

WalkUSC Executive Summary – Summer 2026

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

- **532 check-ins occurred** between May 18 – August 21, 2026
- **74% staff, 16% students, 7% faculty, 3% other, <1% retirees** registered from June 3, 2023 through August 21, 2026
- **80 evaluations were received** May 18 – August 21, 2026

PROGRAM OUTCOMES

- **92% were very satisfied or satisfied** with the overall program
- **88% strongly agree/agree** that they were satisfied with their walk leaders
- **83% strongly agree/agree** with the amount of time allotted for the program

BEHAVIORAL OUTCOMES

- **83% 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:
 - **71% increased physical activity**
 - **45% improved sense of belonging**
 - **42% improved workplace relationships**
 - **39% improved work-life balance**
 - **39% reduced stress**



I absolutely love the WalkUSC program and how it brings different departments together for active, healthy breaks!

USC
WorkWell Center



WalkUSC

Program Summary Summer 2026





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.



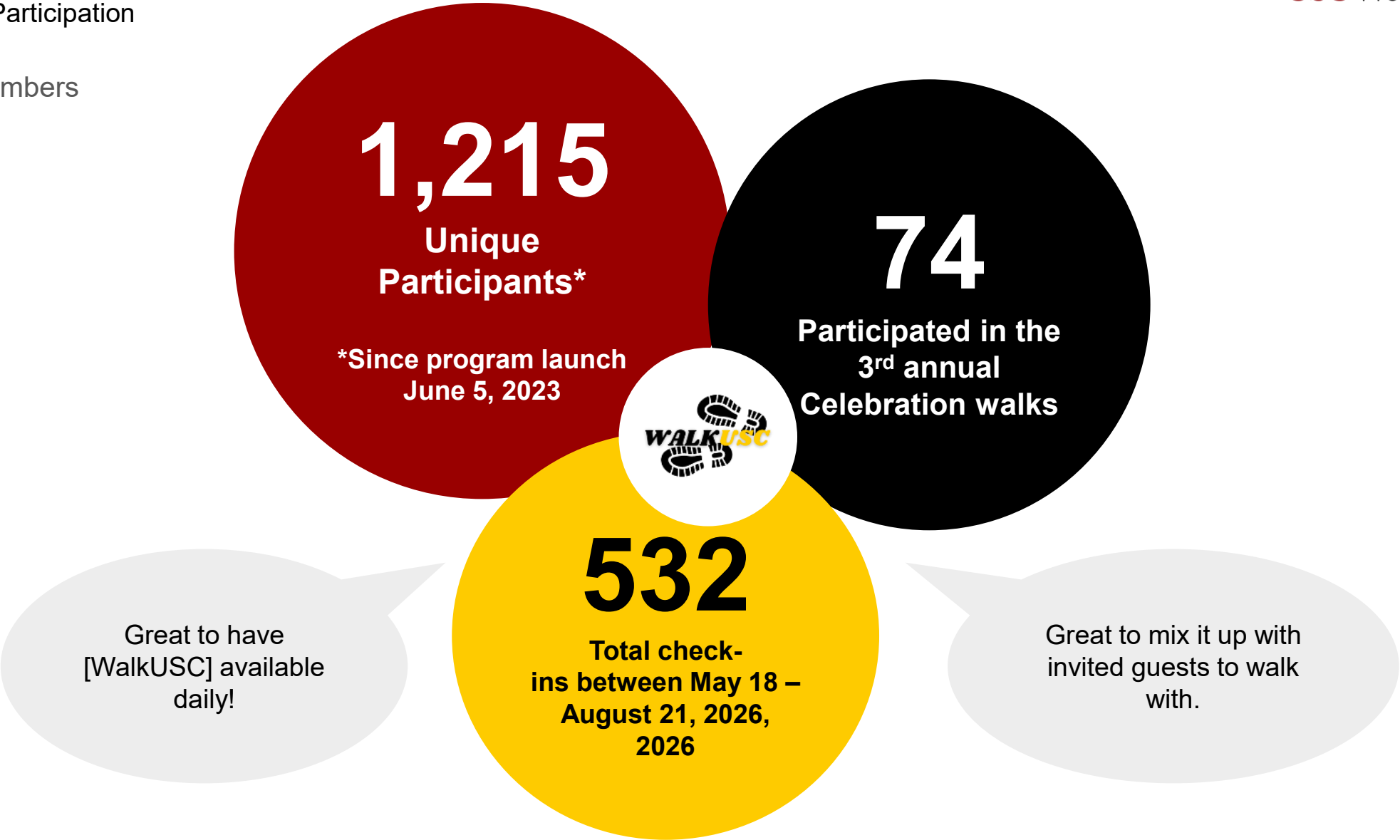
Program Schedule



	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
UPC starting location: Tommy Trojan	8 a.m. 12:30 p.m.	8 a.m. 12 p.m.	8 a.m. 12 p.m.		8 a.m. 12 p.m.
HSC starting location in parenthesis	7:30 a.m. 12 p.m.	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)
San Diego ATRI			12 p.m. (3rd Weds of the month only)		
USC Arcadia					10:30 a.m.
Remote starting location: Participants' own locations				12 p.m. (PST)	

