

Fight On! Football Wellness Challenge 2022

Program Summary

USC WorkWell Center—
Health & Well-being Program



Executive Summary

The USC WorkWell Center offered a 2nd annual Fight On! Football Wellness Challenge to encourage and promote health and well-being among USC faculty and staff by providing them with ideas on how to incorporate well-being activities into different aspects of their daily lives.

Participants received a game card and were challenged to **tackle various health & well-being activities** to earn points towards “touchdowns” (7 points towards raffle drawing) or “field goals” (3 points towards raffle drawing). During the 6 weeks, participants received **weekly email tips** with information, resources, and fun facts. “Halftime Huddles” were held to facilitate **social connection**. **Satisfaction and outcomes evaluation** was conducted.

PROGRAM MATERIALS

- **Game card** for tracking health & well-being activities
- **Weekly halftime reports** for reinforcement
- **Resources** to educate and inspire participants
- **Mid-program virtual and in-person event** for social connection
- **Raffle incentive** for health-related prizes at the end of the challenge

KEY OUTCOMES

- **91% were very satisfied or satisfied** with the overall challenge
- Participants reported experiencing the following changes as a result of participating in the challenge:
 - **57% increased physical activity**
 - **38% Incorporated sustainable practices in daily routine**
 - **34% improved eating habits**
 - **28% improved sense of belonging with USC**

PARTICIPATION

- **504 employees** participated in the health challenge.
- **86% staff, 13% faculty, 1% retiree.**
- Just **over 17%** returned their game card to be eligible for a prize.

Fight On! Football Wellness Challenge 2022

Program Summary



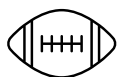
PURPOSE

To encourage and promote health and well-being among USC faculty and staff.



DESCRIPTION

A 6-week football theme wellness challenge to encourage and support USC faculty and staff to practice and adopt health promoting behaviors and a healthy lifestyle.



PROGRAM COMPONENTS

Complete wellness activities to earn touchdowns (points)
Submit Gamecard (on-line tracking sheet)
Send pictures completing activities
Receive weekly "Time Out" reports (email tips)



PROMOTIONS

WorkWell listserv, Employee Gateway, USC Events Calendar, partner announcements, etc.



Program Materials

Fight On! Football Wellness Challenge

Trojans Tackle Wellness | Sept. 19 – Oct. 28

Physical Activity	Nutrition	Mental Health	Social Connection	Sustainability	Safety	Financial Wellness
Stretch, stand, or walk during a meeting if you are able	Stick to only non-processed foods for a day	Maintain a consistent morning or bedtime schedule for a week	Meet someone from a USC school, or business and other than your own	Minimize to commit to an event	Learn about the emergency protocols of your school or business unit	Schedule due dates for upcoming bills in your calendar
Walk farther away from your destination to get in more activity	Eat "low-calorie" or "low-sugar" versions of your favorite foods	Write down an aspect on the cover and place it at your desk	Send a thank you note to a colleague	Drink from a reusable water bottle	Download the USC Trojans App	Schedule a free consultation with a USC retirement investment provider
Take the stairs instead of the elevator or do 10 pushups	Find and prepare a new, healthy recipe	Spend time engaging in or trying out a new hobby	Have water cooler conversation – in person or virtual	Unplug natural sunlight if you work inside, before turning on the lights	Add the Department of Public Safety's hot line (312-740-0000) to your phone	Unsubscribe to unwanted subscription services that you no longer need
Set a fitness goal and stick to it for a week	Drink only water as your beverage of choice for the day	Journal your thoughts from the day before bedtime	Practice active listening in your meetings	Try growing your own produce or plants	Keep your valuables out of sight	Track your spending for a week and find ways to lower costs
Do stretches every 15 minutes while you watch TV	"Eat the rainbow" with a colorful mix of fruits and vegetables	Try a stress-relief activity like journaling, meditation, or talk therapy	Ask for constructive feedback on your work	Only wash loads of laundry when they are full	Be present to your surroundings by making eye contact while moving around campus	Create a budgeting spreadsheet

