

WalkUSC Executive Summary – Spring 2024

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 Health and Well-being program participants. This is the program summary.



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

- **Approximately 1,301 employees** participated between January 2024 and May 2024
- **73% staff, 12% students, 8% faculty, 1% retirees, 6% other** participated
- **50 evaluations were received** between May 29, 2024 and June 7, 2024

PROGRAM OUTCOMES

- **96% were very satisfied or satisfied** with the overall program
- **90% strongly agree/agree** that they were satisfied with their walk leaders
- **88% strongly agree/agree** with the amount of time allotted for the program

BEHAVIORAL OUTCOMES

- **86% strongly agree/agree** that they are confident in their ability to integrate walking in their daily life, as a result of the program
- **84% 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:
 - **82% increased physical activity**
 - **72% improved sense of belonging**
 - **64% increased social connection across campus**
 - **60% improved workplace relationships**
 - **54% reduced stress**
 - **50% improved productivity at work**
 - **50% improved work-life balance**



Walk USC provided a way to connect with others and gave me the mental break from sitting in front of the computer.

USC
WorkWell Center



WalkUSC

Program Summary Spring 2024



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 will meet at designated locations on campus and were led by trained walking group leaders using established walking routes/paths.



PROMOTIONS

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



Program Schedule



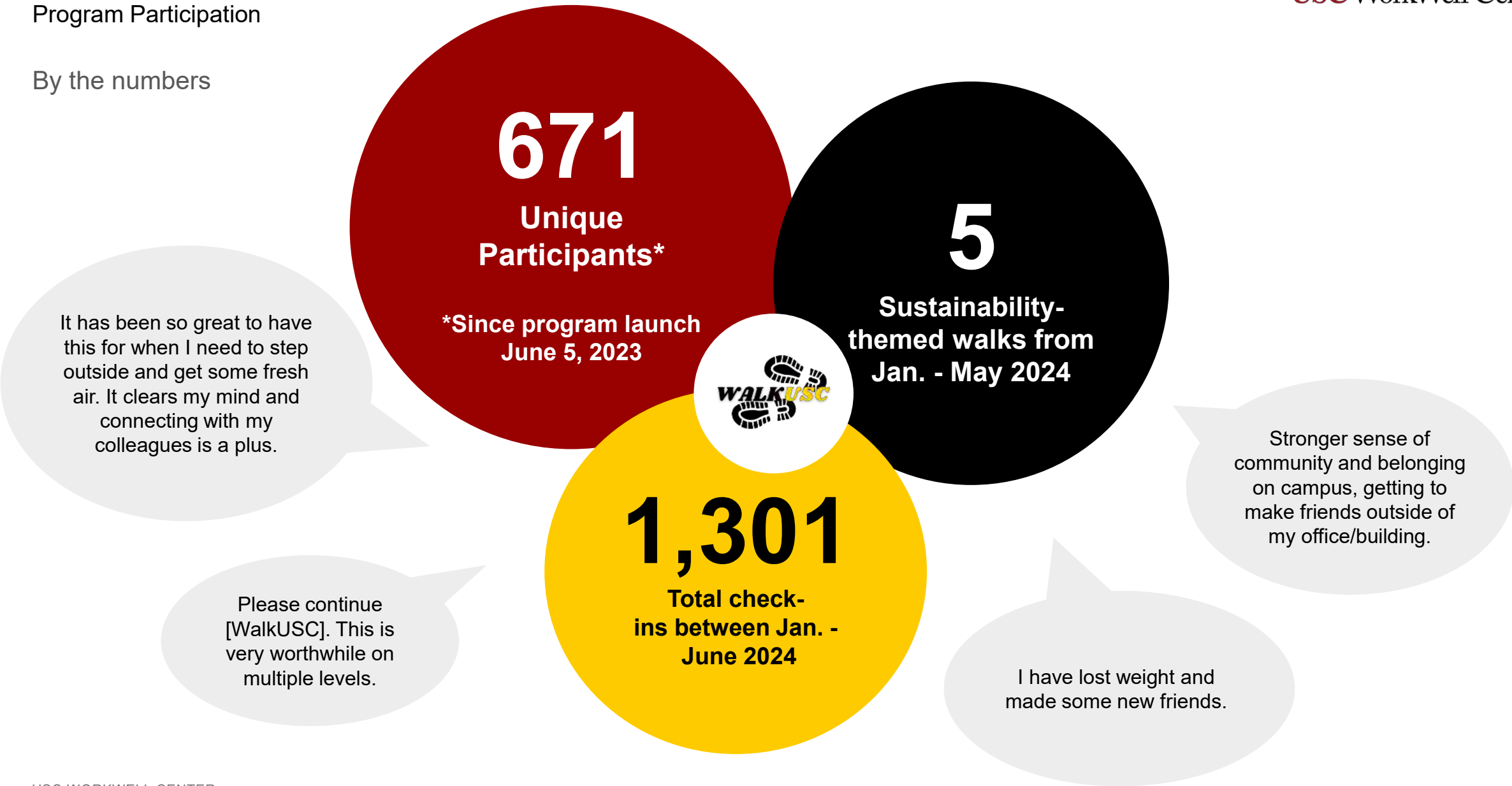
	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<i>UPC starting location: Tommy Trojan</i>	8 a.m. 12:30 p.m.	8 a.m. 12 p.m.	11 a.m. 12 p.m.	12 p.m. 1 p.m.	12 p.m.
<i>HSC starting location in parenthesis</i>	7:30 a.m. 12 p.m.	11 a.m. (Soto 1 Lobby) 12 p.m. (Pappas Quad)	7:30 a.m. (CHP Building Lobby) 11 a.m. (Soto 1 Lobby)	11 a.m. (Soto 1 Lobby) 12 p.m. (Pappas Quad)	12:30 p.m. (Pappas Quad)
<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)	

