

APPSTATE

**Appalachian Institute
for Health and Wellness**

2024

ANNUAL REPORT

PROGRESS AND MILESTONES 2023-2024

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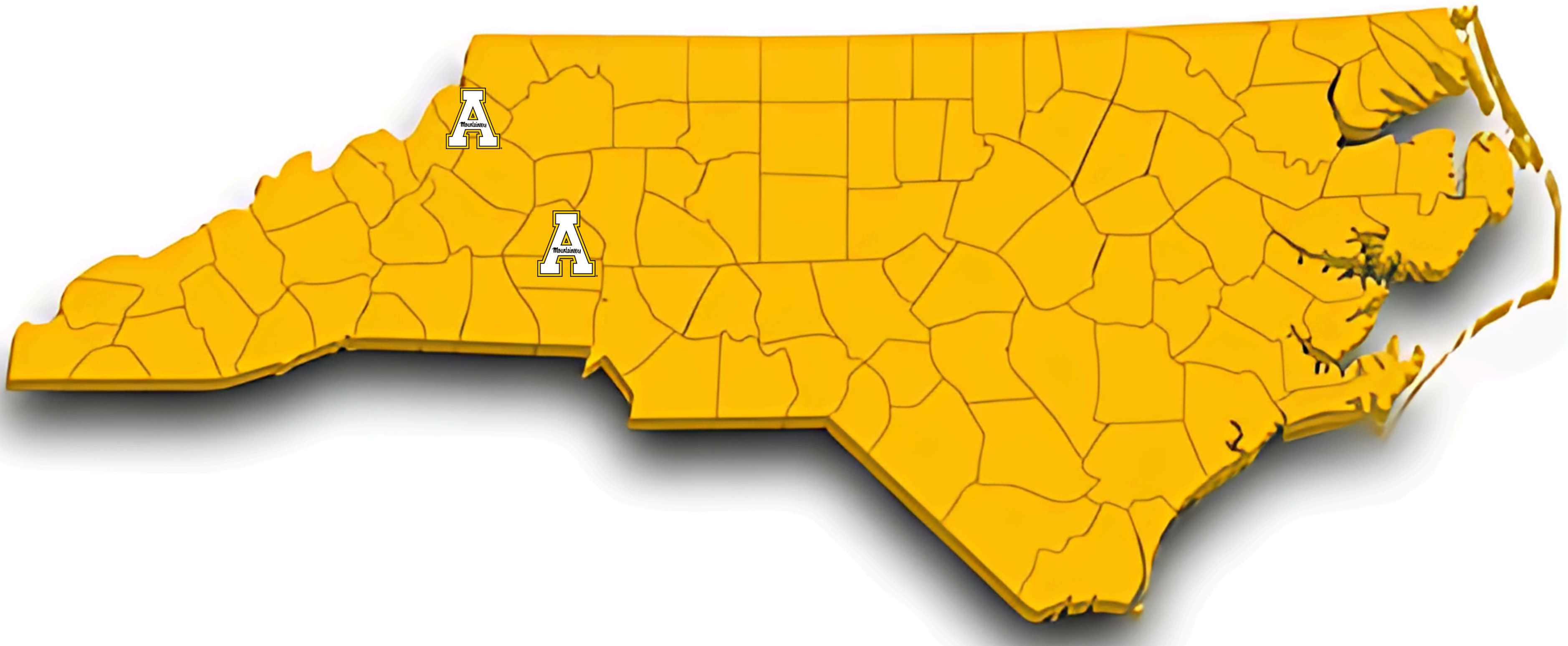
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OUR MISSION

Promote multidisciplinary research opportunities, clinical services, community outreach, and training programs related to holistic health and well-being with the overarching goal of improving lives through transformative social, environmental, and healthcare advances.





Appalachian State University Boone Campus

Two AppWell locations: University Hall and Leon Levine Hall of Health Sciences, offering diverse programs and services to enhance health and well-being.

Appalachian State University Hickory Campus

New AppWell location providing access to multidisciplinary healthcare and wellness services, expanding our reach to the Hickory community.

YEAR AT A GLANCE 8,798 people served

- In 2023-2024, we were able to serve 8,798 individuals in the region through our clinics, education, and wellness programs.
- This resulted in 37,213 touchpoints for service and program delivery.
- Our programs secured 13 grants totalling \$2,511,553.



37,213 touchpoints
OVER \$2.5 MILLION RAISED

WHAT WE DO



AGING WELL

Supports holistic aging by offering programs that enhance resilience, well-being, and community engagement for older adults.



EMPLOYEE WELLNESS

Offer physical and mental health and wellness programs for App State faculty, staff, retirees, and their families.



