



WalkUSC Executive Summary – Summer 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. WalkUSC kicked off 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

- **643 check-ins occurred** between Jun. 1, 2024 and Aug. 31, 2024
- **68% staff, 15% students, 11% faculty, 1% retirees, 5% other** registered from Jun. 5, 2023 through Aug. 31, 2024
- **55 evaluations were received** between Sept. 4, 2024 and Sept. 13, 2024

PROGRAM OUTCOMES

- **87% were very satisfied or satisfied** with the overall program
- **91% strongly agree/agree** that they were satisfied with their walk leaders
- **81% strongly agree/agree** with the amount of time allotted for the program

BEHAVIORAL OUTCOMES

- **76% strongly agree/agree** that they are confident in their ability to integrate walking in their daily life, as a result of the program
- **77% 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:
 - **84% increased physical activity**
 - **57% increased social connection across campus**
 - **53% improved sense of belonging**
 - **45% improved overall health & well-being**
 - **45% improved workplace relationships**
 - **43% reduced stress**
 - **43% improved productivity at work**



I love the program as is! Keep up the good work!

USC
WorkWell Center



WalkUSC

Program Summary Summer 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



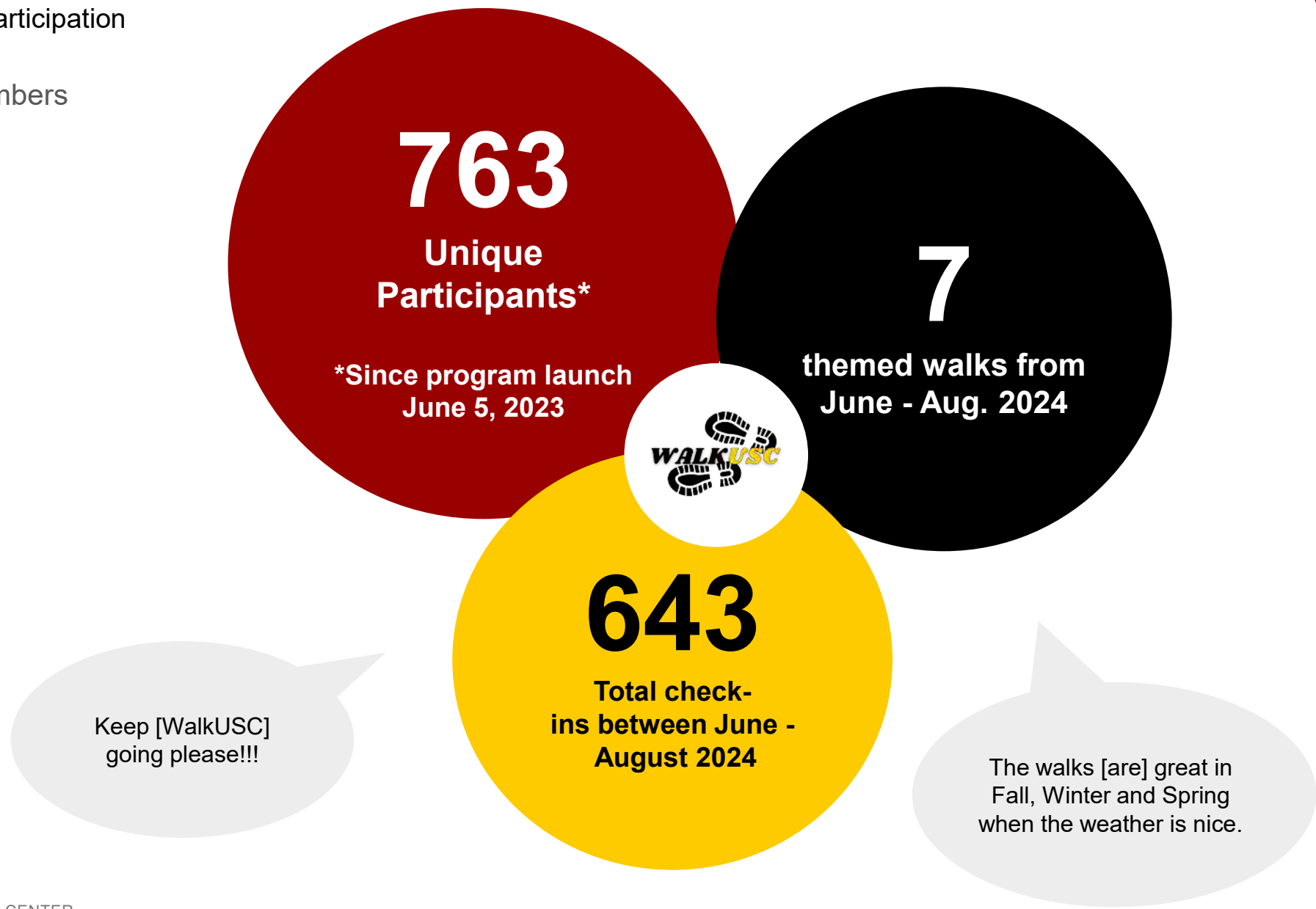
	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<i>UPC starting location: Tommy Trojan</i>	8 a.m. 12:30 p.m.	8 a.m. 12 p.m.	11 a.m. 12 p.m.	12 p.m. 1 p.m.	12 p.m.
<i>HSC starting location in parenthesis</i>	7:30 a.m. 12 p.m.	11 a.m. (Soto 1 Lobby) 12 p.m. (Pappas Quad)	7:30 a.m. (CHP Building Lobby) 11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