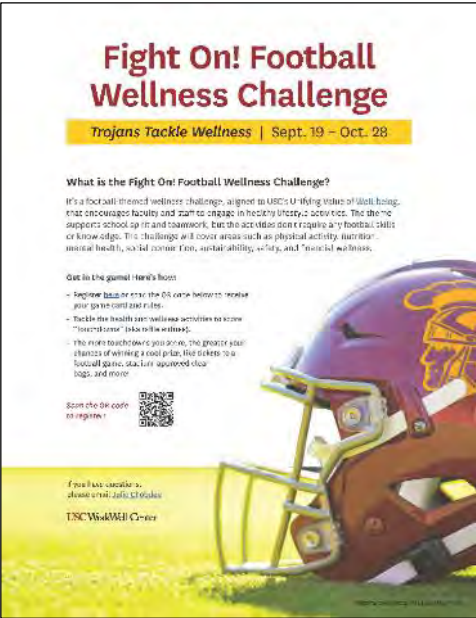
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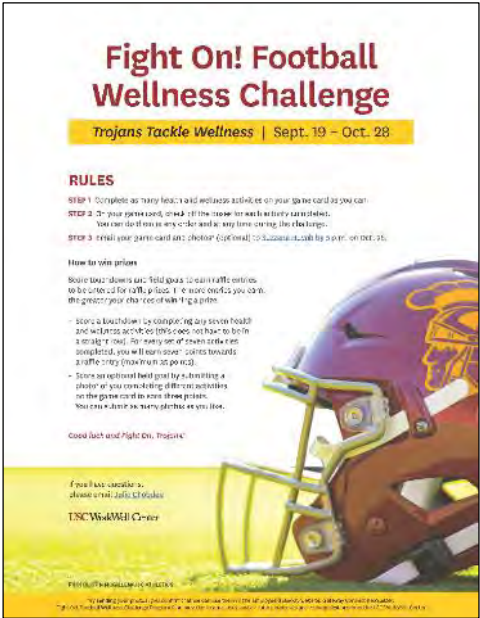
Game Card



