



# 2023 UHR Health and Well-being Services Annual Report

## Highlight Summary

In 2023, MHealthy, Mental Health and Counseling and Consultation Services, and Child and Family Care were brought under one University Human Resources (UHR) area, Health and Well-being Services (HWB). HWB, Occupational Health and Benefits Administration became part of the larger UHR framework of Employee Benefits and Well-being Services. The realignment allows for a more integrated approach to improving the lives of faculty and staff, their families and the community and supporting U-M's commitment to being a health-promoting university.

HWB programs and services continue to play a significant role in employee health and well-being and in fostering a culture that helps faculty and staff be their best at work and at home.

### Supported Essential Psychological Needs

**16,000+**

Interactions with faculty and staff for mental and emotional health services by the Faculty and Staff Counseling and Consultation Office and the Office of Counseling and Workplace Resilience.

### Assisted Those Facing Financial Hardship and Food Insecurity

**\$88,000**

Awarded to faculty and staff facing financial hardship through the Resource Coach Mini-Grant and Emergency Hardship Programs.

**4,000+**

Pounds of food collected and donated to the Maize and Blue Cupboard during Hunger Action Month.

### Committed to Supporting a Health-Promoting Organization

**560**

Employees from all three campuses and Michigan Medicine served as Champions.

**56**

Wellness Grants awarded to help Champions create or sustain wellness projects within their departments.

**35**

COVID-19 and flu vaccination clinics for Ann Arbor campus employees and students (partnership between MHealthy and University Health Service).

“ I signed up to be a Champion five years ago and have not regretted one day of it. I have learned and passed on so much from MHealthy. I started a monthly healthy snack day, an MHealthy board highlighting monthly happenings and recipes, and friendly team-building competitions from Family Feud to the Weakest Link.”

- Fatmeh Nahle, Senior Surgical Technologist



## Broadened Support Through the MHealthy Portal

**26,000+**

Unique users logged into the MHealthy Portal to access the health questionnaire, online challenges, goal setting and more.

**24,000+**

Faculty and staff completed MHealthy Rewards by taking the annual health questionnaire.

## Promoted a Holistic Approach to Well-being

**10,000+**

Active U and Active U Autumn participants.

**4,000+**

Participants engaged in cooking classes, Nourish Your Whole Self, the annual produce challenge and more.

**69%**

Reduction in weekly alcohol consumption reported by Alcohol Management Program clients at three-month follow-up.

**41%**

Quit rate for Tobacco Consultation Service counseling participants at the one-month follow-up.

## Created Lasting Improvements for Middle School Students

**90,000+**

Students have benefited from Project Healthy Schools (PHS) since 2004. PHS has demonstrated lasting improvements in health behavior and cardiovascular risk factors.

## Supported Child and Family Care

**400+**

Children received the highest quality early education and care at three Ann Arbor-based children's centers.

**2,300+**

Care.com accounts created and more than 1,300 registered for the Kids Kare at Home backup child care program.

## Contributed to U-M's Academic Mission and National Workplace Well-being Conversations

**4**

Papers published in peer-reviewed journals. HWB staff also presented at national conferences, contributed to books and articles and collaborated with U-M researchers and students.

## Served Thousands Through Occupational Health

**34,000+**

Flu immunizations administered by Occupational Health Services, plus thousands of health assessments, COVID-19 vaccinations, medical surveillance visits, fit tests and clinic visits.

## Supported Health and Well-being Through Benefits

**123,000+**

Lives covered through U-M benefits. 87% of faculty and staff surveyed were satisfied with their benefits.

“The development of a mental and emotional health strategic plan for staff and faculty reinforces U-M's dedication to supporting a positive workplace community where everyone can flourish. This work highlights the importance of mental and emotional health and strengthens partnerships across our campuses and Michigan Medicine to promote well-being.”  
- Kelcey Stratton, Chief Behavioral Health Strategist



**mhealthy.umich.edu**

To help you be your best at work and at home, MHealthy supports U-M's philosophy that many factors impact your personal well-being.