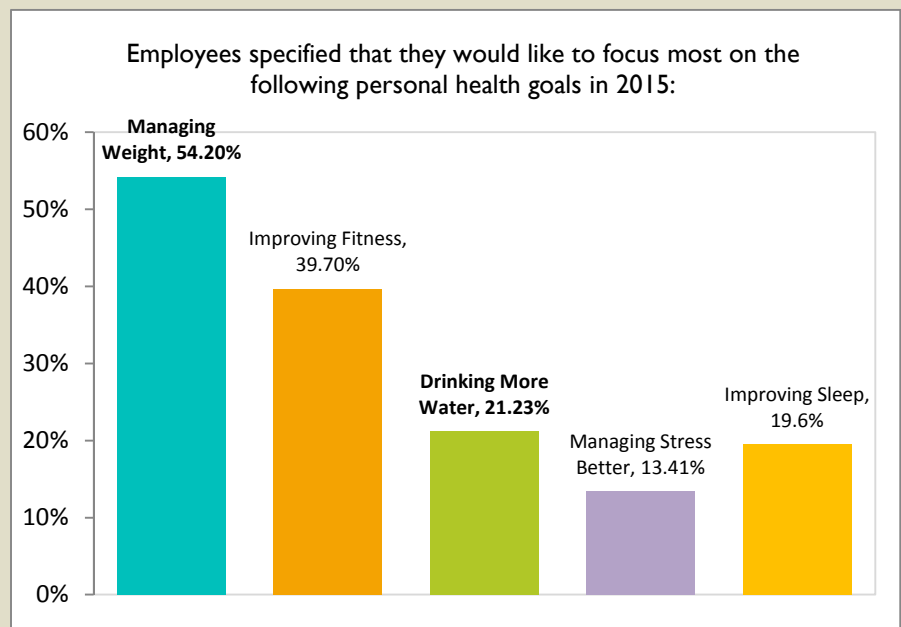


ANIMAL SERVICES

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 179 out of 190 employees from Animal Services responded to the Culture of Health Survey (94.2% response rate).

EMPLOYEE WELL-BEING

- 86.0% of respondents indicated that they *Strongly Agree* or *Agree* to plan on taking steps to improve their overall health in 2015.
- 27.4% of employees responded to stress levels being *High* or *Overwhelming*.
- 36.9% 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 (48.6%)**
- **Access to one-on-one/personal guidance (29.1%)**
- **Tracking success via a wearable device (25.1%)**
- **Friendly competitions (17.3%)**

Employees indicated that they would most likely participate in a health improvement program if it was offered *Online/Internet* (39.3%) or at *On-site live meetings/classes* (24.7%).

- 34.5% would prefer to participate in a program *after work*, 16.38% *during weekends or off days* and 14.7% *before work*
- 37.9% of employees indicated that they would commit *15-30 minutes during the work day* to a health improvement program
- A majority of employees (79.3%) 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

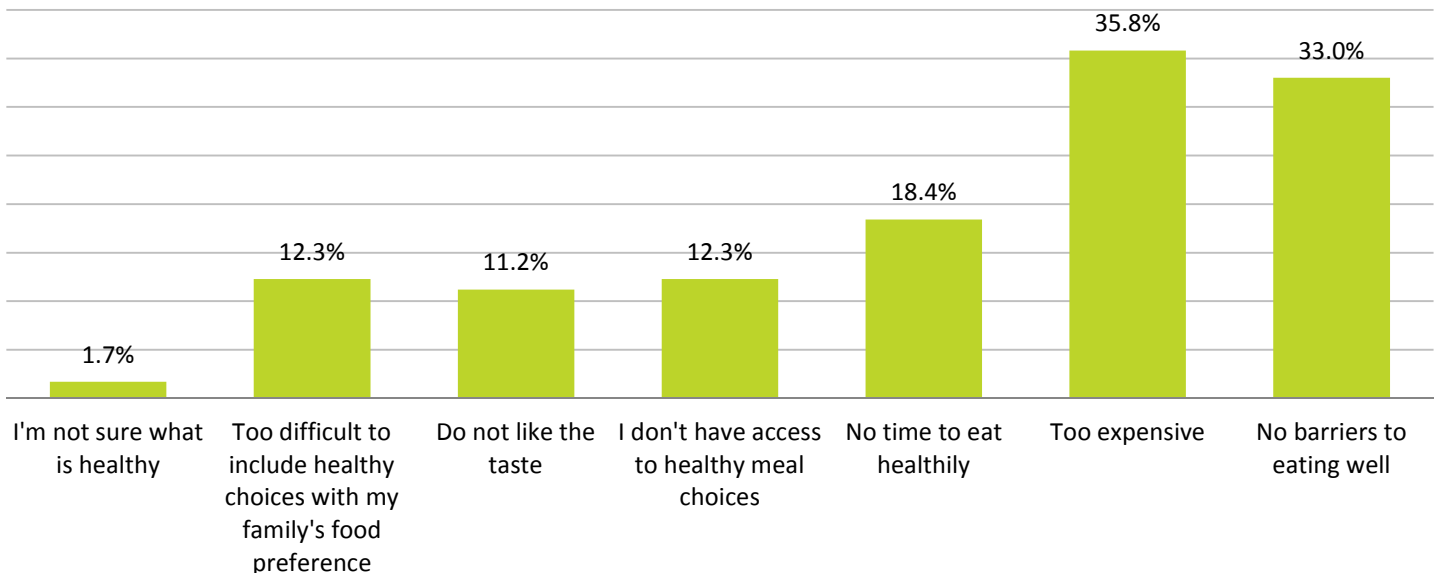
- 58.1% of employees typically do take breaks during the work day. Among employees who do not take breaks:
 - 40.5% indicated *pressure to get work done*
 - 10.1% feel that *chatting with others* during work takes up official “break” time
 - 20.3% *didn't want to take a break*

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

- **Not having enough time (45.8%)**
- **Lack of energy/too tired (34.6%)**
- **Too expensive (12.8%)**

EATING WELL

Employee Barriers Towards Eating Well



- If the vending machines, snack bar or cafeteria at work locations offered healthier food and beverage options:
 - 36.4% of employees indicated they would select these options if they were offered at the *same or less price*
 - 22.7% said they would select these healthier options even if they were offered at a *slightly higher cost*