Weekly Email Tip template



Program Flyer



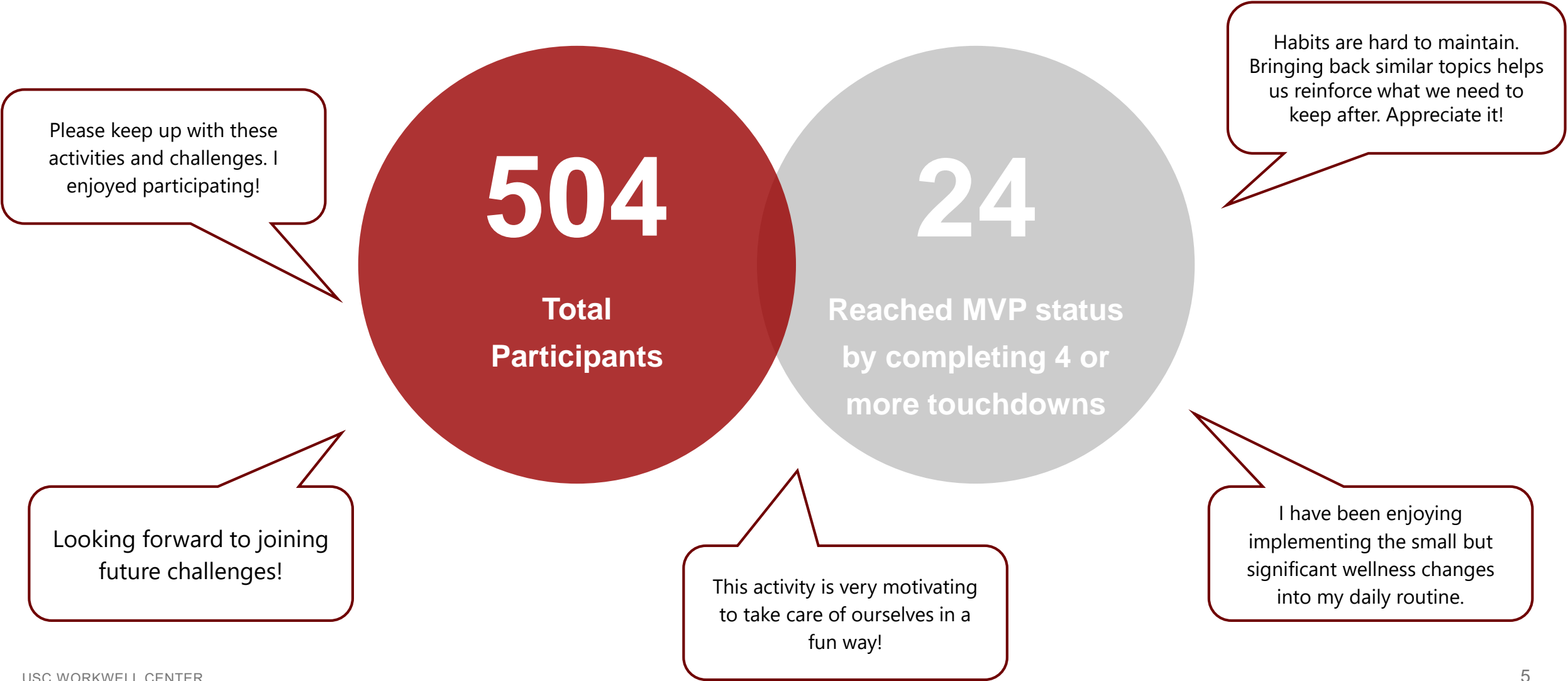
Program Rules



Web Page

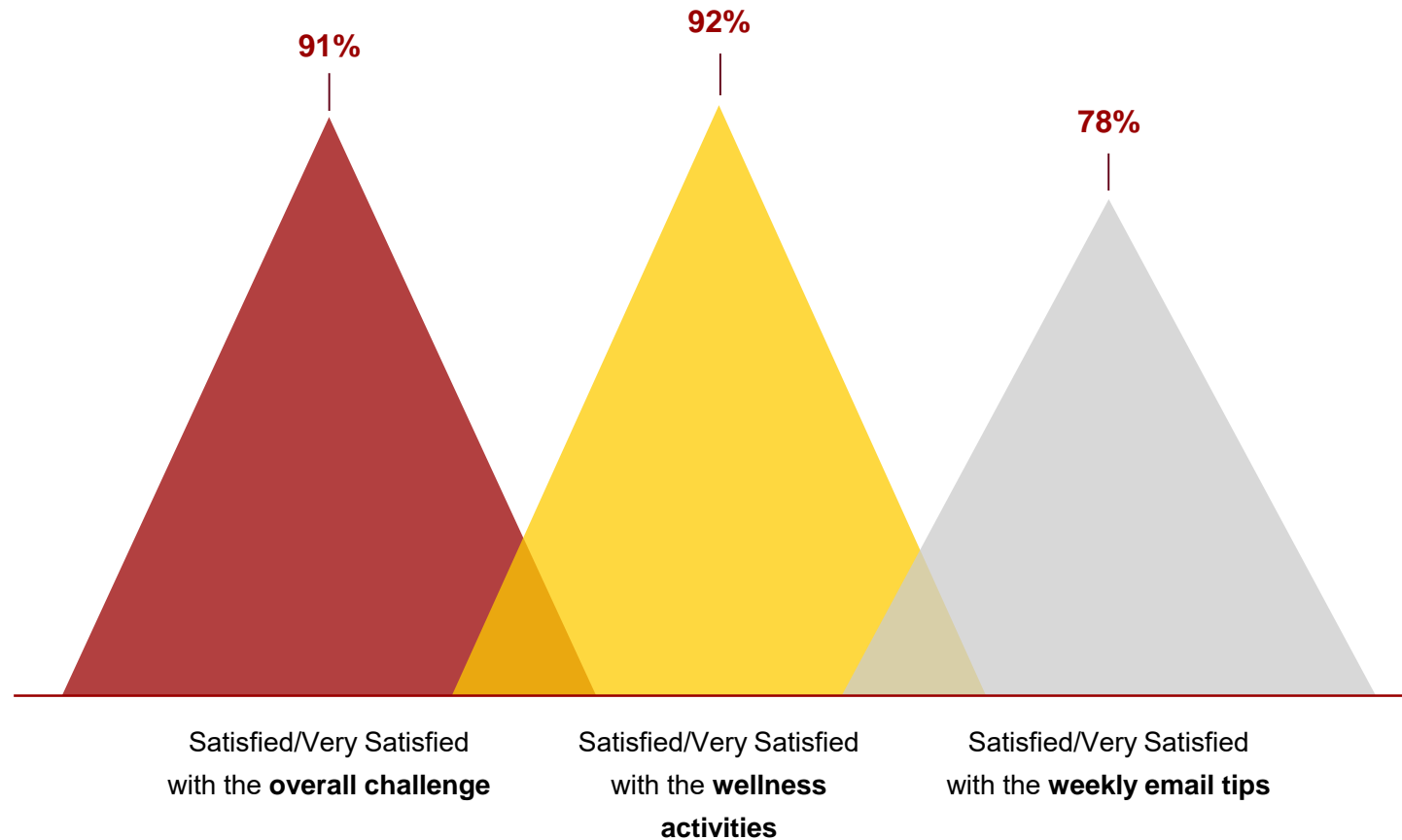
Fight On! Football Wellness Challenge Participation

