

	Topic Area: Nutrition & Weight Status	Data Source	Baseline 2013	Target 2020	Comment
HDS-4	Increase the proportion of faculty/staff who have had their blood pressure measured within the preceding two years and can state whether their blood pressure was normal or high.	Illinois State University Faculty-Staff Health Status Survey	91.7%	93.5%	Answered "yes" or "no" to question, "Is your blood pressure within normal ranges?"
HDS-6	Increase the proportion of faculty/staff who have had their blood cholesterol checked within the preceding five years.	Illinois State University Faculty-Staff Health Status Survey	82.2%	83.8%	Answered "yes" or "no" to question, "Are your cholesterol levels within normal ranges?"
HDS-7	Reduce the proportion of faculty/staff with high total blood cholesterol levels.	Illinois State University Faculty-Staff Health Status Survey	11.5%	10.4%	Answered "no" to question, "Are your cholesterol levels within normal ranges?"
NWS-14	Increase the proportion of faculty/staff who consume at least five servings of fruits and vegetables each day.	Illinois State University Faculty-Staff Health Status Survey	14.8%	16.3%	
NWS-16	Increase the proportion of faculty/staff who consume at least three servings of whole grains each day.	Illinois State University Faculty-Staff Health Status Survey	43.7%	48.1%	Based on the USDA recommendation that men and women eat at least six servings (ounce equivalents) of grains each day, and half of those should be whole grains.
	Topic Area: Physical Activity/Fitness	Data Source	Baseline	Target 2020	Comment
PA-2.1	Increase the proportion of faculty/staff who meet current federal physical activity guidelines for aerobic physical activity.	CDC National Health Interview Survey (NHIS); CDC National Center for Health Statistics (NCHS)	26.8%	29.5%	Guidelines are: >150 min @ mod or >75 min @ vig or combo
PA-2.3	Increase the proportion of faculty/staff who meet current federal physical activity guidelines for muscle-strengthening activity.	Illinois State University Faculty-Staff Health Status Survey	24.6%	27.1%	≥ two days per week
	Topic Area: Stress Management and Sleep	Data Source	Baseline	Target 2020	Comment
Illinois State specific objective	Increase the proportion of faculty/staff who never or rarely experienced difficulty coping with stressful events or situations.	Illinois State University Faculty-Staff Health Status Survey	66.3%	72.9%	In the last 12 months

Illinois State specific objective	Increase the proportion of faculty/staff who rarely or never experienced difficulty staying asleep.	Illinois State University Faculty-Staff Health Status Survey	51.1%	56.7%	In the last 12 months
Illinois State specific objective	Increase the proportion of faculty/staff who rarely or never experienced difficulty falling asleep.	Illinois State University Faculty-Staff Health Status Survey	51.5%	56.7%	In the last 12 months
	Topic Area: Tobacco Use	Data Source	Baseline	Target 2020	Comment
TU-1.1	Reduce cigarette smoking use by faculty/staff.	Illinois State University Faculty-Staff Health Status Survey	8.6%	6.9%	
TU-4.1	Increase cessation attempts by faculty/staff who smoke or use tobacco products.	Illinois State University Faculty-Staff Health Status Survey	30.9%	50.0%	attempt = those who are in preparation or action stage (users are in pre-contemplation or contemplation)
	Topic Area: Miscellaneous	Data Source	Baseline	Target 2020	Comment
IID-12.5	Increase the proportion of faculty/staff who are vaccinated annually against seasonal influenza.		No Data	80.0%	Add question to 2015 Faculty-Staff Health Status Survey

Data Sources:

ACHA Faculty and Staff Health and Wellness Survey (2012), American College Health Association. Information available at www.acha.org/Committees_Coalitions_Task_Forces/staff_wellness.cfm.

National Health Interview Survey (NHIS), National Center for Health Statistics.

