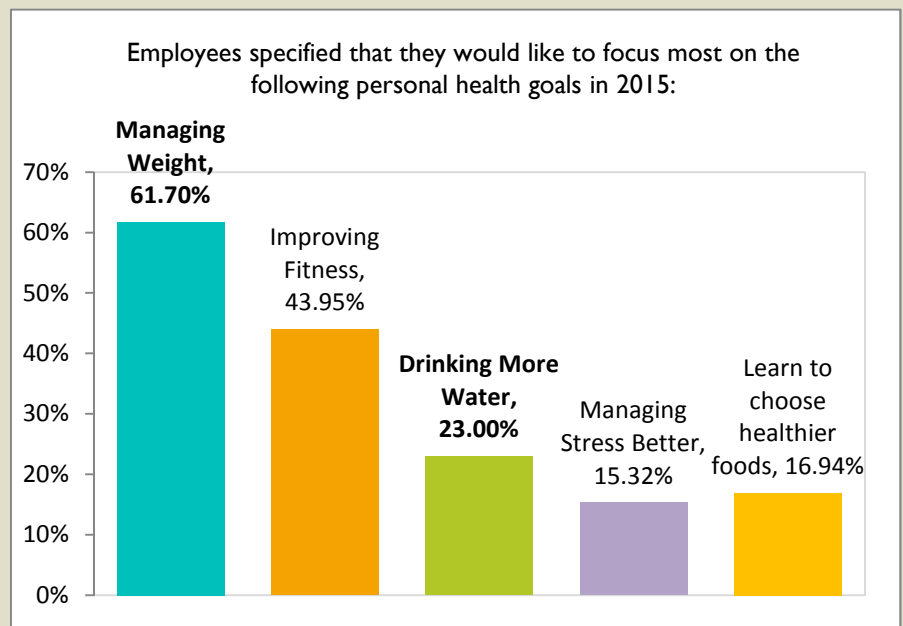


ASSESSOR - COUNTY CLERK - RECORDER

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 248 out of 376 employees from the Assessor/ County Clerk/Recorder's Office responded to the Culture of Health Survey (66.0% response rate).

EMPLOYEE WELL-BEING

- 90.7% of respondents indicated that they *Strongly Agree* or *Agree* to plan on taking steps to improve their overall health in 2015.
- 17.1% of employees responded to stress levels being *High* or *Overwhelming*.
- 42.7% 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 (53.6%)**
- **Access to one-on-one/personal guidance (24.2%)**
- **Tracking success via a wearable device (19.8%)**
- **Access to technology to track success (19.4%)**

Employees indicated that they would most likely participate in a health improvement program if it was offered *Online/Internet* (46.5%) or *mobile-based* (21.2%).

- 21.3% would prefer to participate in a program *after work*, 23.3% during *lunch*, and 26.3% during their *mid-morning break*
- Nearly half of employees (48.2%) indicated that they would commit *15-30 minutes during the work day* to a health improvement program
- A majority of employees (80.7%) 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

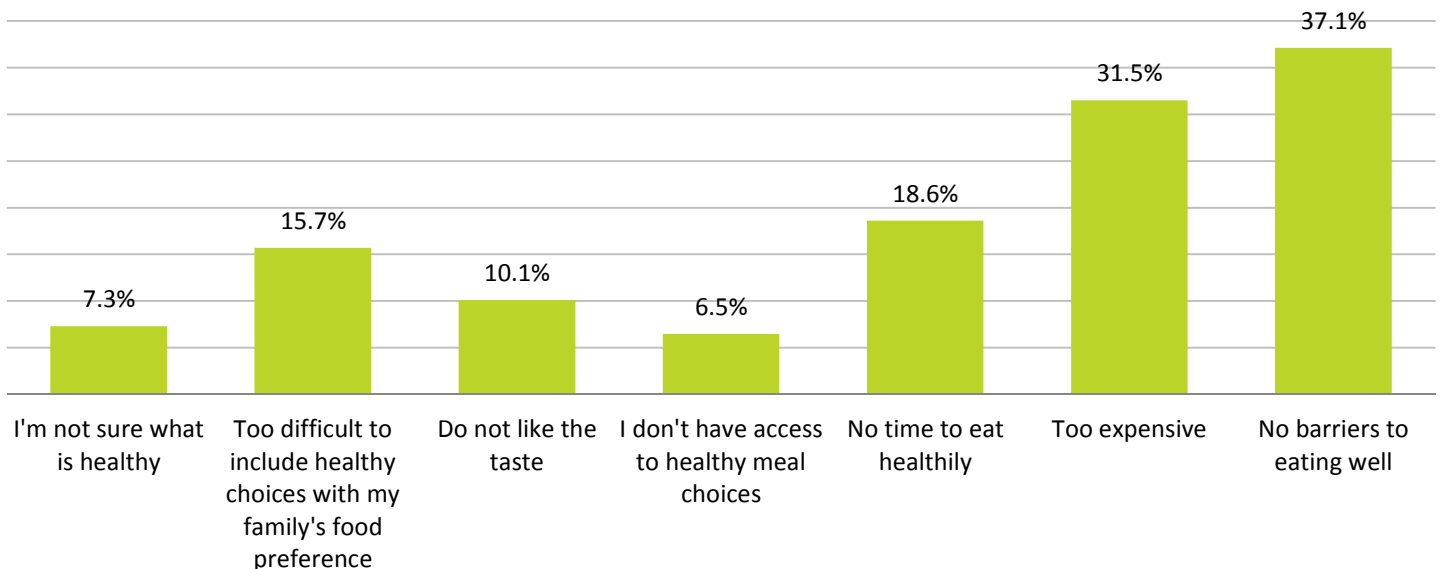
- 72.8% of employees typically do take breaks during the work day. Among employees who do not take breaks:
 - 29.2% indicated *pressure to get work done*
 - 20.8% reported *eating at their desks*
 - 16.7% *didn't want to take breaks/ need to catch up on work*

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

- **Not having enough time (45.2%)**
- **Lack of energy/too tired (43.6%)**
- **Inconvenient location or difficulty accessing facilities or equipment (10.5%)**

EATING WELL

Employee Barriers Towards Eating Well



- If the vending machines, snack bar or cafeteria at work locations offered healthier food and beverage options:
 - 32.3% of employees indicated they would select these options if they were offered at the *same or less price*
 - 32.3% said they would select these healthier options even if they were offered at a *slightly higher cost*