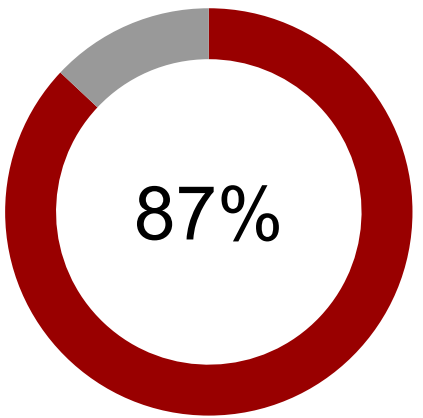
By the numbers



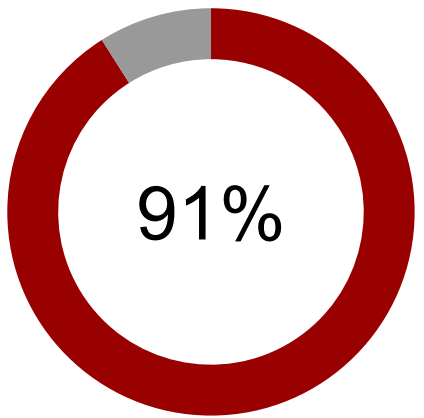


Satisfaction with the Program

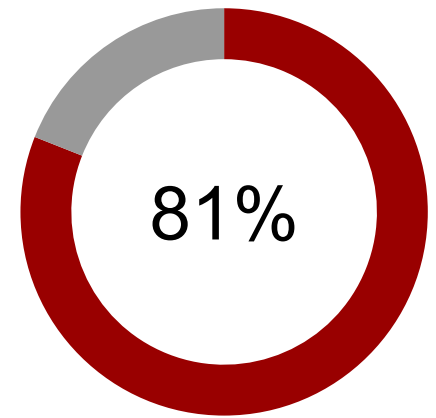
Outcomes based on post-program survey



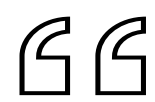
87% strongly agree/agree they **were satisfied with the WalkUSC program.**



91% strongly agree/agree they **were satisfied with the WalkUSC leaders.**



81% strongly agree/agree with the **amount of time allotted for the program.**



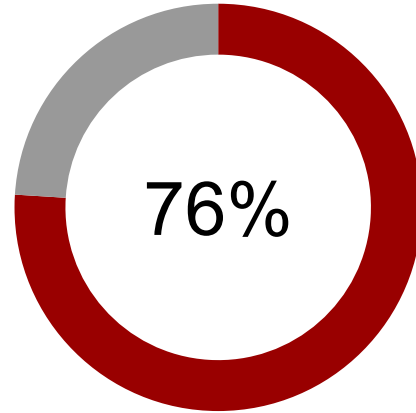
[WalkUSC] is an excellent way to assist in finding a work-life balance and focus on overall wellbeing.



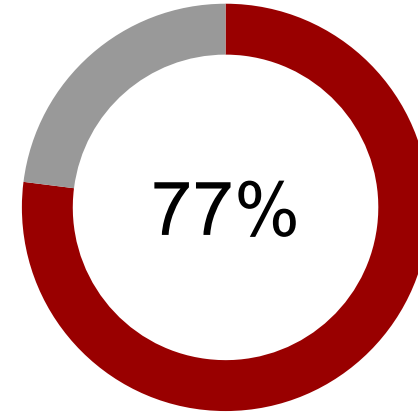


Program Outcomes

Average of outcomes based on post-program survey



76% 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.**



77% strongly agree/agree that it is **likely they will make a behavior change** as a result of attending the program.