Register and learn more at
workwell.usc.edu/events/walkusc



Program Participation

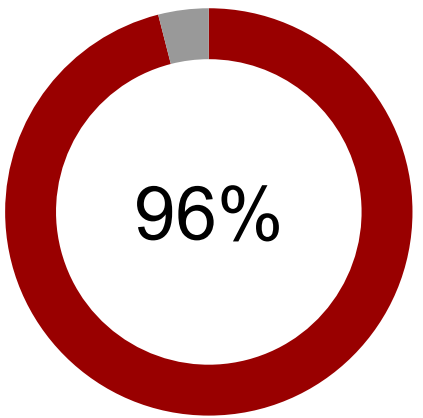
By the numbers



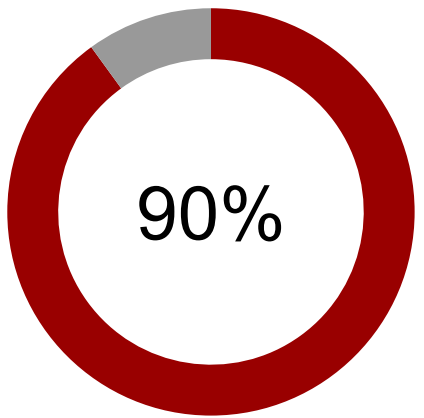


Satisfaction with the Program

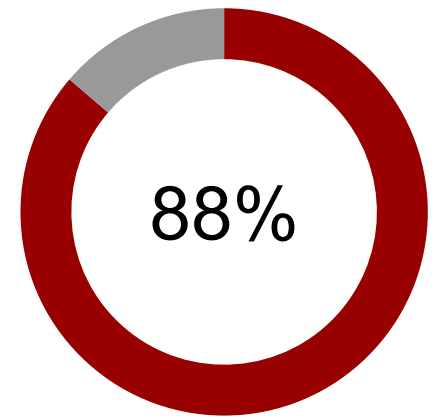
Outcomes based on post-program survey



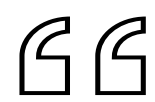
96% strongly agree/agree they **were satisfied with the WalkUSC program.**



90% strongly agree/agree they **were satisfied with the WalkUSC leaders.**



88% strongly agree/agree with the **amount of time allotted for the program.**



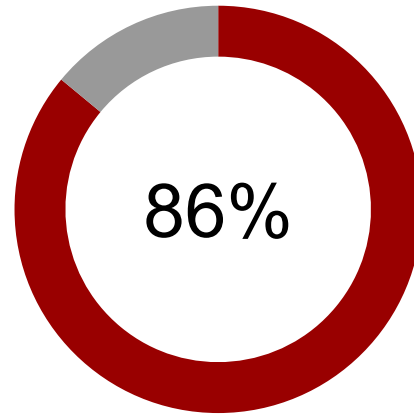
WalkUSC ought to be incorporated as a regular item on everyone's schedule, no matter what level.



