

“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 superfoods, kitchen set up, hydration, plant-based cooking demo, and vitamins and minerals. 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

- **407 registered for the series.** (unique)
- **430 total employees attended for the series** (non-unique)
- **1,945 program materials distributed post session.**
- **82% staff, 8% faculty, 6% other, 3% student, 1% retiree** unique participants.
- **168 single session** evaluations were received
- **25 series** evaluations were received.

PROGRAM OUTCOMES

- **98% were very satisfied or satisfied** with the program, the presenters, the usefulness of the information, and the virtual format.
- **93% were very satisfied or satisfied** with the amount of time allotted for the program.

SINGLE SESSION PROGRAM OUTCOMES

- **96% strongly agree/agree** that the program enhanced my knowledge and skills in this topic.
- **94% 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.
- **91% strongly agree/agree** that it is likely that I will make a behavior change as a result of attending this program.

BEHAVIORAL OUTCOMES

- **100% strongly agree/agree** that they have improved their knowledge and/or skills after participating in the program.
- **100% strongly agree** that they have applied the new knowledge/ skills in their daily life.
- **100% 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:
 - **76% improved mindful eating**
 - **72% incorporated healthy snacks**
 - **64% increased fruit/vegetable intake**
 - **52% increased water intake**
 - **40% increased physical activity**



Love these webinars! Very helpful and healthy tips.



USC
WorkWell Center

EatWell Bites:

Spring 2025 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.

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

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



Subcommittee Members:

Amy Yao
Ani Hakobyan
Anisha Chandra
Carlos Perez
Cary Kreutzer
Cortney Montgomery
Diane Melrose
Eden Sussenguth
Frida Hovik
Greg Harlan
Jacqueline Chaveza
Jeannie Wakamatsu

Julie Chobdee
Kayla de la Haye
Leonard Tham
Lindsey Pine
Lorraine Turcotte
Lotta Andonian
Mario Diaz
Michelle Katz
Nic Zarate
Piedad Suarez-Durall
Rachel Suba
Rebecca Cahal
Rodney McKeever

Samantha Cordova
Sarah Portnoy
Staci Samadani
Stephanie Eggert
Susan Kim
Suzzane Huynh
Tammy Homs
Wendy Williams-Clark
Whitney Warnes



EatWell Bites Series: Spring Schedule

January: Decoding superfoods: Can they superpower your diet?

Thursday, Jan. 9, 2025, 12:15 – 12:45 p.m.

Superfoods can seem like a mystery with the many new healthy food options out there. Discover what superfoods are and how to incorporate them into your diet for potential benefits!

Presenter: Karina Chou

February: Setting up your home kitchen for success

Thursday, Feb. 6, 2025, 12:15 – 12:45 p.m.

Properly setting up your home kitchen ensures a better kitchen experience for the home chef. We will review proper equipment set-up, recommend high-value purchases, and discuss ways to improve your efficiency and enjoyment in the kitchen.

Presenters: Greg Harlan and Chef Pablo

March: The importance of hydration

Thursday, Mar. 6, 2025, 12:15 – 12:45 p.m.

This session will cover the importance of hydration, emphasizing its role in maintaining optimal body function, preventing fatigue, and supporting overall health. We will review hydration facts and myths as well as provide creative ideas on how to stay hydrated.

Presenter: Nick Padula



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



EatWell Bites Series: Spring Schedule

April: Plant power: A delicious dive into plant-based meals

Thursday, Apr. 3, 2025, 12:15 – 12:45 p.m.

The term “plant-based” is trending, but do you know what it means and why it is good for your health and the health of the planet? If you want to learn more about plant-based foods and how to add them to your dietary pattern, join us as we explore practical tips for creating deliciously balanced meals made from plants

Presenters: Lindsey Pine and Chef Rashaad

May: Health from the inside out: Gut microbiome, prebiotics, and probiotics

Thursday, May 1, 2025, 12:15 – 12:45 p.m.

We will explore the powerful gut microbiome and its influence on our health and psychological well-being. You will learn what negatively impacts our gut health and which foods are important for managing and improving our gut microbiome.

Presenter: Michelle Katz

June: Vitamins and minerals: Fueling your body for optimal well-being

Thursday, Jun. 5, 2025, 12:15 – 12:45 p.m.

This presentation highlights the importance of vitamins and minerals that support overall health and boost performance. Join USC Athletics – Sports Nutrition to learn more about the importance of these essential compounds and ways to get more into your day.

