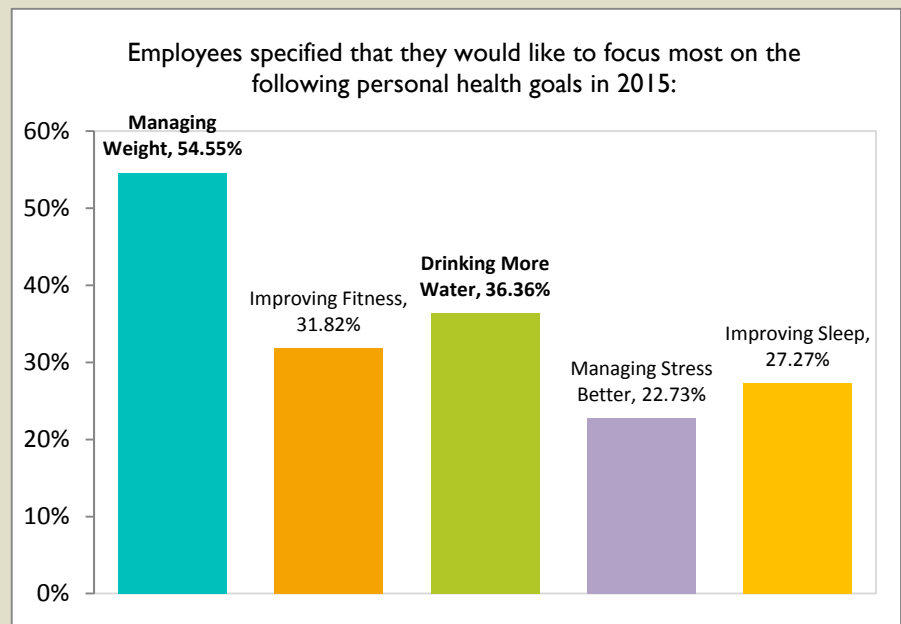


AGRICULTURAL COMMISSIONER'S OFFICE

The County of Riverside Culture of Health Survey offers insights into employee health, the perception of current and future well-being programs and the fostering of a culture of health and well-being in the County of Riverside workplace. A total of 44 out of 50 employees from the Agricultural Commissioner's Office responded to the Culture of Health Survey (88.0% response rate).

EMPLOYEE WELL-BEING

- 81.8% of respondents indicated that they *Strongly Agree* or *Agree* to plan on taking steps to improve their overall health in 2015.
- 25.0% of employees responded to stress levels being *High* or *Overwhelming*.
- 31.8% responded that their stress levels were *Slightly High*.



WELLNESS PROGRAM

Employees found the following features of a wellness program most appealing:

- **Easy to do or convenient (36.4%)**
- **Tracking success via a wearable device (36.4%)**
- **Access to technology to track success (18.2%)**
- **Friendly competitions (15.9%)**

Employees indicated that they would most likely participate in a health improvement program if it was offered *Online/Internet* (61.4%) or at *On-site live meetings/classes* (13.6%).

- 20.5% would prefer to participate in a program *after work*, 20.5% during *lunch*, and 22.7% during their *mid-morning break*
- 40.9% of employees indicated that they would commit *15-30 minutes during the work day* to a health improvement program
- 61.4% of employees responded that *e-mail announcements* would be the most effective way to learn about health and well-being programs, news and events at work

Culture of Health Employee Needs and Program Interest Survey Results

PHYSICAL ACTIVITY

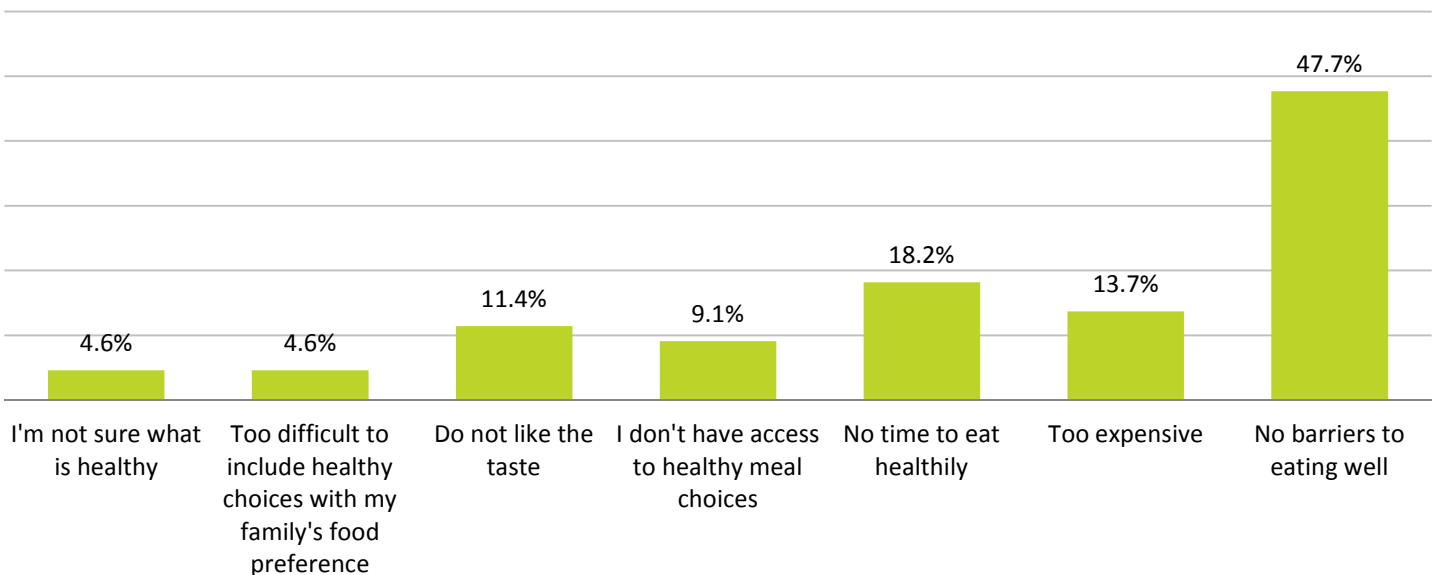
- 68.3% of employees typically do take breaks during the work day. Among employees who do not take breaks:
 - 41.8% indicated *pressure to get work done*
 - 17.7% needed to *catch up on work*

The chief barriers to regularly engaging in physical activity were indicated to be:

- **Not having enough time (45.5%)**
- **Lack of energy/too tired (29.6%)**
- **No one to exercise with (9.1%)**
- **Too expensive (9.1%)**

EATING WELL

Employee Barriers Towards Eating Well



- If the vending machines, snack bar or cafeteria at work locations offered healthier food and beverage options:
 - 22.2% of employees indicated they would select these options if they were offered at the *same or less price*
 - 33.3% said they would select these healthier options even if they were offered at a *slightly higher cost*