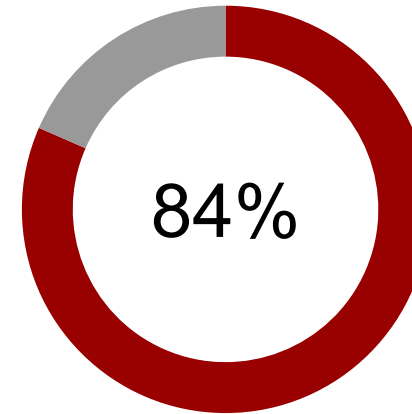


Program Outcomes

Average of outcomes based on post-program survey



86% 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.**



84% strongly agree/agree that it is **likely they will make a behavior change** as a result of attending the program.



I love meeting people from other departments, other schools. I love that it gets me away from my desk for 20-30 minutes and I get to enjoy our beautiful campus.

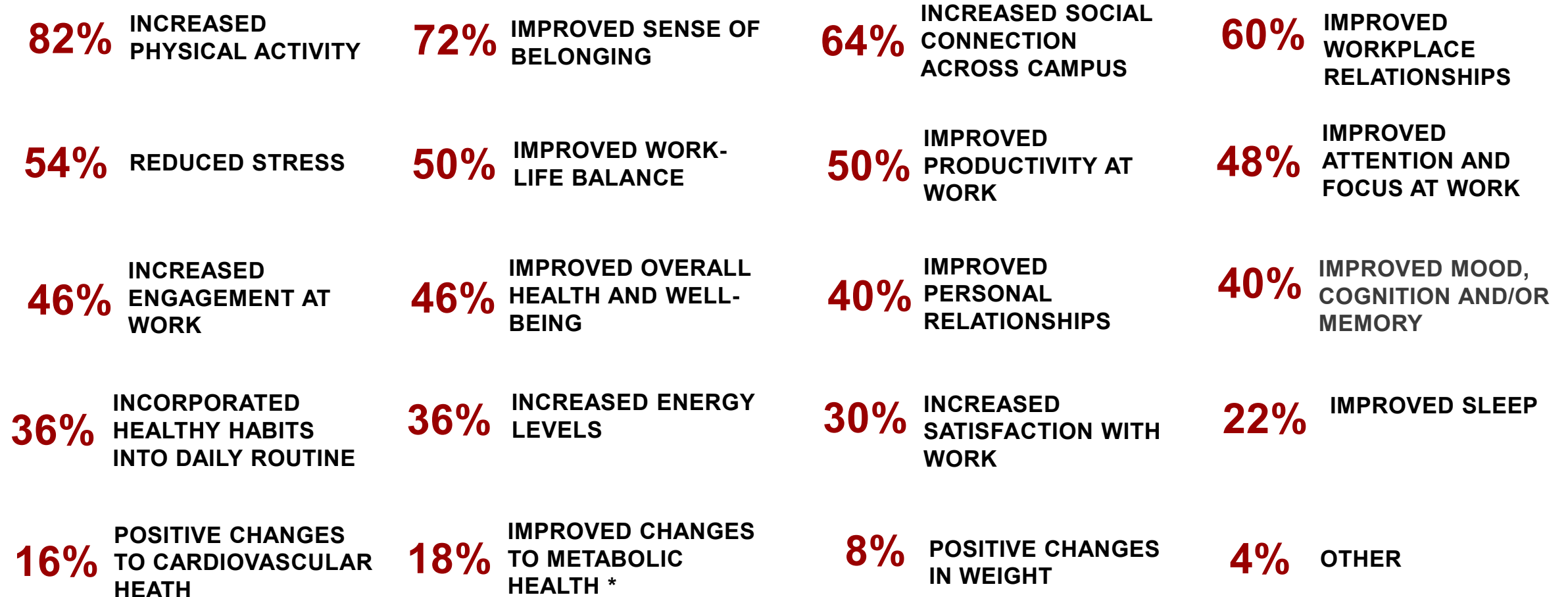


18% of survey participants reported positive changes in their blood sugar levels, cholesterol, and blood pressure.