Program Participation

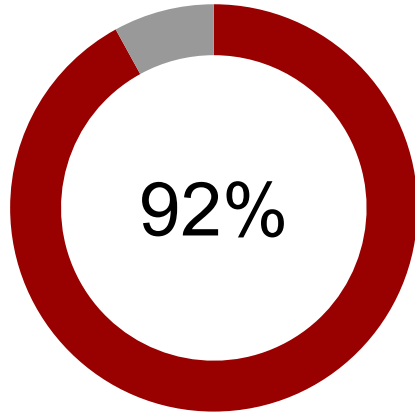
By the numbers



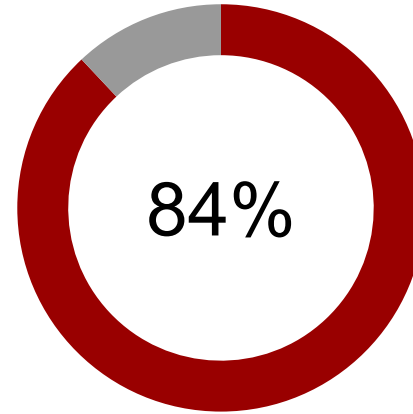


Satisfaction with the Program

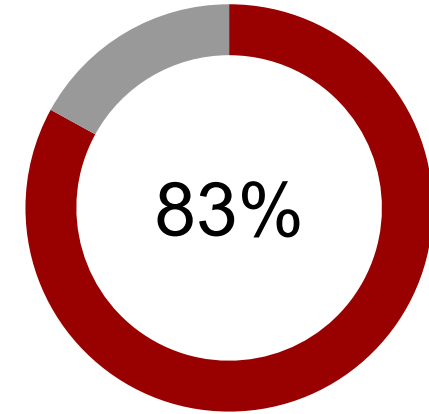
Outcomes based on post-program survey



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



84% strongly agree/agree they
**were satisfied with the
WalkUSC leaders.**



83% strongly agree/agree with
the **amount of time allotted for
the program.**



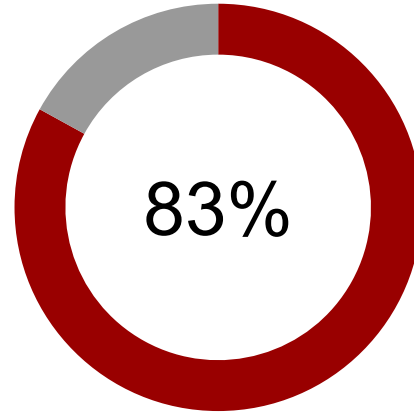
*[What changes have you observed from WalkUSC?]
I have more energy and I am more positive and I look
forward to walking every week.*



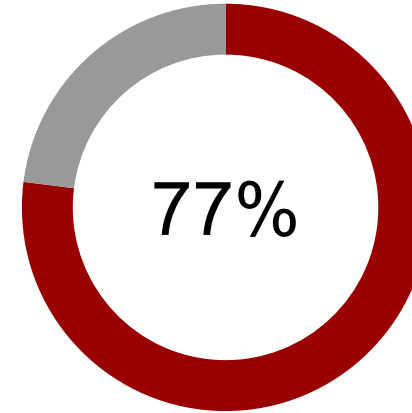


Program Outcomes

Average of outcomes based on post-program survey



83% 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 enjoy networking and connecting with different campus partners and meeting new people.





Program Outcomes

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

71%	Increased physical activity	45%	Improved sense of belonging	42%	Improved workplace relationships
39%	Reduced stress	39%	Improved work-life balance	35%	Improved overall health and well-being
35%	Increased social connections across campus	35%	Improved attention and focus at work	34%	Improved productivity at work
32%	Improved mood, cognition and/or memory	30%	Incorporated healthy habits into daily routine	26%	Increased engagement with work
23%	Increased energy levels	19%	Increased satisfaction with work	17%	Positive changes in weight
17%	Improved sleep	12%	Improved personal relationships	9%	Positive changes to blood pressure
8%	Positive changes to cholesterol	8%	Positive changes to cardiovascular health	5%	Positive changes to blood sugar levels



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

Facilitators and Barriers

1

Workload and Time- Barrier

Participants mentioned workloads and lack of time (meetings, deadlines, things to do) as a barrier to attending the walks. Also having to walk to the starting location takes up time.