Presenter: Nic Zarate



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



Program Participation

By the numbers

1,945
program
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407
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430
Attended the
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72
average
participants
per session

**Participant
breakdown:**
82% Staff
8% Faculty
6% Other
3% Student
1% Retiree

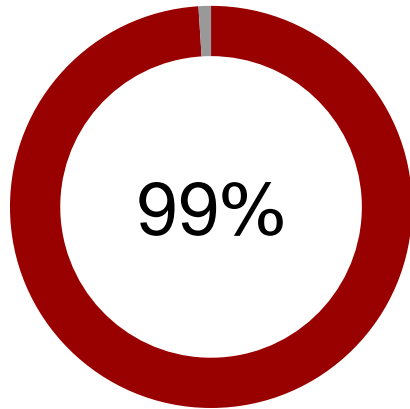
Great program
and hope it
continues!

Love the series where I
can learn ways to
improve my well being
and lifestyle!

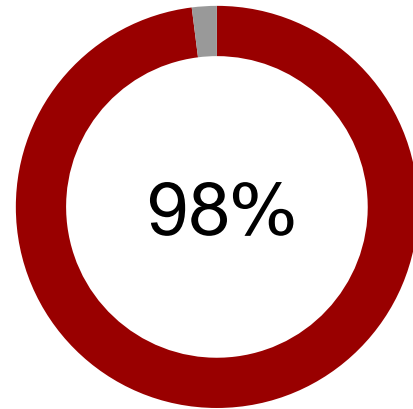


Single session satisfaction with the program

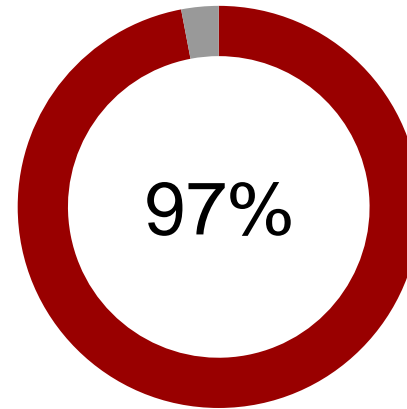
Outcomes based on post-session surveys



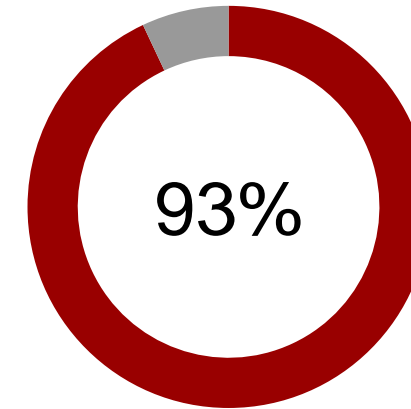
99% strongly agree/agree they **were satisfied with the program.**



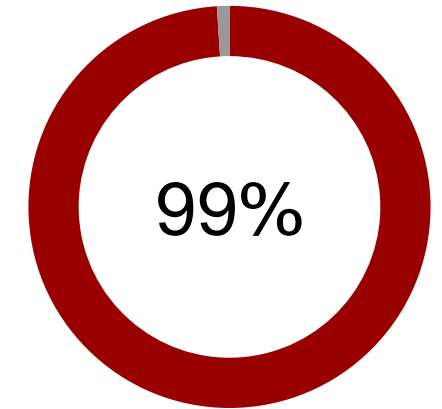
98% strongly agree/agree they **were satisfied with the presenters.**



97% strongly agree/agree with the **usefulness of the information shared.**



93% strongly agree/agree with the **time allotted for the program.**



99% strongly agree/agree with the **delivery mode** (e.g., online, hybrid, in-person).



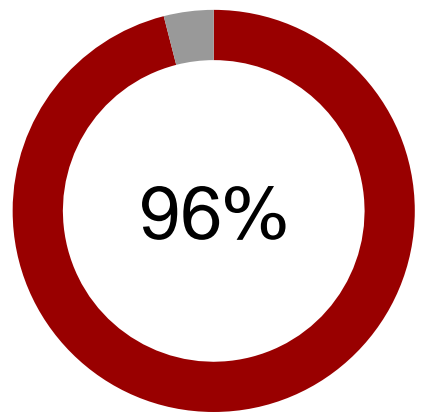
I really enjoy this program! There are always such interesting topics and helpful tips presented.



