

## WalkUSC Executive Summary – Summer 2023

WalkUSC was created to provide an opportunity for USC faculty and staff to engage and connect while getting active and exploring our beautiful campus. It was conceived by the findings from the USC Healthy Campus 2022 survey and from previous feedback from Health and Well-being Program participants. WalkUSC launched on June 5, 2023.



### PURPOSE

The goal was to create a culture of movement and social connection through group activity by facilitating groups of faculty and staff to walk, roll, or move in any way they prefer with WalkUSC. Groups met at designated locations on campus (or connected remotely via Zoom) and were led by trained volunteer group leaders.

### PARTICIPATION

- **582 employees registered** for the program and **2,517 check-ins** from June 5 to September 13.
- **92% staff, 7% faculty, 1% retirees** attended
- **176** evaluations were received

### PROGRAM OUTCOMES

- **95% were very satisfied or satisfied** with the overall program
- **92% strongly agree/agree** that they were satisfied with their walk leaders
- **94% strongly agree/agree** with the amount of time allotted for the program

### BEHAVIORAL OUTCOMES

- **85% strongly agree/agree** that they are confident in their ability to integrate walking in their daily life, as a result of the program
- **79% strongly agree** that they are likely to make a behavior change, as a result of the program
- Participants reported experiencing changes as a result of participating in the program:
  - **76% increased physical activity**
  - **60% increase social connection**
  - **57% improved sense of belonging**
  - **52% improved workplace relationships**
  - **51% improved work-life balance**



*I have really enjoyed the program...thank you for initiating this program. [WalkUSC] has improved my work/life/health balance tremendously.*



USC  
WorkWell Center



# WalkUSC

Program Summary Summer 2023





## Program Overview

Fight On and walk on with your USC faculty and staff colleagues!



### DESCRIPTION

WalkUSC is a walking program led by volunteer USC faculty and staff to create a culture of movement by providing an opportunity to be active and socially connect on campus.



### PURPOSE & PARTICIPATION

To support social connection and well-being among USC faculty and staff.



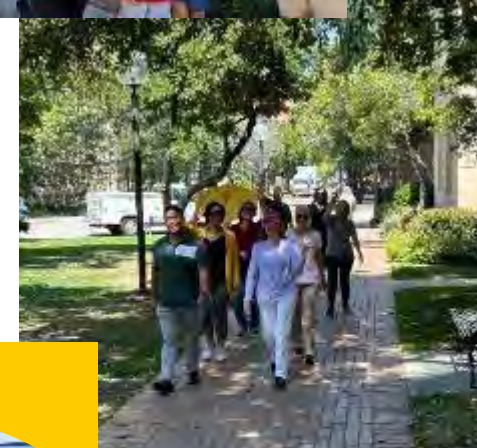
### PROGRAM COMPONENTS

Walking groups meet at designated locations on campus and are led by trained walking group leaders using established walking routes/paths.



### PROMOTIONS

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



USC WorkWell Center



Program Schedule



34 walks to choose from!