GROWING WELL

Support youth and family development through inclusive programs, nurturing resilience, growth, and well-being.



RESEARCH

Multidisciplinary health research that integrates community engagement, clinical services, and interventions.

Aging Well

- Educational Series
- Clinical Services and Wellness Assessments
- Support Groups
- Specialty Programs



Growing Well

- Clinical Services
- Health Education Programs
- Community Programs
- Support Groups



Employee Wellness

- Counseling Services
- Preventive Health Screenings
- Fitness and Exercise
- Personalized and Safety Services



Research

Interdisciplinary Research Labs

- Aging and Adult Health
- Analysis of Secondary Data to Inform Prevention
- Family Economic Policy
- Health Services Innovation & Optimization
- HOPE
- Healthy Outdoor Play & Exercise
- Public Health Innovation

Grants and Awards

- National Institutes of Health (NIH)
- National Science Foundation (NSF)
- National Academies of Sciences, Engineering & Medicine
- Dept Health/Human Services (DHHS)
- US Dept of Agriculture (USDA)
- CDC Americorp
- Department of Education

Resources

- Dedicated full-time team of 2 staff for pre- and post-award administrative support for all projects
- Access to additional funding for project needs or pilot data collection
- Assistance with research development & interdisciplinary collaborations
- Support identifying funding opportunities
- Assistance with grant preparation— including writing/editing, budget development, & more
- Additional financial return to investigators from indirect costs on grants
- Support recruiting volunteers/participants

APPSTATE Highlight Reel

<https://appwell.appstate.edu/> 

- Hosted 75 girls at Camp GOTR, combining Girls on the Run with summer camp fun to build friendships, be creative, and stay active through games led by trained coaches.
- Organized Camp Crinkleroot, a free day camp providing 68 children on the autism spectrum with activities, creative arts, and games, and one-on-one support in a fun, inclusive environment.
- Increased staff in Outreach and Education by 200% to support community needs and enhance program capacity.
- Offered the PATH program, inspiring 280 middle and high school students to explore health careers through interactive, hands-on experiences.
- Administered over 2,000 vaccines through the National Council on Aging Vaccine Grant, promoting public health in the community.





“

“My daughter did not realize her abilities to not only run, but to speak up and use her voice. She’d be happy and ready for practice after school and eager to learn how to be an inspiration to others and to believe in herself as well! Girls on the Run helped her dream big and achieve many goals.”

-GOTR Parent

”

APPSTATE Highlight Reel

<https://appwell.appstate.edu/> 

- Provided counseling services to 278 faculty and staff members, supporting their health and well-being.
- Conducted 8 support groups for caregivers and individuals with age-related conditions, reaching a total of 642 attendees.
- Increased grant funding by 150% from 2021-2022 to 2022-2023, securing approximately \$3.5 million in 2022-2023 and \$2.5 million in 2023-2024 to support expanded programs and initiatives.
- Developed expanded research resources and support for faculty housed in a new website.



“

Thank you for providing this service to your employees. I don't know if I would have gone otherwise and it has made all the difference for me and my family!

-Counseling Client

”

APPSTATE Highlight Reel

<https://appwell.appstate.edu/> 

- Engaged 208 participants in Tai Chi and Matter of Balance programs across 3 libraries, 5 community centers, 4 senior centers, and 4 churches.
- Supported 279 people through blood drives and CPR training as part of the Healthy Heart Collaborative including athletics, students and community members.
- Helped 600 AppState faculty, staff, and retirees reach their wellness goals.
- Hosted an aging conference with over 130 attendees, bringing together experts and community members to discuss key issues in aging and wellness.





I have been working with various professionals and graduate students at the Interprofessional Clinic for several years. The aging assessments, speech pathologists, counselors, gait and balance testing, topical presentations, and weekly classes in mind/body health have all helped me through some difficult circumstances. This clinic is staffed with bright, community-oriented professionals and students. I frequently recommend their services to my friends.

-Clinic Client

Supporters



Supporters

Paul and Susie O'Connell



APPSTATE

Appalachian Institute for Health and Wellness

Why Give?

1. **Community Programs:** Support free or low-cost programs for older adults and children with disabilities, including workshops, fitness classes, and mental health initiatives.
2. **Access to Healthcare:** Donations improve access to essential healthcare services through free or sliding-scale initiatives.
3. **Research Initiatives:** Fund research addressing unique health concerns in the Appalachian region, covering data collection, analysis, and dissemination.
4. **Educational Outreach:** Support public education on preventive healthcare through workshops, seminars, and educational materials.
5. **Program Development:** Contributions help develop, implement, and evaluate programs, while supporting staff and student internships.

Make a Difference – Donate Today!



Make a Difference – Donate Today!

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