2

Weather- Barrier

Participants noted the heat being a barrier for getting outside to walk. Several mentioned returning in the Fall.

3

Camaraderie and Connection – Facilitator

Participants mention the positive benefits of having colleagues to walk with and how they appreciated how the program has brought them together. One participant even mentioned have her walk buddies visit her while healing from a broken foot. Also comments around having a structure for consistency, healthy habits, and improved energy.



In participants' own words
and with permission

The walk leaders are
incredibly motivating
and do a wonderful
job of keeping the
energy high.

HSC walks have been a great part
of me looking forward to the days
we are going to walk, such great
people and always our
conversations bring out our support
towards each other, we are all in
different offices, departments, and
we are walking we all are in tune
with the ways of life.

[WalkUSC] is a good
program that encourages
one to be outdoors and
refresh the mind.

I hope this will continue in the
Fall because I would like to
participate once the weather
cools down if a walk is
hosted on one of my on-
campus days.



Comments, Suggestions, and Feedback

Thanks and Appreciations

“Congrats on the Anniversary and the success of the Walking Program! We need more easy-access programs that promote the exercise-socialization combo.”

“The team is already a HUGE support and I cannot imagine them helping more.”

“Thanks for sustaining this program!”

Positive Behavior Change

“I have been able to get to know more people from across the university, which has been rewarding. It has allowed me to be more empathetic toward colleagues.”

“I know more people when I go for regular walks also Increased connections with interesting people.”

“I have increased energy and focus.”

“This has been a good activity for my team and it refreshes the mind.”

Suggestions and Feedback

“Please allot more time to do the walks, maybe in the mornings before work or after work would be a great addition.”

“Perhaps an early morning walk when its hot outside, like Thursdays or Fridays at 9am.”

“Provide new incentives.”

“We need a tree walk with USC’s arborist.”



USC WorkWell Center

Group Photos





WalkUSC Themed Walk Spotlight – May 6th and May 28th, 2026

May Mental Health Awareness Month Themed Walks
Guest Leaders: Lara Hilton, Sarah Van Orman, Steve Shapiro, Steve Siegal