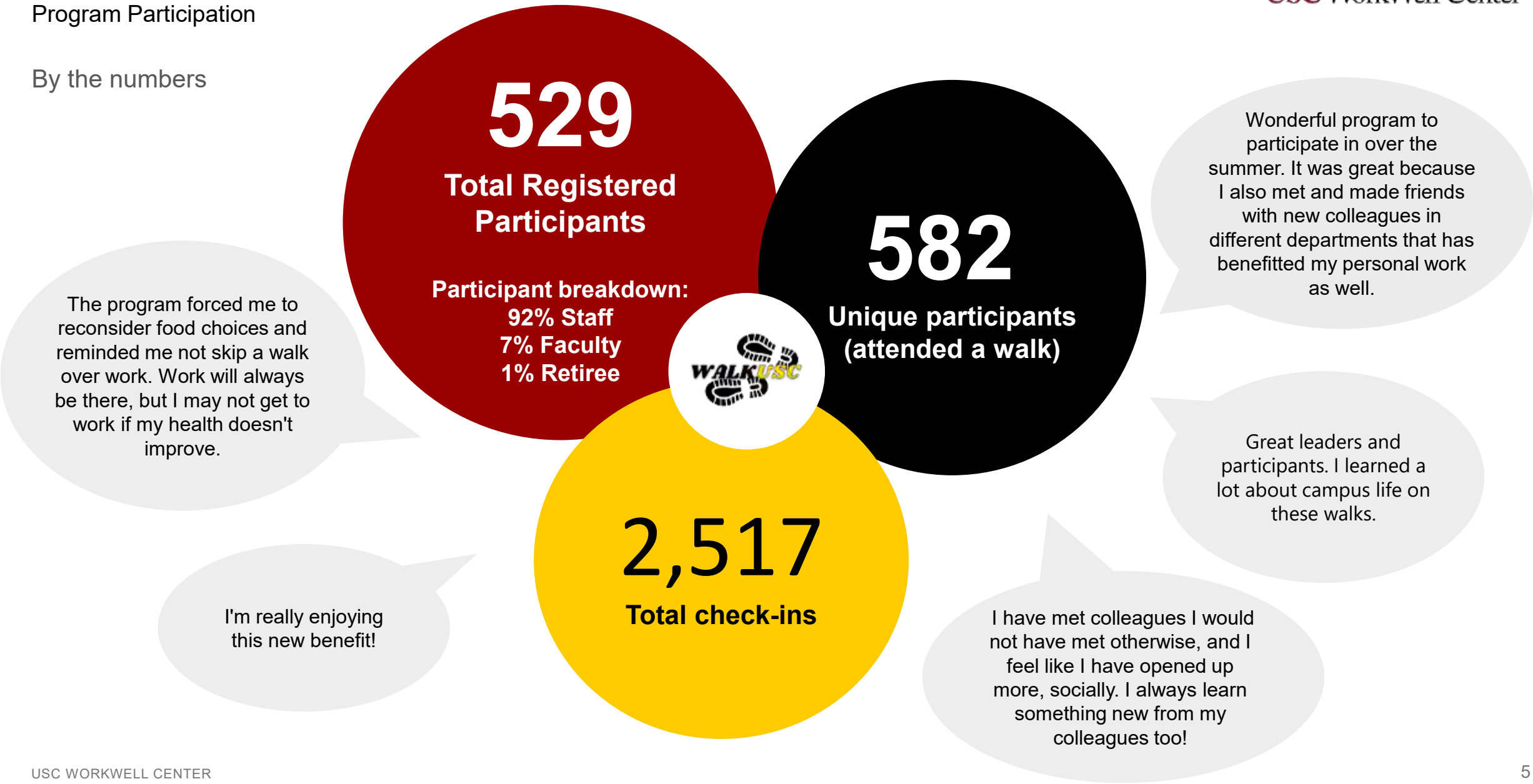
	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<i>UPC starting location: Tommy Trojan</i>	8 a.m. 11 a.m. 12 p.m. 12:30 p.m.	8 a.m. 11 a.m. 12 p.m. 1 p.m. 3 p.m.	11 a.m. 12 p.m. 3 p.m.	11 a.m. 12 p.m. 1 p.m. 3 p.m.	12 p.m.
<i>HSC starting location: Pappas Quad</i>	12 p.m.	11 a.m. (Soto 1 Lobby) 12 p.m.	11 a.m. (Soto 1 Lobby) 12:15 p.m. 1 p.m. (Soto 1 Lobby)	11 a.m. (Soto 1 Lobby) 12 p.m. 1 p.m. (Soto 1 Lobby)	12:30 p.m.
<i>Alhambra starting location: Building A-9W</i>	7:30 a.m.	9:05 a.m.	9:05 a.m.	7:30 a.m.	
<i>Remote starting location: Participants' own locations</i>	12 p.m. (PST)	12 p.m. (PST)		12 p.m. (PST)	

Register and learn more at  
[workwell.usc.edu/events/walkusc](https://workwell.usc.edu/events/walkusc)



