

“EatWell Bites” is a nutrition education webinar series where experts from USC presented practical tips, hands-on demonstrations, and resources to help participants make balanced food and lifestyle choices. Topics included navigating eating during the workday, optimizing nutrition on the go: smart eating strategies for travel and summer adventures, and dairy and milk alternatives: Where do you get your calcium? Raffle prizes were awarded as incentives to attend and provide evaluation feedback.



PURPOSE

To provide practical tips, hands-on demonstrations, resources, and support to USC faculty and staff on ways to improve their health and quality of life through nutrition and balanced eating habits.

PARTICIPATION

- **151 total unique employees participated** between June 2024 and August 2024.
- **84% staff, 6% faculty, 5% other, 3% student, 1% retiree** unique participants.
- **70 single session** evaluations were received.
- **36 series** evaluations were received.

Great program, great topics, very informative and helpful information was provided.

PROGRAM OUTCOMES

- **97% were very satisfied or satisfied** with the program, the presenters, the usefulness of the information, and the virtual format.
- **96% were very satisfied or satisfied** with the amount of time allotted for the program.

SINGLE SESSION PROGRAM OUTCOMES

- **91% strongly agree/agree** that the program enhanced my knowledge and skills in this topic.
- **92% strongly agree/agree** that as a result of participating in this program, I am confident in my ability to apply the knowledge/skills in my daily life.
- **80% strongly agree/agree** that it is likely that I will make a behavior change as a result of attending this program.

BEHAVIORAL OUTCOMES

- **88% strongly agree/agree** that they have improved their knowledge and/or skills after participating in the program.
- **83% strongly agree** that they have applied the new knowledge/ skills in their daily life.
- **86% strongly agree** that they are better prepared to improve their health and quality of life through nutrition and healthy eating habits.
- Participants reported experiencing changes as a result of participating in the program:
 - **57% improved mindful eating**
 - **51% incorporated healthy snacks**
 - **31% increased water intake**
 - **29% increased fruit/vegetable intake**
 - **29% improved overall health and well-being**



USC
WorkWell Center

EatWell Bites:

Summer 2024 Program Summary

Healthy Campus-
EatWell Subcommittee



EatWell Subcommittee

Description:

Create a health-promoting food environment at USC.

Goals:

- 1. Improve access and knowledge of food and nutrition to meet nutrient needs, promote health, and help prevent chronic disease through educational and experiential learning on and off campus.
- 2. Increase and promote balanced food and beverage options at USC.

Visit the [EatWell webpage](#) for more information and resources.



Co-leads:



Cary Kreutzer

Instructional Professor of Clinical Gerontology and Pediatrics
USC Leonard Davis School of Gerontology & Keck School of Medicine



Lindsey Pine

Dining Dietitian
USC Hospitality

Subcommittee Members:

- | | | |
|---|--|---|
| <ul style="list-style-type: none">• Amy Yao• Ani Hakobyan• Cary Kreutzer• Cortney Montgomery• Diane Melrose• Eden Sussenguth• Frida Hovik• Gary Marschall• Greg Harlan• Jacqueline Chavez• James Valenzuela• Jeannie Wakamatsu | <ul style="list-style-type: none">• Julie Chobdee• Kayla de la Haye• Leonard Tham• Lindsey Pine• Lotta Andonian• Mario Diaz• Michelle Katz• Miki Arlen• Patrice Murray• Piedad Suarez-Durall• Rachel Suba• Rebecca Cahal• Robin Stroud | <ul style="list-style-type: none">• Rodney McKeever• Sam Zaragoza• Samantha Cordova• Sara Padilla-Casillas• Staci Samadani• Stephanie Eggert• Susan Kim• Suzzane Huynh• Tammy Homs• Thomas Frick• Wendy Williams-Clark• Whitney Warnes |
|---|--|---|

EatWell Bites Series: Summer 2024 Schedule

Navigating eating during the workday

Thursday, Jun. 6, 2024, 12:15 – 12:45 p.m.

Navigating eating during the workday can be tough—whether it's lack of time for meal prep, the temptation of snacks, or uncertainty about healthy choices. Join us to discover strategies for building nutritious meals and snacks, simple meal prep ideas, and other tips to keep your office meals nutritious, whether you're working remotely or in a traditional office setting.