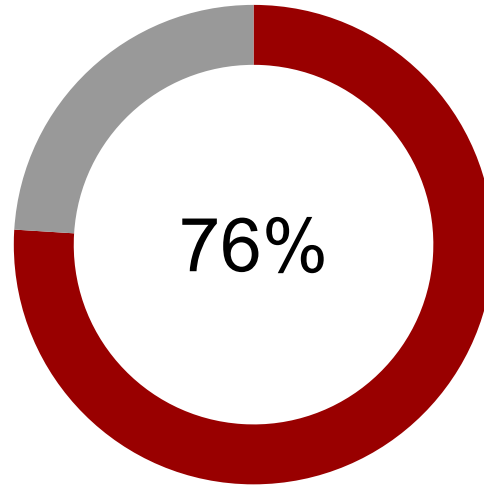
Program Outcomes

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

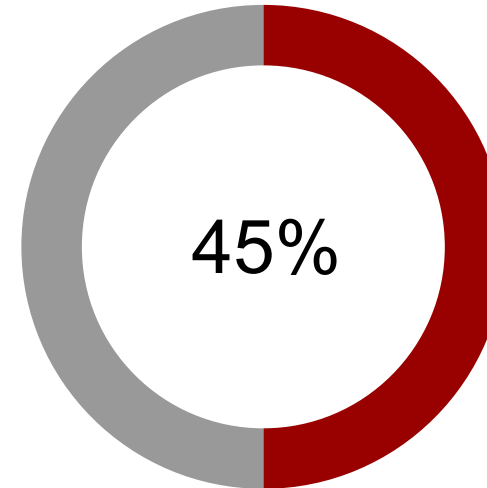




Walking Path Assessment



76% reported they would very likely/likely utilize a marked walking path on campus.



45% would very frequently/frequently use a marked walking path on campus.



I like the idea of a marked walking path...the best part about Walk USC is walking with others.





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

Facilitators and Barriers

1

Time - Barrier

Participants mentioned not having sufficient time to attend walks due to competing demands at work. Suggestions around allowing participation during work time would support and encourage more participation.

2

Manager/supervisor support - Facilitator and Barrier

Participants noted having the support of their manager/supervisor is key. When they are encouraged to join the walks it shows that they care and validates the benefits of taking breaks, connecting with others, and moving.

3

Incorporating new habits – Facilitator and Barrier

Participants mention adjusting to new behaviors or habits and incorporating it consistently can be both a facilitator and barrier. One mentioned muscle soreness and hip pain at the start, but with consistency in attendance and slow progression of distance, has been able to work through it. Others mentioned consistency as the key in focusing on physical and mental health.



In participants' own words
and with permission

Greater sense of
community and
belonging because I've
been able to exchange
greetings with people I
otherwise wouldn't
know.

I feel better after a walk... I've
gotten to know our campus
better due to these walks. It's
nice to run into people I've
met on walks.

It has been so great to have
this for when I need to step
outside and get some fresh
air. It clears my mind and
connecting with my
colleagues is a plus.

I love when my manager encourages me to join the
walks. Shows that she cares and validates the
benefits of taking breaks, connecting with others,
and moving my body. I would like to see teams join
walks as a group as a bonding exercise.

I think this is a really
great program
because it's great for
everyone's overall
fitness and mental
health.

I love this program! I
attended several walks every
week last summer...Hoping to
step it up now that the
semester is over.



Comments, Suggestions, and Feedback

Social Connection

"I have a greater knowledge of how USC works as a whole. I've gotten to know other staff whom I would not necessarily work with in my usual job...having the knowledge of what these people do improves my overall job performance...I have contacts now in other departments where I can reach out."

"Greater sense of community and belonging because I've been able to exchange greetings with people I otherwise wouldn't know."

"I definitely feel more connected with people outside of my office/team. Walk USC provided a way to connect with others and gave me the mental break from sitting in front of the computer."

Positive Behavior Change

"I feel I can navigate conversations a lot better. I am practicing active listening and social skills. It's a great professional development opportunity too because I am learning a lot from my colleagues and sharing tips and resources."

"Changes in me - I have been getting along well with so many others from different parts of the school. I love the unified chatter among the different schools."

"More energy, happier, less stress."

Suggestions

"Definitely try to market this as a USC approved event for all staff/faculty. I have heard that some programs/departments are very strict and make their employees take this time to walk out of their lunch and possibly dock pay. However, this is a USC program, and should be part of work time. That might help bring more people into the program."

"I'd like the opportunity to expand the program to students...I sense that it would be a great opportunity for faculty and students to build relationships in their education and potential for meaningful discussions on course subjects."