By the numbers



Fight On! Football Wellness Challenge Outcomes

High levels of satisfaction with program, materials, and reminders



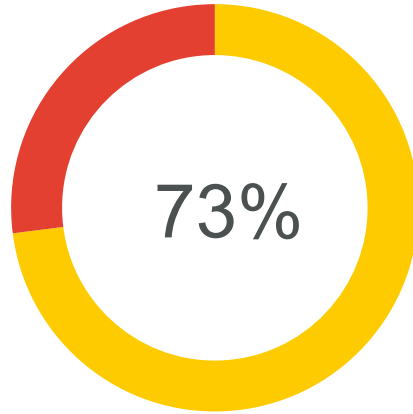
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Feeling like someone CARES about us at work...priceless.

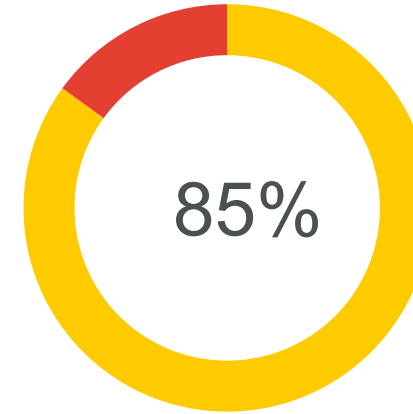
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Fight On! Football Wellness Challenge Outcomes

Increased knowledge, skills, behavior change



Confidence in ability to **make a behavior change** as a result of participation



Stated the challenge **increased** their knowledge or **improved** their skills



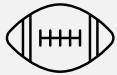
I joined the challenge the day I started working at USC.
I am glad it was brought up to new employees.