Presenter: Laura Kauffman

Optimizing nutrition on the go: Smart eating strategies for travel and summer adventures

Thursday, Jul. 11, 2024, 12:15 – 12:45 p.m.

Discover how to maintain a healthy diet on the move—whether traveling or enjoying summer activities. Explore convenient, nutritious food choices to fuel energy and well-being during busy schedules and outdoor adventures. Gain valuable insights into smart snack options and mindful meal planning to optimize nutrition wherever you are.

Presenter: Frida Hovik

Dairy and milk alternatives: Where do you get your calcium?

Thursday, Aug. 1, 2024, 12:15 – 12:45 p.m.

Choosing between dairy milk and its alternatives can be overwhelming with so many options available. Join us as we explore the pros and cons of each type while unpacking their health benefits, culinary uses, and even taste profiles to help you make informed decisions.

Presenter: Lisa Statner

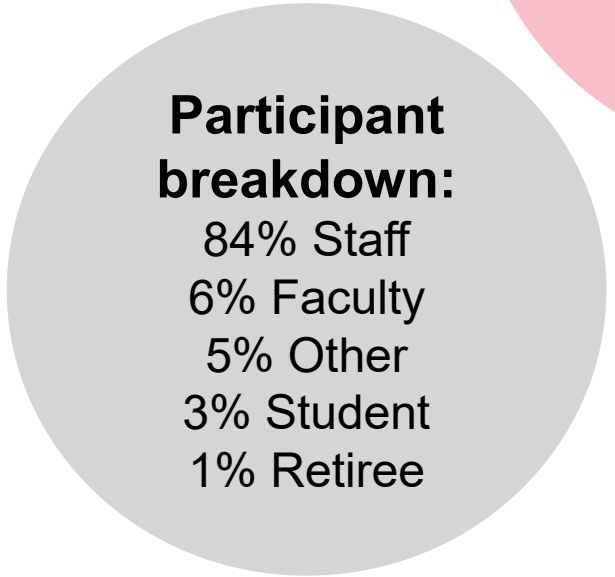
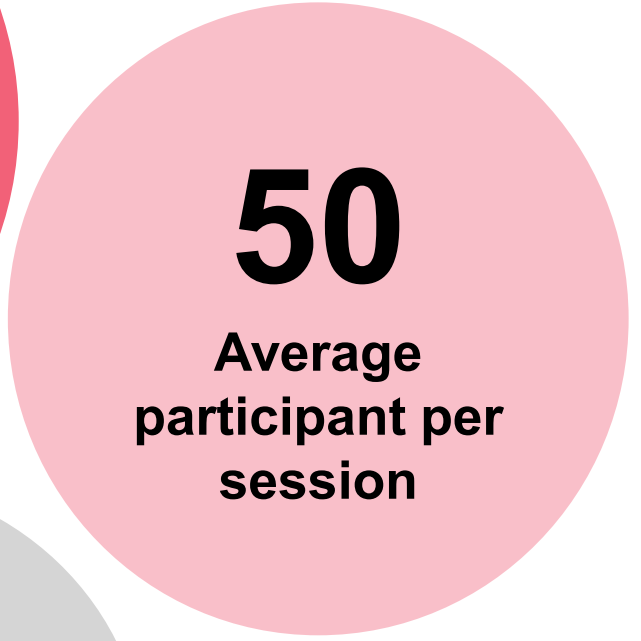
Register and learn more at
workwell.usc.edu/events/eatwell-bites





Program Participation

By the numbers



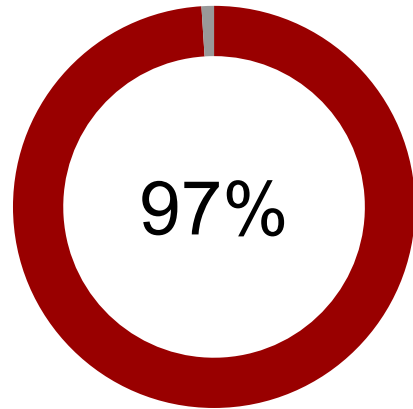
Thank you for hosting these wonderful series.

I love all the sessions so far. Helping me see nutrition differently.