Total of 71 participants



May 6th, 2026 – Dr. Lara Hilton and Dr. Sarah Van Orman led walks at UPC



May 28th, 2026 – Dr. Steve Shapiro and Dr. Steve Siegal led walks at HSC



WalkUSC 3rd Year Anniversary Celebration



Health Sciences Campus



University Park Campus

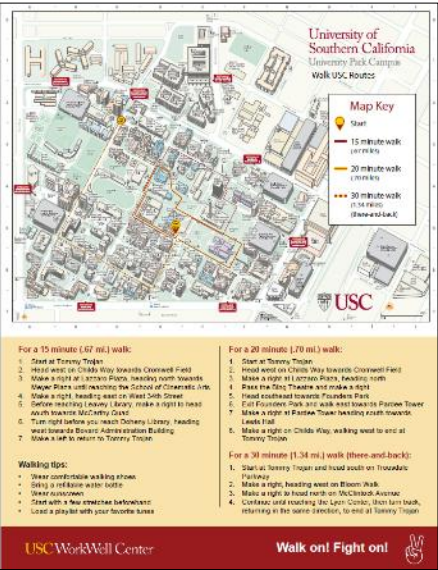


Tuesday, June 9, 2026
Total of 74 participants

Program Materials



Logo



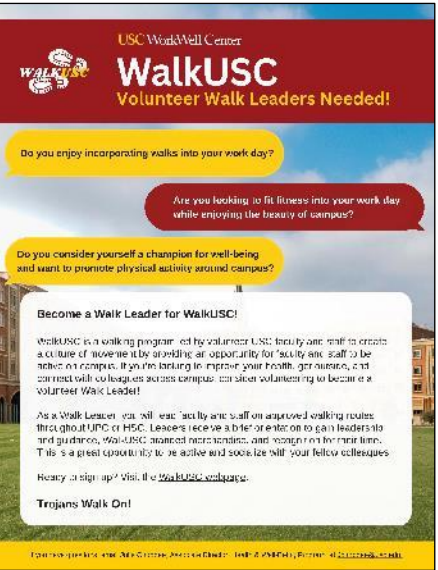
WalkUSC Routes



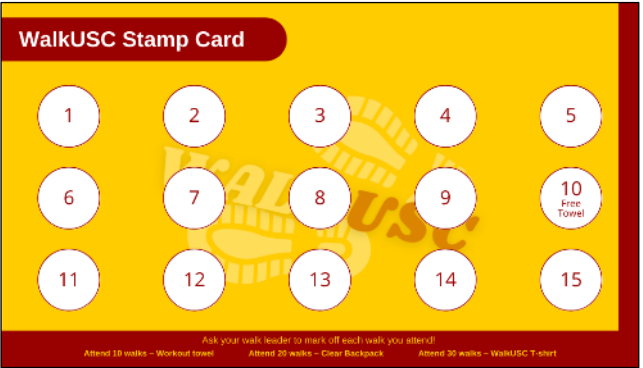
WalkUSC Flyer



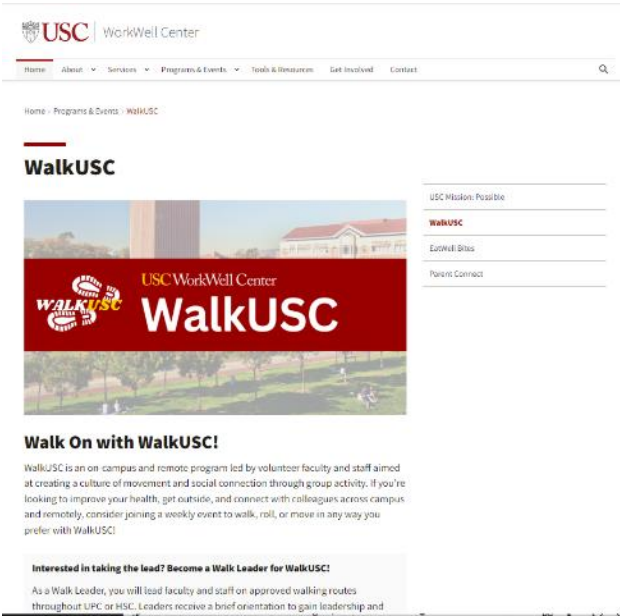
Walk Leader Interest Form



Walk Leader Recruitment Flyer



WalkUSC Stamp Card



WalkUSC Webpage

University of Southern California
WAIVER, RELEASE AND ASSUMPTION OF RISK

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

I execute this Waiver, Release and Assumption of Risk (this "Release") in consideration for being permitted to participate in all or part of the Activity and I assume the risks and dangers in the Activity, including but not limited to, accidents, mechanical problems, medical emergencies, sudden or obvious equipment defects or problems, theft, other participants' or people's actions, crimes or terrorist activity, bad weather, fire, crashing, drowning, bodily injury, property damage, other injuries or death. To participate in this Activity, I hereby voluntarily agree to the terms and conditions of this Release, on behalf of myself and my heirs, executors, guardians, legal representatives, administrators and assigns (collectively "Releasee").

1. I certify that I am fully capable of participating in 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 any health problems I may have known or unknown to me. My healthcare provider has consented to my participation in the Activity.

2. I release, discharge, agree not to sue, and waive any and all claims against University of Southern California ("USC"), their affiliates and their respective directors, officers, faculty, trustees, physicians, staff, insurers, volunteers, agents and assigns (collectively, the "Released Parties") from any and all liability or expense (including but not limited to attorneys' fees) for any and all harm, loss, personal injury, property damage, or death that may arise during, or from my participation in or attendance at the Activity, whether caused by the negligence of the Released Parties or otherwise. This Release shall apply to any expense, accident, injury, accident or death associated with the Activity.

3. I understand that my participation in the Activity is entirely voluntary, and is not covered by worker's compensation nor the insurance or funds of USC. Any injuries or other harm that I suffer during or from the Activity are solely my responsibility, to be claimed through any health plan or paid by me, and I hereby agree to accept any and all such risks and dangers. I have obtained and shall maintain insurance applicable to my participation in the Activity.

4. I certify that no one has made representations or promises to me to sign this document, that I understand its meaning and effect, and that I sign it of my own free will. This Release is governed by California law. If any portion of this Release is found invalid, this Release shall be enforced to the maximum extent allowed by law.

I HAVE CAREFULLY READ AND FULLY UNDERSTAND ALL PARTS OF THIS RELEASE. THIS IS A LEGALLY BINDING DOCUMENT. I ASSUME ALL RISKS ARISING FROM 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: _____

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Waiver Form from OGC

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