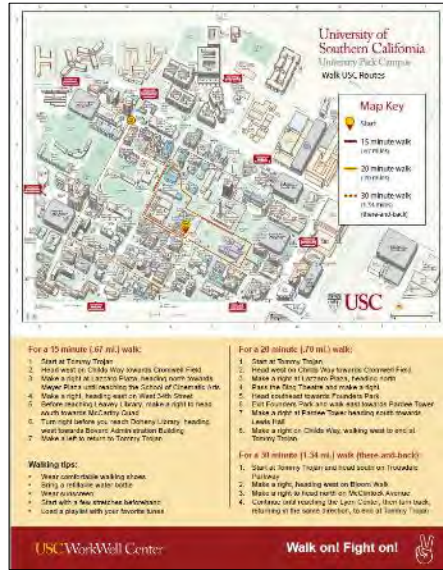
Group Photos



Program Materials



Logo



WalkUSC Routes



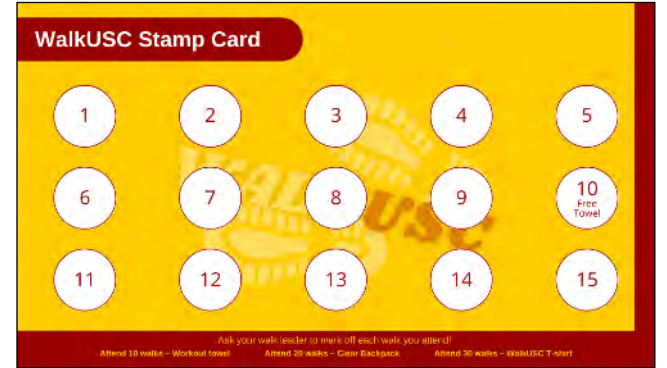
WalkUSC Flyer



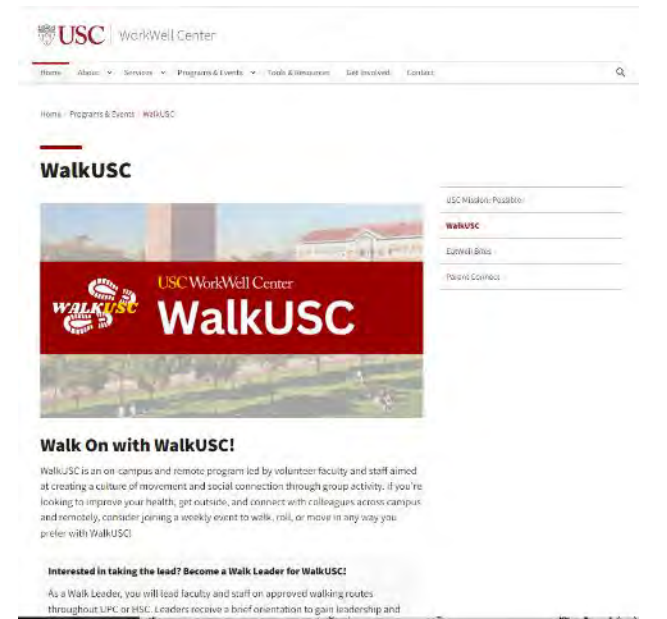
Walk Leader Interest Form



Walk Leader Recruitment Flyer



WalkUSC Stamp Card



WalkUSC Webpage

Waiver Form from OGC

University of Southern California
WALKER, RELEASE AND ASSUMPTION OF RISK

I, the undersigned, have participated in all or part of the following activity: _____ (the "Activity").

I understand this "Waiver, Release and Assumption of Risk (hereinafter, "Release")" is a legal document. For those permitted to participate in all or part of the Activity and I participate in the Activity voluntarily. I understand and assume the risks and dangers in the Activity, including but not limited to, accidents, personal injuries, illnesses, sicknesses, diseases, equipment damage or loss, property damage, or death. I understand that the Activity is a voluntary activity and I understand that the Activity is a voluntary activity and I understand that the Activity is a voluntary activity.

I certify that I am fully capable of participating in the Activity. I know of no reason, health-related or otherwise, why I should not participate in the Activity. I accept full responsibility for any injuries or illnesses, including death, that I may suffer during the Activity, including but not limited to, those resulting from my health condition. I am fully aware of the risks and dangers of the Activity, including but not limited to, those resulting from my health condition. I am fully aware of the risks and dangers of the Activity, including but not limited to, those resulting from my health condition.

I understand that my participation in the Activity is entirely voluntary, and I am not bound by any obligation or commitment to the University or USC. I understand that I am not bound by any obligation or commitment to the University or USC. I understand that I am not bound by any obligation or commitment to the University or USC.

I have CAREFULLY READ AND FULLY UNDERSTAND ALL PARTS OF THIS RELEASE. THIS IS A LEGALLY BINDING DOCUMENT. I ASSURE ALL PERSONS INVOLVED IN THE ACTIVITY, ON BEHALF OF MYSELF AND ALL RELEASEES, I VOLUNTARILY SIGN MY NAME TO ACCEPT ALL TERMS OF THIS RELEASE.

Signature: _____
Name Printed: _____
Date: _____

Thank You!

USC WorkWell Center



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