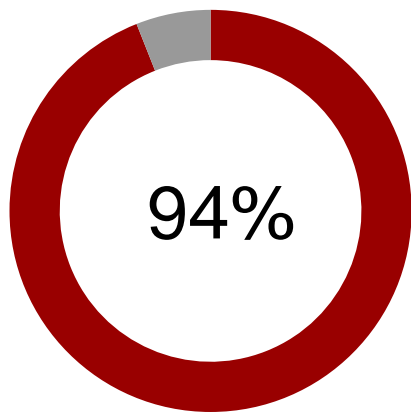


Single session program outcomes

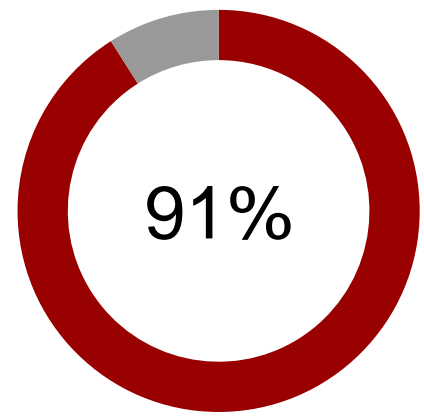
Outcomes based on post-session surveys



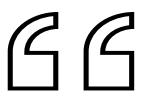
96% strongly agree/agree that **the program enhanced their knowledge and skills in this topic.**



94% strongly agree/agree as a result of participating in this program, **they are confident in their ability to apply the knowledge/skills in their daily life.**



91% strongly agree/agree it is likely that **they will make a behavior change as a result of attending this program.**



So thankful for this series! I look forward to learning more about good health! Thank you.





Series behavior changes and program outcomes

Outcomes based on post-program survey

100%

100% strongly agree/agree as a result of participating in the program, **they've improved my knowledge and/or skills.**

100%

100% strongly agree/agree **they have applied the new knowledge and/or skills I learned from the program in their daily life.**

100%

100% strongly agree/agree **they are better prepared to improve their health and quality of life through nutrition and healthy eating habits.**



Excellent session. Very valuable info presented that I will use to sharpen my skills!!





Program Outcomes

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

76% Improved mindful eating

52% Increased water intake

36% Incorporated meal prepping

20% Positive changes to digestive health

20% Improved mood

16% Positive changes to cardiovascular health

12% Positive changes to cholesterol

4% Positive changes to cognition and memory

72% Incorporated healthy snacks

40% Increased physical activity

36% Improved work-life balance

20% Positive changes in weight

16% Reduced inflammation

16% Positive changes to blood pressure

12% Positive changes to blood sugar levels

4% Other

64% Increased fruits and vegetables intake

40% Improved overall health and well-being

28% Increased energy

20% Increased engagement and satisfaction with work

16% Reduced feelings of anxiety

12% Reduced feelings of stress

8% Improved sleep quality



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 a barrier to adopting habits such as finding time to attend EatWell Bites or preparing and consuming balanced meals.

2

Accountability and Routine

Participants noted that accountability is important to implementation but when they practice healthier habits and get into a routine they feel better.

3

Motivation

Participants indicated challenges making behavior changes, but needing to give themselves grace and not feel defeated, take small steps, and just do it.



Testimonials

Bite size nuggets of information are perfect to get me motivated to participate as well as practice what I have learned and ponder on what other substitutions I can make to liven up my meals. Thank you.

I have really enjoyed all the sessions I have joined. I like that they are concise, however, there are times when I wish we had more time.

I have been enjoying attending the EatWell Bites webinars. The information received is outstanding and so helpful for me.

Great presentation.
Perfect way to start the new year.

Thank you for making the recording available since I was not able to attend the live session. I like the session is 30 minutes.



Comments, Suggestions, and Feedback

Gratitude and Taking Action

"I love how the topic echoes one of the parts about eating well I've been really curious about! I feel like having a place to make healthy food and that can inspire you to cook or make it easier for you to do so is definitely a goal of mine!"

"Really great information that I can apply to my daily life! Presentation was well-organized and speaker was very knowledgeable."

"Loved it!! I've been wanting to eat more vegan and vegetarian meals, and I was left feeling inspired, excited, and more capable after the presentation!"

Thank You

"I really enjoyed the lecture. Learning how to create a balanced diet is extremely important. There is so much processed food at the grocery store and on every corner, that I feel we need to re-learn how to create meals using whole foods again. Thank you for hosting these and looking forward to attending the other sessions!"

