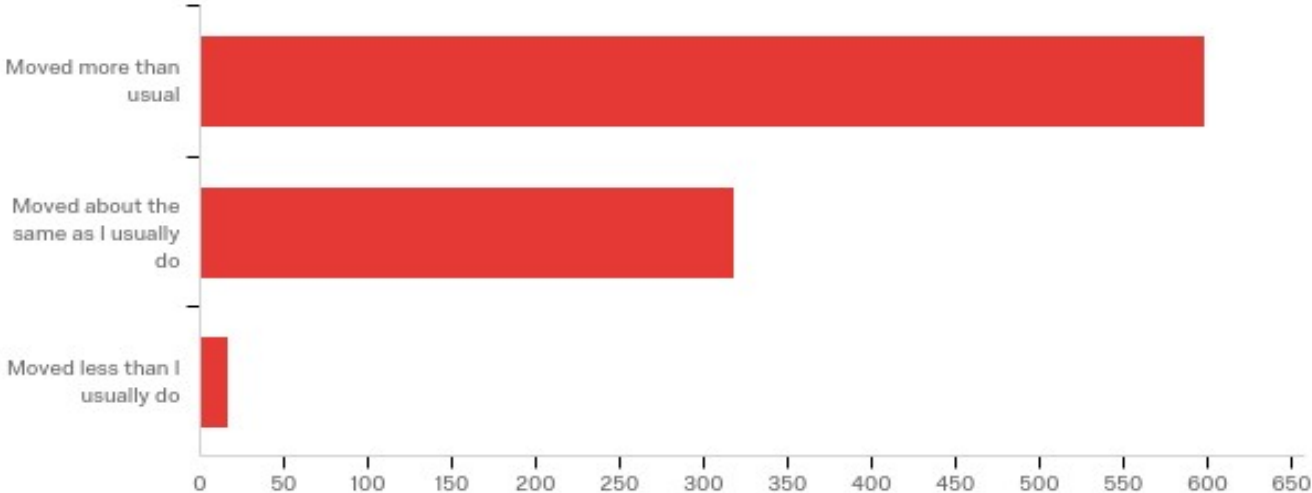
Q33 - Please rate the following regarding your Climb IU experience.



#	Question	Very Dissatisfied	Dissatisfied	Neutral	Satisfied	Very Satisfied	Total
1	Registration Process	1.61%	0.00%	3.12%	32.90%	62.37%	930
2	Daily/Weekly Communications	1.62%	0.43%	4.43%	35.64%	57.88%	926
4	Use of the Online Tracker	1.51%	1.62%	5.30%	31.78%	59.78%	925
6	Use of the Paper Tracker (if	1.36%	0.00%	41.52%	20.08%	37.04%	513

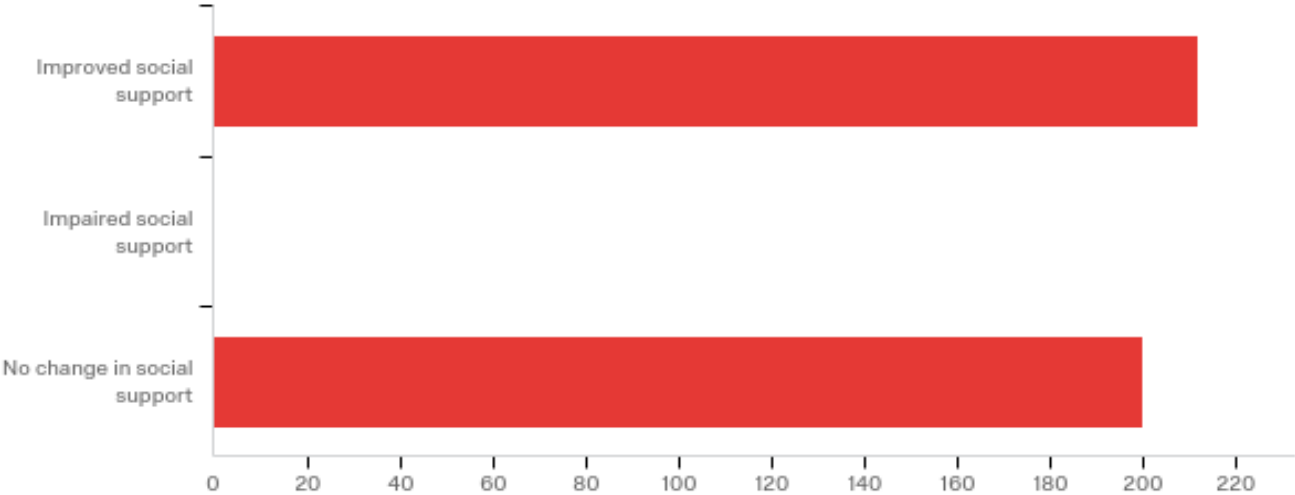
	applicable)											
3	Overall Climb IU Experience	1.51%	14	0.54%	5	5.39%	50	35.92%	333	56.63%	525	927

Q34 - During Climb IU, I:



#	Answer	%	Count
1	Moved more than usual	64.20%	599
2	Moved about the same as I usually do	34.08%	318
3	Moved less than I usually do	1.71%	16
	Total	100%	933

Q36 - Did your experience as a team impact your group?



#	Answer	%	Count
1	Improved social support	51.46%	212
2	Impaired social support	0.00%	0
3	No change in social support	48.54%	200
	Total	100%	412