Program Participation

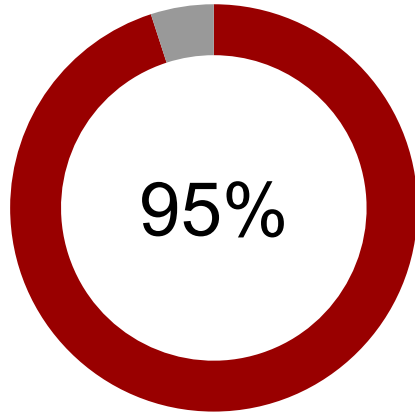
By the numbers



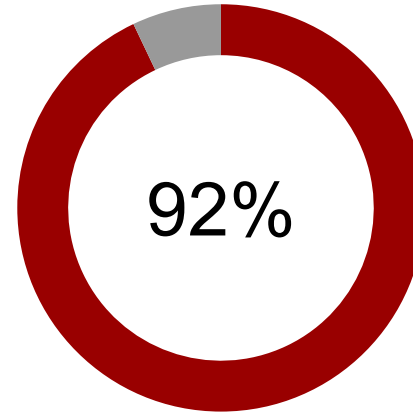


## Satisfaction with the Program

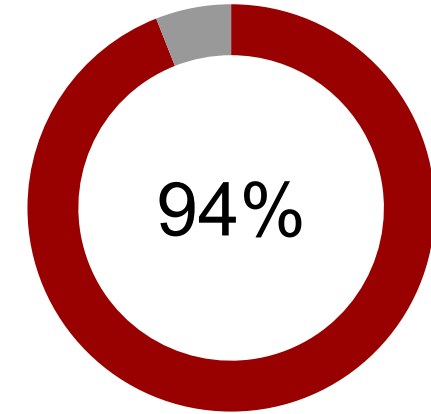
Outcomes based on post-program survey



95% strongly agree/agree they  
**were satisfied with the  
WalkUSC program.**



92% strongly agree/agree they  
**were satisfied with the  
WalkUSC leaders**



94% strongly agree/agree with  
the **amount of time allotted for  
the program**



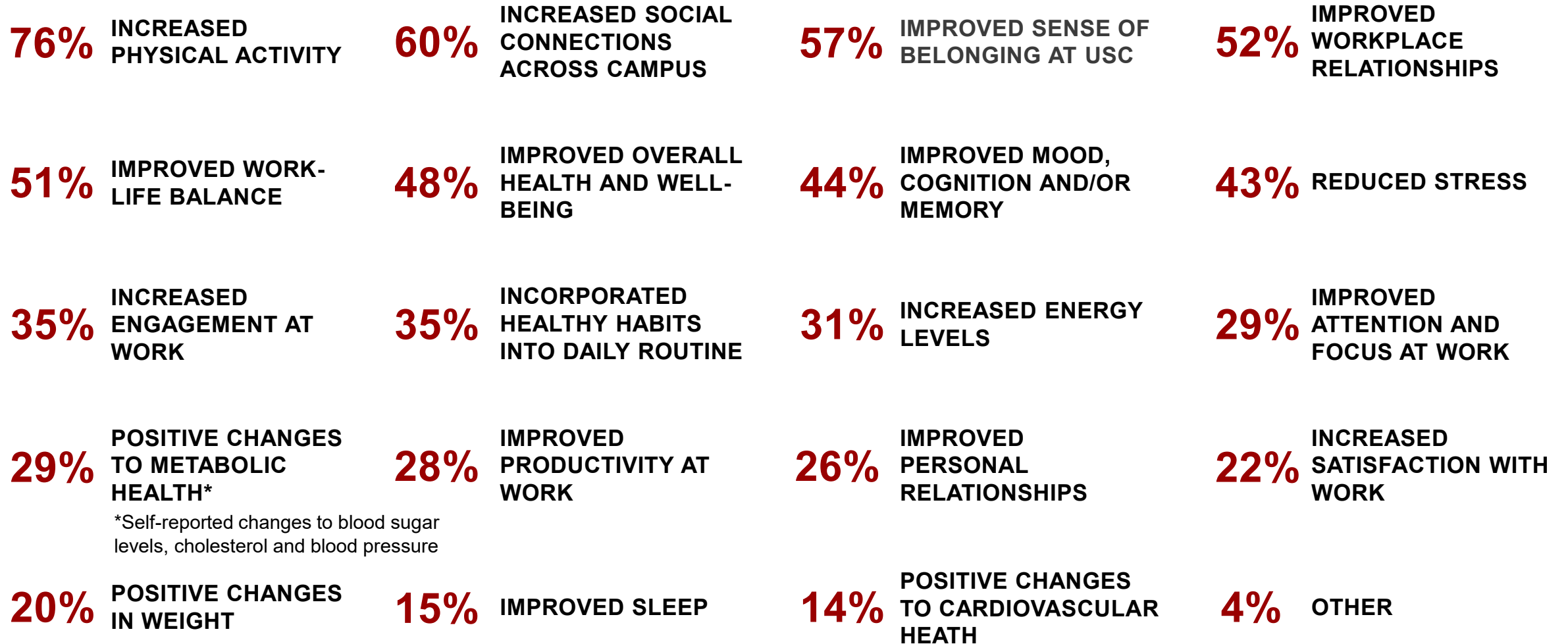
*It helped get out of my shell and meet new  
people and commit to participating at least  
once a week.*





## Program Outcomes

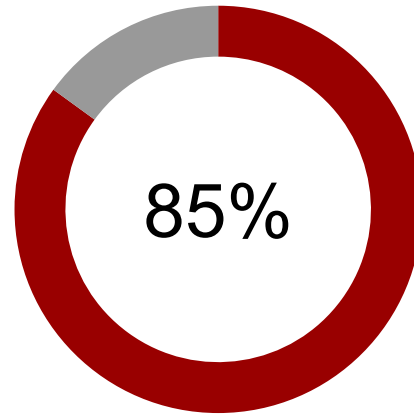
Participants reported experiencing the following changes as a result of participating in the program:



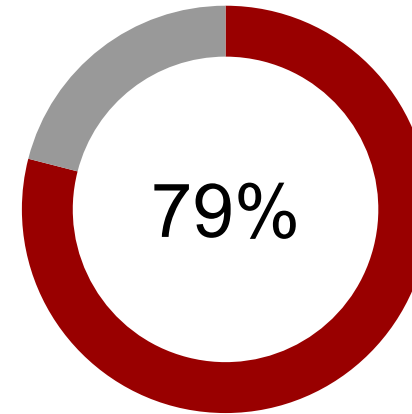


## Program Outcomes

Average of outcomes based on post-program surveys



85% strongly agree/agree that as a result of participating in the program, they are **confident in their ability to apply knowledge/skills in daily life.**



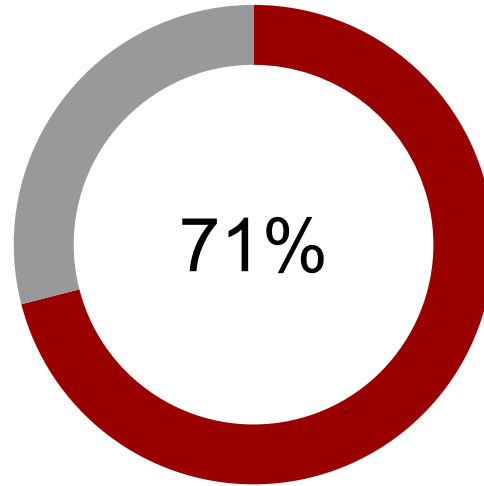
79% strongly agree/agree that it is **likely they will make a behavior change** as a result of attending the program.

“*I learned that if I add the walk to my schedule, then I was more likely to follow-through with completing it.*”

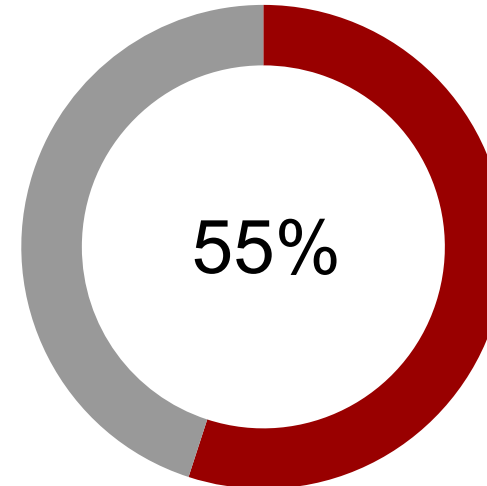




## Walking Path Assessment



71% reported they would very likely/likely utilize a marked walking path on campus



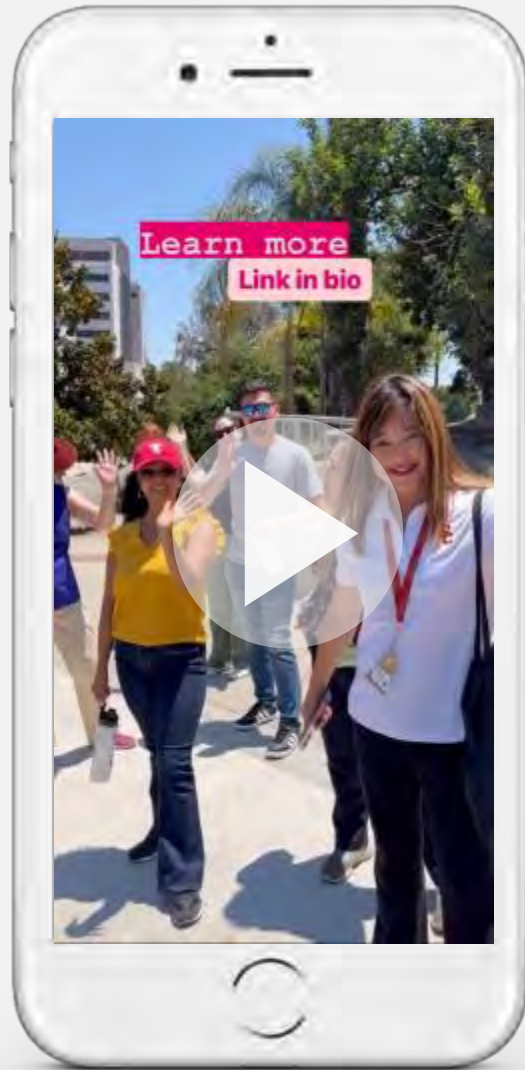
55% would very frequently/frequently use a marked walking path on campus

“*A marked path is helpful for those days when I don't have time to decide which direction to go. On other days, I like to wander and try new routes.*”



## Facilitators and Barriers

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



Check out the [WalkUSC Instagram Reel](#) from Keck School of Medicine!