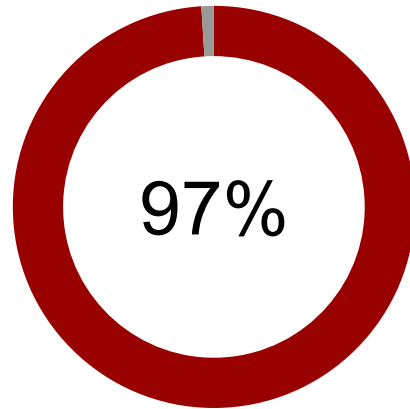


Single session satisfaction with the program

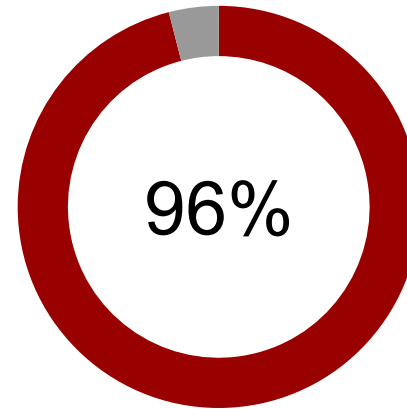
Outcomes based on post-session survey



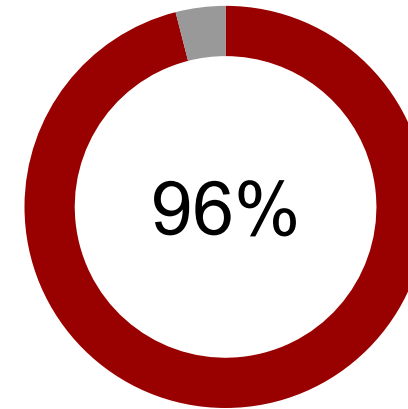
97% strongly agree/agree they **were satisfied with the program.**



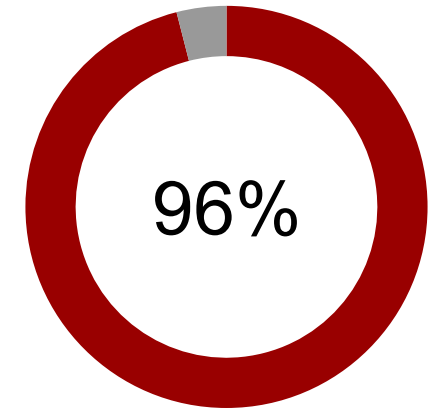
97% strongly agree/agree they **were satisfied with the presenters.**



96% strongly agree/agree with the **usefulness of the information shared.**



96% strongly agree/agree with the **time allotted for the program.**



96% strongly agree/agree with the **delivery mode** (e.g., online, hybrid, in-person).



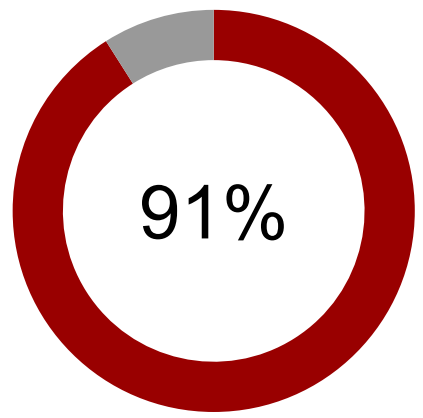
Presenters were knowledgeable and presented in a clear, direct manner,



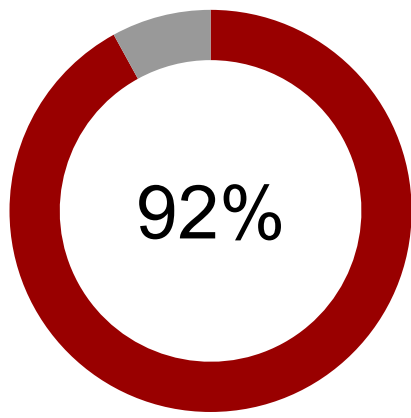


Single session program outcomes

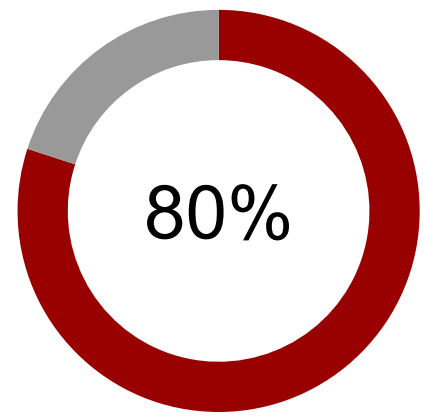
Outcomes based on post-session survey



The program enhanced my knowledge and skills in this topic.