Fight On! Football Wellness Challenge Outcomes

Improvements across health and well-being domains

57%	INCREASED PHYSICAL ACTIVITY	38%	INCORPORATED SUSTAINABLE PRACTICES IN DAILY ROUTINE	34%	IMPROVED EATING HABITS
28%	IMPROVED SENSE OF BELONGING WITH USC	28%	IMPROVED WORK-LIFE BALANCE	28%	IMPROVED OVERALL HEALTH & WELL-BEING
28%	MANAGED/REDUCED STRESS AT HOME	26%	IMPROVED PRODUCTIVITY AT WORK	22%	INCORPORATED HEALTHY HABITS INTO DAILY ROUTINE
21%	IMPROVED FINANCIAL PLANNING SKILLS	19%	MANAGED/REDUCED STRESS AT WORK	17%	INCREASED ENGAGEMENT AND SATISFACTION WITH WORK
13%	IMPROVED WORKPLACE RELATIONSHIPS	9%	IMPROVED SOCIAL RELATIONSHIPS	8%	INCREASED SAFETY MEASURES AT HOME



Fight On! Football Wellness Challenge Outcomes

Top 3 wellness activities that participants completed:

1

Drink from a reusable water bottle

2

Stretch, stand, or walk during a meeting, if you are able

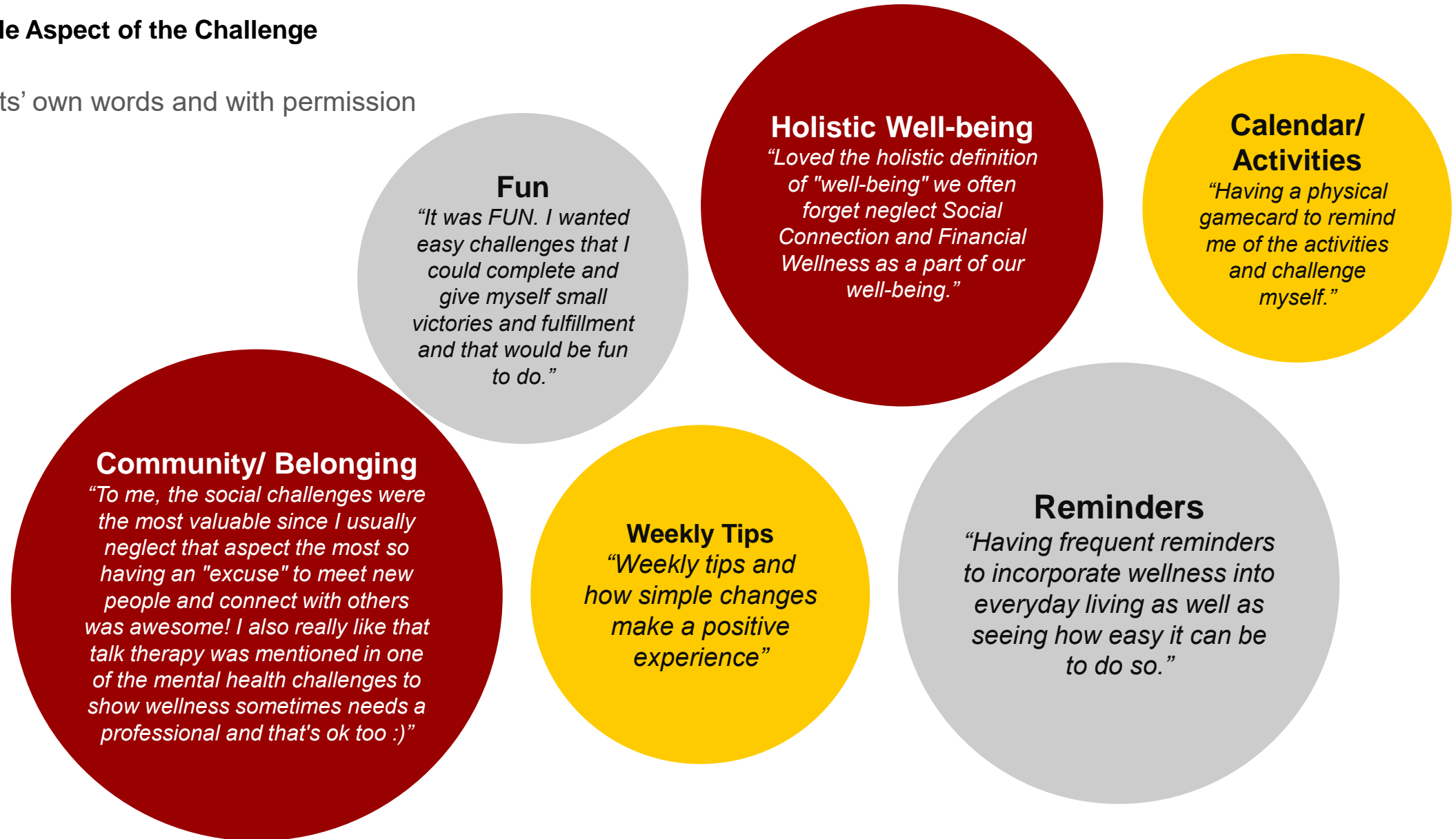
3

Send a thank you note to a colleague

Montage of participants in action!

Most Valuable Aspect of the Challenge

In participants' own words and with permission



Comments, Suggestions, and Feedback

Keep it up!

Keep doing what you're already doing.
Nothing needs to change.

Please keep up with these activities and challenges. I enjoy participating!

This activity is very motivating to take care of ourselves in a fun way!

Looking forward to joining future challenges!