I think the program is a very important way for cross-campus partners to collaborate, network, and feel connected to the University.





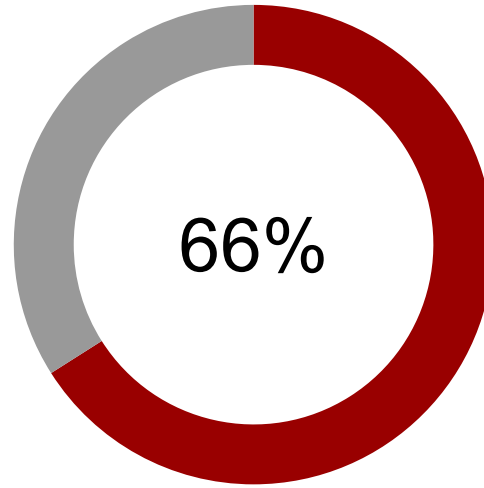
Program Outcomes

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

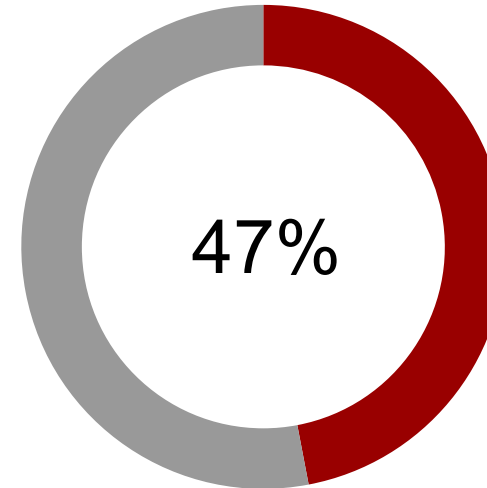
84%	Increased physical activity	57%	Increased social connection across campus	53%	Improved sense of belonging
45%	Improved overall health and well-being	45%	Improved workplace relationships	43%	Reduced stress
43%	Improved productivity at work	41%	Increased engagement at work	39%	Improved mood, Cognition and/or memory
39%	Improved work-life balance	37%	Incorporated healthy habits into daily routine	33%	Increased energy levels
33%	Improved attention and focus at work	25%	Improved personal relationships	25%	Increased satisfaction with work
20%	Positive changes in weight	10%	Improved sleep	6%	Positive changes to blood sugar levels
6%	Positive changes to blood pressure	2%	Positive changes to cholesterol	2%	Positive changes to cardiovascular health



Walking Path Assessment



66% reported they would very likely/likely utilize a marked walking path on campus.



47% would very frequently/frequently use a marked walking path on campus.



Great program, please keep [WalkUSC] up!





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

Facilitators and Barriers

1

Time and Workload - Barrier

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

2

Summer Heat - Barrier

Participants noted the summer heat as a barrier, especially for the noontime walks. Looking forward to resume in a few weeks in the Fall.

3

Remote walks and enjoyment for walks – Facilitator

Participants mention that the remote options have been great and indicated they wish more remote walks were offered. There were also several comments about how nice the walks are, taking time for themselves by doing the walks, and appreciation for their walk leaders and group.



In participants' own words
and with permission

The summer heat [is a barrier] - but this is beyond your control. Looking forward to resuming in a few weeks.

I wish I was able to attend more lunch time walks, but once the semester kicks off, it is harder to find time to go out to walk during the designated times.

I am thankful for this walking program and hope it will continue. It's good for the heart & soul. It provides a daily exercise routine and socialization which are both good for mind and body.

We should have a large get together (preferably over the summer) and we walk on the Allyson Felix field together in the Galen Center. It would be fun if there were games on the field or other forms of engagement.



Comments, Suggestions, and Feedback

Thanks and Appreciations

"Great program. Made some good friends."

"My walk leaders, Cindy and Mike, have been fantastic. I love our Monday morning walk group."

"I've met some really amazing people and learned a ton about working here quicker than I thought. I am beyond grateful for this program!"

"It was so great seeing how passionate the walk leaders are and how much this program means to USC employees. Amazing!!"

Positive Behavior Change

"I joined the program last year and have still been keeping up with it even though I changed departments, and I am on a hybrid schedule."

"It was challenging at times to make walks due to limited times, however, I was able to make it out a few times a week and found myself walking on my own if there was not a walk assigned that day."