As a result of participating in this program, I am confident in my ability to apply the knowledge/skills in my daily life.



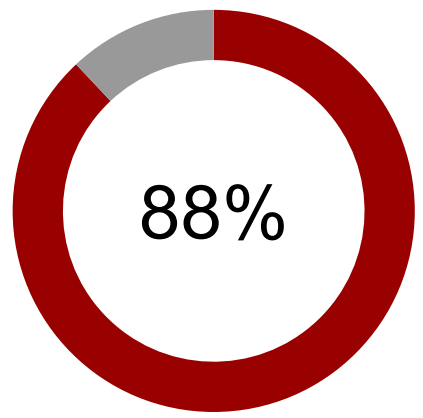
It is likely that I will make a behavior change as a result of attending this program.

“ I love that I was able to ask about my allergies and diversities, thank you again. ”

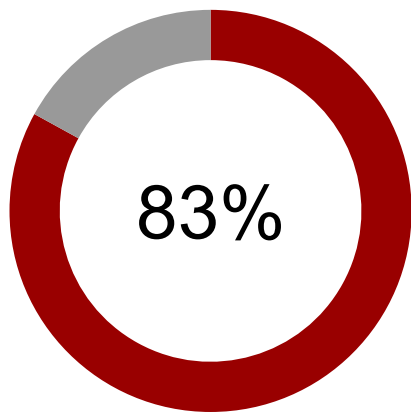


Series behavior changes and program outcomes

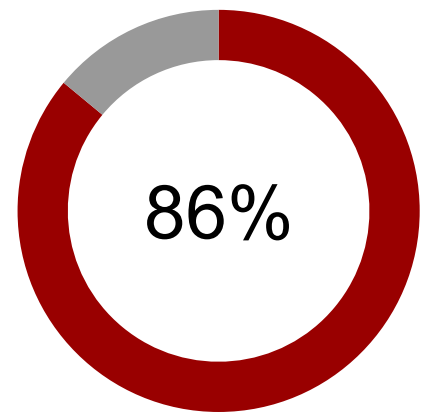
Outcomes based on post-program survey



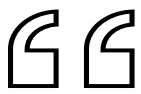
As a result of participating in the program, I improved my knowledge and/or skills.



I have applied the new knowledge and/or skills I learned from the program in my daily life.



I am better prepared to improve my health and quality of life through nutrition and healthy eating habits.



[The] visual presentations [are] very effective and colorful.





Program Outcomes

Participants reported experiencing the following changes as a result of participating in the program:

57%	Improved mindful eating	51%	Incorporated healthy snacks	31%	Increased water intake
29%	Increased fruits and vegetables intake	29%	Improved overall health and well-being	26%	Incorporated meal prepping
23%	Improved mood	20%	Increased energy	20%	Improved work-life balance
17%	Positive changes to digestive health	17%	Positive changes in weight	14%	Positive changes to blood pressure
14%	Other	14%	Increased physical activity	14%	Increased engagement and satisfaction with work
14%	Improved sleep quality	11%	Reduced feelings of anxiety	11%	None of the above
9%	Reduced inflammation	9%	Reduced feelings of stress	9%	Positive changes to blood sugar levels
6%	Positive changes to cognition and memory	6%	Positive changes to cholesterol	3%	Positive changes to cardiovascular health



Facilitators and Barriers

Top 3 facilitators or barriers participants experienced when engaging in the new behavior:

1

Lack of time

Participants expressed that lack time was barrier to adopting new behaviors such as prepping meals.

2

Reminders and motivation

Participants noted that attending sessions served as a good reminder and reinforcement of what should be done to improve health and how to be consistent.

3

Challenges

Participants indicated challenges such as not having healthy options around them (CAL building), addiction to salt and sugar, and traveling.



