



Summary Report

About the challenge

The Climb IU Challenge is a 3-week, online challenge aimed at increasing activity among IU employees and spouses during the 8-hour workday. Employees and spouses were encouraged to participate in order to stay active during winter months, relieve stress, save energy, build camaraderie, and have fun! Each week, participants were asked to set a personal flight goal. This goal could relate to a personal goal or the IU Bicentennial goal. The Bicentennial goal was to climb up 200 flights of stairs over three work weeks. Using an online flight calculator, participants entered the number of flights climbed (via stairs and/or active minutes conversion) they achieved each week. At the end of the challenge, the hope was that more employees and spouses were able to improve upon their goals and discover new ways to remain active in the workplace.

Participation

- Individuals who registered for the challenge: 1,784
- Total number of participants who logged flights during the challenge: 1,381
- Participation rate: 77%
- Number of individual participants: 605 (44%)
- Number of teams: 109

Campus participation breakdown

IUPUI	48.7%
IU Bloomington	36.7%
IU Kokomo	4.4%
IU Southeast	2.5%
IU East	2.4%
IU Northwest	1.9%
IU South Bend	1.3%

IUPUC	1.0%
IU Fort Wayne	0.07%
Other	0.8% (Evansville, Systemwide)

Role at IU

IU Employee	94.3%
IU Employee Spouse	3.5%
IU Student or Community Member	2.2%

Results of the program

- Total number of flights climbed: 267,324
- Average number of flights climbed: 198.25
- Percent of participants who met the Bicentennial goal: 39%

Individual stair climbing results

Total individual participants	605
Percent who met the Bicentennial goal	42%
Average number of flights climbed	174.5
Total individual flights climbed	124,261
Largest number of individual flights climbed	2,372

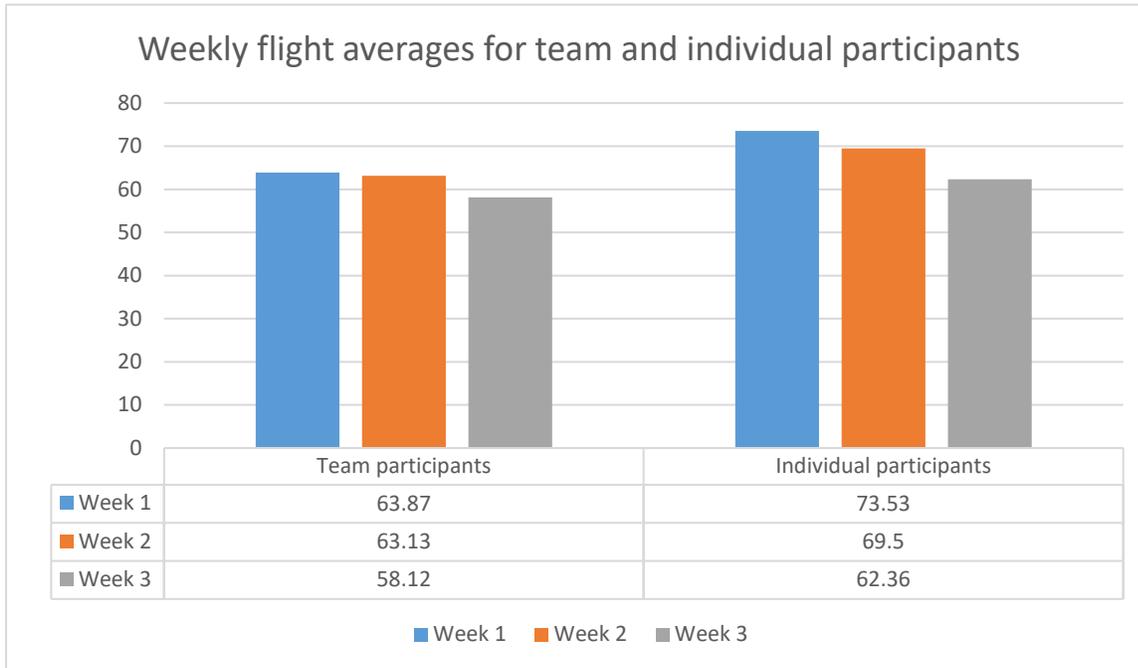
Team stair climbing results

Total individual participants	776
Percent who met the Bicentennial goal	42%
Average number of flights climbed per teammate	222
Total team member flights climbed	143,063
Team with the largest number of flights	Team Jacobs from IU Bloomington (9,458)

The total number of participants for each category was found by subtracting the number of participants who did not log any steps over the 3-week challenge, as indicated by Qualtrics data. More individual participants did not log any steps compared to team members. Overall, there was a higher number of team

participants that met the Bicentennial goal. Team members also logged more total and average flight numbers compared to individual participants.

Weekly flight breakdown by team and individual participants



Weekly flight averages for both types of participation show that team participants had lower flight counts compared to the individual group. However, the decline in flights over the 3-weeks was steadier, with a slower decline among team participants when compared to the individuals.

Overall Experience Results

Moving more as a result of participating in the Climb IU Challenge

- **Has increased**- 68%
- **Has remained the same** -31%