I have been enjoying implementing the small but significant wellness changes into my daily routine.

Thank You

I genuinely appreciate that this challenge is offered. Unfortunately, I just didn't get that much out of it, personally. I don't know what would make it more helpful. I'm always trying to exercise more, and I love a good competition. Maybe something like having a competition on who can do the most steps or something like that would help get me more active, personally, than following activities like one-time stretching just so I can mark off a box. Thank you for offering this resource, however!

Habits are hard to maintain. Bringing back similar topics helps us reinforce what we need to keep after. Appreciate it!

Suggestions

Include a weekly walk around lunch time or somehow to engage with others to go for a walk. Being new to campus this would allow me to meet others who like to walk.

Social Media engagement/ hashtags and meetups with other groups on campus

Wellness kits we can reach out when needed.

More opportunities to work with and bond with colleagues across campus(es).

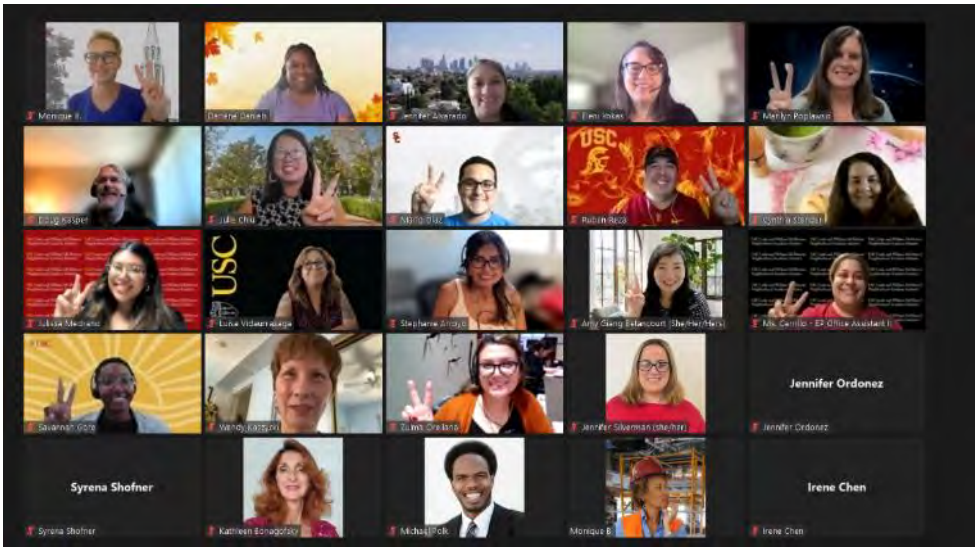
Maybe involve supervisors, upper administration to motivate them to make these changes for themselves and find them to be important for their staff, would be meaningful.

Half-time Huddles

Thanks to all who attended!