1

### **Team support, departmental dynamics & work commitments** (26 mentions)

Participants mentioned that unsupportive team environment inhibit behavior change. This was also due to busy work schedules and being unable to carve out time from the schedule to participate.

2

### **Physical environment and weather** (17 mentions)

Due to the inclement weather this summer, our participants noted that the lack of shaded areas at the various campuses made it difficult to participate.

3

### **New habits and availability** (7 mentions)

Participants expressed changes in their productivity and motivation at work because of the program, which motivated them to continue walking. The various available walks enabled participants to continue their participation that fits their needs.



In participants' own words  
and with permission

### **Spiritual Benefits**

Excited for the program.  
Beyond benefit for the  
body, this is benefit for the  
soul.

### **Culture**

This is exactly how we change our  
culture. You and your team put  
together the larger game  
plan/program for our community,  
and then all of us help implement  
it. So happy to see this happening  
here, so will definitely support!

### **Positive Feedback**

I had a wonderful time today  
and enjoyed seeing new parts  
of the campus! Thank you very  
much!

### **Social Benefits**

I wanted to let you know that I received very  
positive feedback from one of our walk group  
members. She said ever since she started walking  
with the group, aside from the physical benefits, it  
has helped her become more social and she has  
been able to meet new people. She said this made  
her feel good...its nice to meet new people!

### **Mood**

It helps improve my  
mood when I need to get  
out of the office and  
clear my mind.

### **Productivity**

Scheduling the walks with our  
WalkUSC groups have helped  
make the workdays balanced and  
allows for better thought and  
creativity for my projects!



## Comments, Suggestions, and Feedback

### Gratitude and Taking Action

*"I find extremely high value in the program. The feedback I have obtained on our walks from the participants seems to reflect the same. I am happy to be a part of such a positive initiative and hope to continue contributing."*

*"This is definitely a great way to add balance to the day and connect with different teams! Thank you for all of the support so far!"*

*"As a walk-leader, it was highly enjoyable to gather with others in our USC community. I got to meet others across campus. I felt accountable to be there which helped to keep the habit."*

### Thank You

*"The program has been great! The creators of the program have been very adaptive and respond quickly to emails."*

*"Thank you for starting this. It has been very motivating to continue walking and getting out of my office."*

*"This is a very healthy program and I appreciate you making it possible."*

*"I've enjoyed WalkUSC during the summer! As a relatively new staff to campus who works hybrid, it's been such a great way to meet people from outside of my department and to see and learn the campus."*

### Suggestions

*"In the future, can the groups meet 15 minutes after the hour? The reason is that at least for me, I have to clock on the hours and by the time I go to the meeting place, the group is gone."*

*"I would like to suggest a morning remote walk to accommodate those in later time zones."*

*"I have had a positive experience as a walk leader. However, I wish the communication between my group was better...the WalkUSC slack communication has been a nice addition."*

*"Making my participation known to my supervisor or leadership team. Sometimes when I tell them I need to lead my walk, I am still scheduled for meetings, and it feels like they don't support my participation."*





Group Photos





## Program Materials



Logo



WalkUSC Routes



Walk Leader Interest Form



WalkUSC Stamp Card



Waiver Form from OGC



WalkUSC Flyer



Walk Leader Recruitment Flyer



WalkUSC Webpage

Thank You!



**Julie Chobdee, MPH**  
Associate Director, Health &  
Well-being Program, USC  
WorkWell Center  
[jchobdee@usc.edu](mailto:jchobdee@usc.edu)



**Lara Hilton, Ph.D., MPH**  
Director, USC WorkWell Center  
[lhilton@usc.edu](mailto:lhilton@usc.edu)



**Suzzane Huynh**  
Health & Well-being Program  
Coordinator  
[sanhuynh@usc.edu](mailto:sanhuynh@usc.edu)



**Karla Sifuentes**  
Marketing & Communications  
Coordinator  
[ksifuent@usc.edu](mailto:ksifuent@usc.edu)



**Luis Canton**  
Sr. Health & Well-being Specialist  
[lcanton@usc.edu](mailto:lcanton@usc.edu)