Testimonials

I like that these are Zoomed. I can take notes, eat lunch, stretch, and above all, ATTEND. It would be nearly impossible for me to participate if I had to get to a location at USC [...] so the online parsnips are SO APPRECIATED!!

Attending these sessions provide excellent nutrient choices that you can make for your health.

[The series] is wonderful, some items that are pointed out are so simple, [but] would not have made self awareness until I heard it in the presentations.

I love that these are short and always very informative!

I appreciate that these are recorded and can be viewed later. I unfortunately missed the live presentations but was able to watch on replay.



Comments, Suggestions, and Feedback

Gratitude and Taking Action

"I appreciate the time spent on putting together this series. I am trying to eat healthier and be more cognizant of what I'm putting into my body so this is very helpful!"

"[...] The info isn't exactly new to me, but it's the implementation that is difficult - and the more reminders I have, the better I tend to gravitate back towards the healthier habits. [...] Thank you for the added gravitational pull!"

Thank You

"Thank you for all your hard work! Fight On!"

"Thank you for the series. It's good to be reminded that we need to take care of our bodies."

"Thank you for putting [this series] together. [I] learn something new every time."

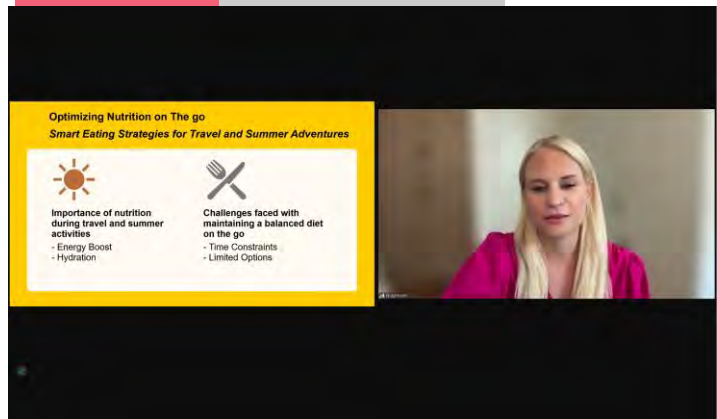
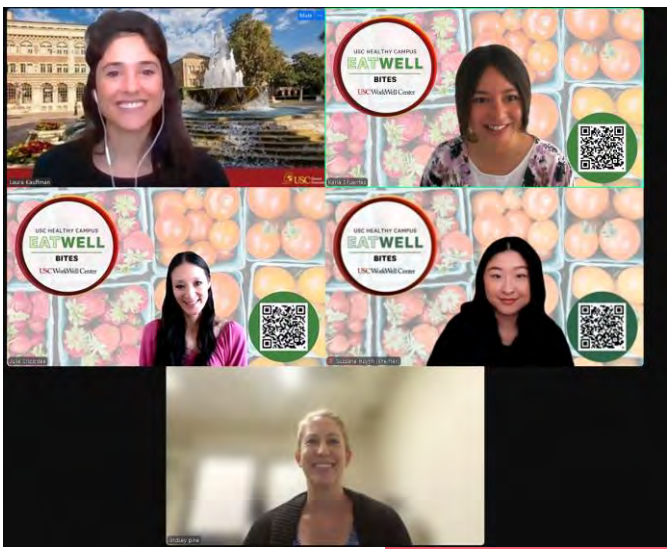
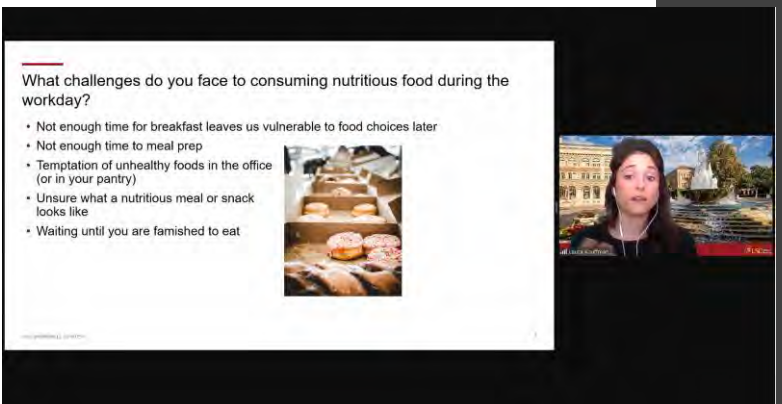
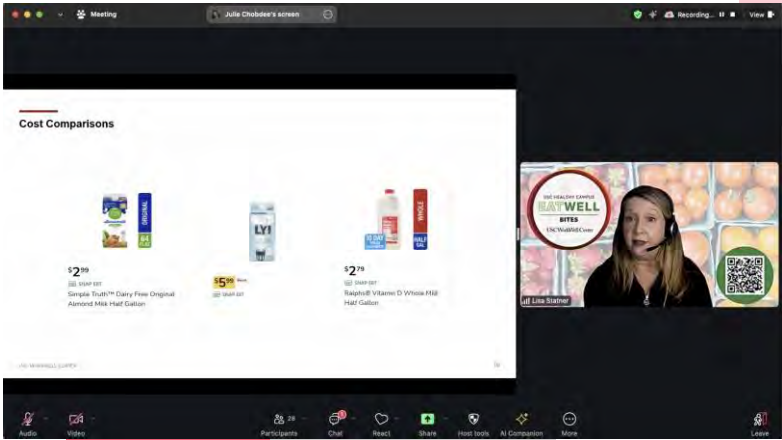
Suggestions