"I enjoyed the EatWell Series very much! Look forward to the Fall series."

"These EatWell Bites are FANTASTIC!! I learn so much and I have been able to encourage family members with useful information."

Suggestions

"It would be nice to have the session start at 12 instead of 12:15 as I miss out on non-rounded times and also a Q&A time at session end would be helpful instead of rushed Q&A."

"I would love to see series on just salt (different types, good vs bad, importance), oils (healthy vs bad), what makes them bad and how much to have."

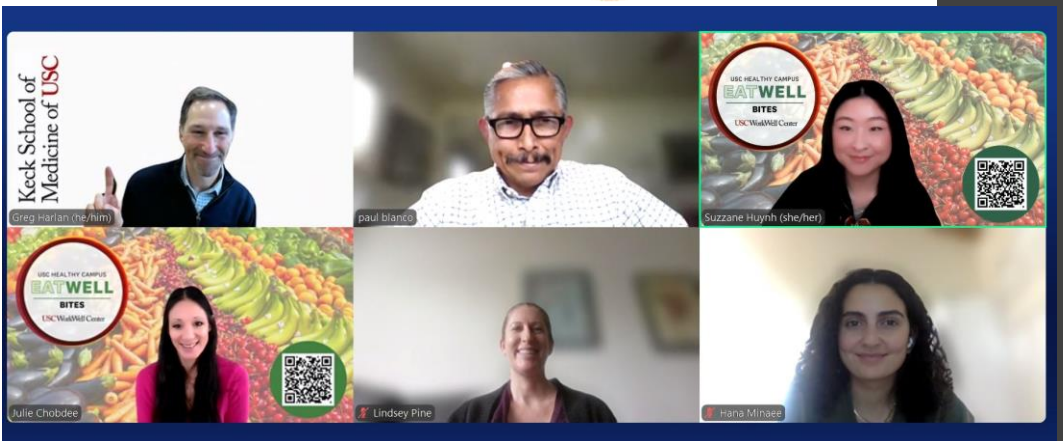
"I love the format and the time length, even though sometimes I feel there isn't enough time for some topics! I do appreciate the efforts to address any questions via email if time ran out."

"I would like more suggestions on how to incorporate superfoods into everyday meals."



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Photos



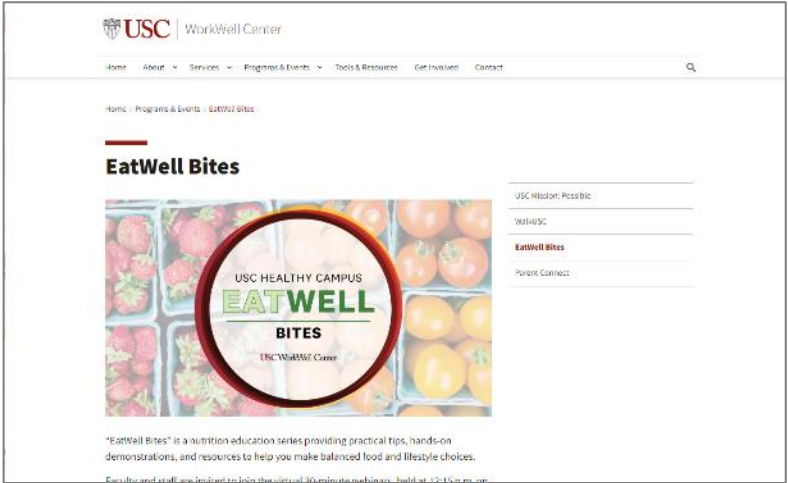
Program Materials



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Zoom Background



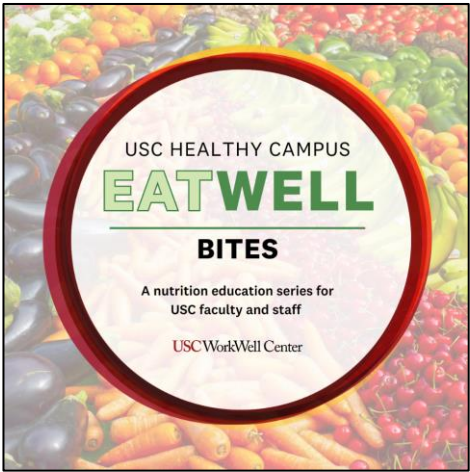
Webpage



Flyer



Digital Assets



Social Media Assets

Thank You!



Internal Use Only

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