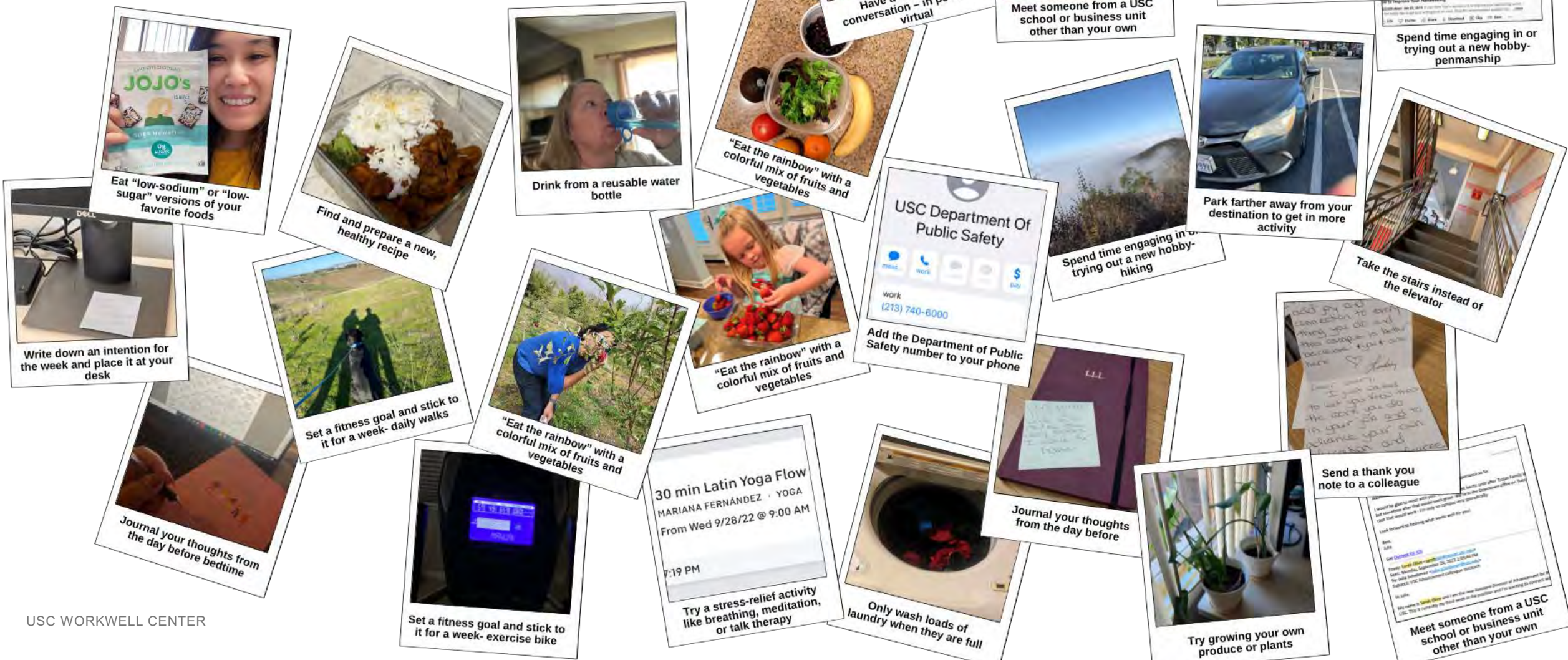
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Season Highlights!



Thanks to all who participated! Fight on!



Contact Us



JULIE CHOBDEE, MPH
Assistant Director, Health & Well-being
Programs, USC WorkWell Center
jchobdee@usc.edu



LARA HILTON, PHD, MPH
Director, USC WorkWell Center
lhilton@usc.edu



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



MEGAN TRAN
Health & Well-being
Program Intern
megantra@usc.edu



KARLA SIFUENTES
Marketing & Communications
Coordinator
ksifuent@usc.edu



WILLIAM YANG
Health & Well-being
Program Intern
wyang685@usc.edu