"You have had so many great topics. I always appreciate topics around diabetic friendly diets. Also, prep like a pro was a great session, so maybe another "cooking show" format would benefit."

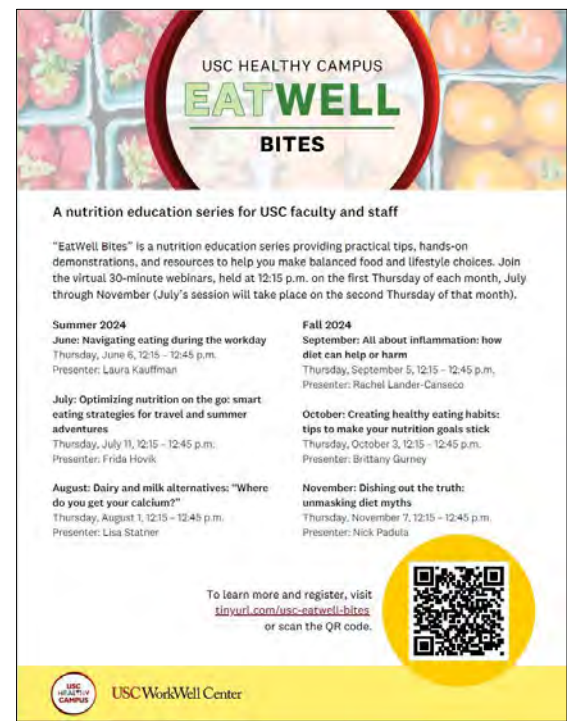
"Please continue this series and anything around weight loss or fat loss would be really helpful."



Photos



Program Materials



Flyer



Zoom Background



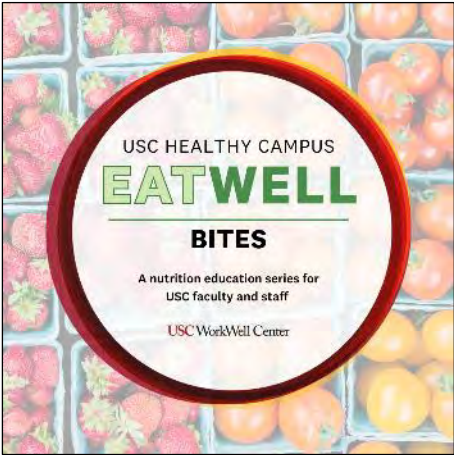
Digital Assets



USC WorkWell Center



Webpage



Social Media Assets



Thank You!



Julie Chobdee, MPH

Associate Director, Health &
Well-being Program, USC
WorkWell Center
jchobdee@usc.edu



Lara Hilton, Ph.D., MPH

Director, USC WorkWell Center
lhilton@usc.edu



Suzzane Huynh

Health & Well-being Program
Coordinator
sanhuynh@usc.edu