Suggestions

"By continuing to be supportive in communications and providing words of affirmation that can bring joy to our community even in the most pressing times that we're in."

"It is helpful if the meeting time is 10 minutes after the hour rather than on the hour, especially for some of us who have to sign out right on the hour."

"For those that are a part of the WalkUSC group, [it would be helpful] to get regular reminders on Outlook to take their walk."



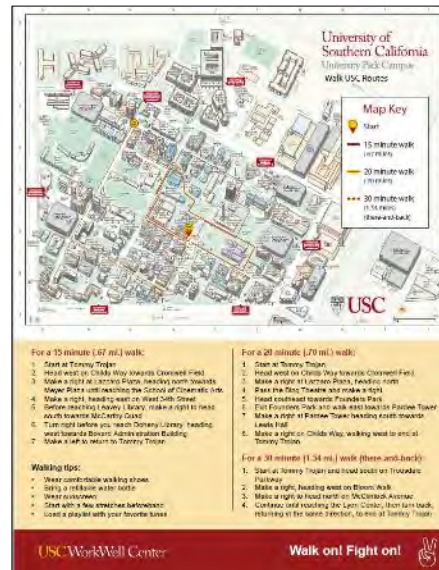
Group Photos



Program Materials



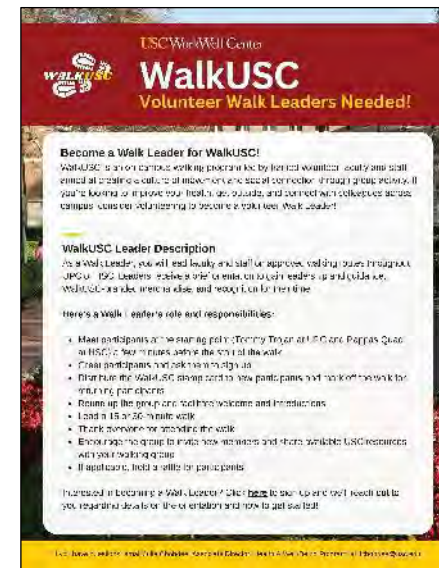
Logo



WalkUSC Routes



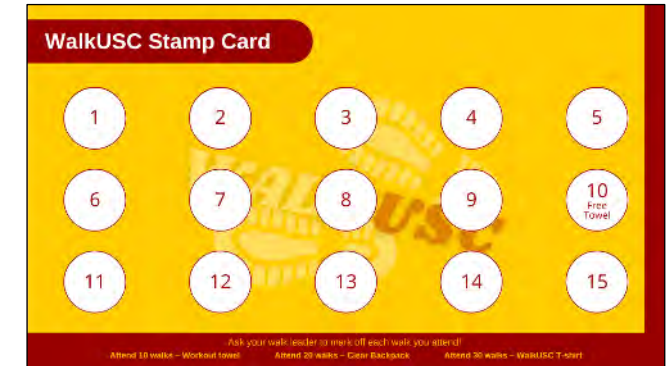
WalkUSC Flyer



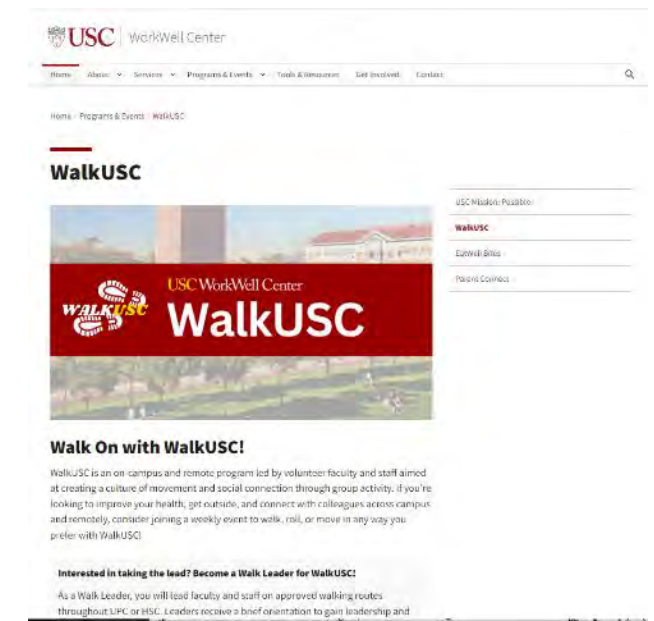
Walk Leader Interest Form



Walk Leader Recruitment Flyer



WalkUSC Stamp Card



WalkUSC Webpage

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