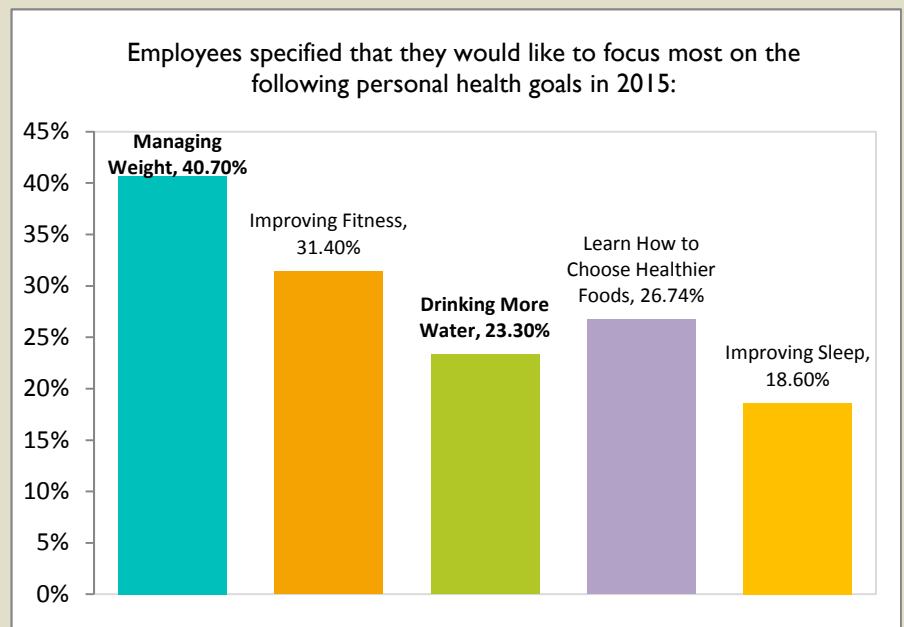


AUDITOR CONTROLLER

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 86 out of 90 employees from Auditor Controller Department responded to the Culture of Health Survey (95.6% 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.
- 17.7% of employees responded to stress levels being *High* or *Overwhelming*.
- 35.3% 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 (54.6%)**
- **Access to technology to track success (22.1%)**
- **Access to one-on-one/personal guidance (20.9%)**
- **Tracking success via a wearable device (17.4%)**

Employees indicated that they would most likely participate in a health improvement program if it was offered *Online/Internet* (45.9%) or *mobile based* (18.8%).

- 20.2% would prefer to participate in a program *after work*, 25.0% *during lunch*, and 21.4% during their *mid-morning break*
- Nearly half of employees (45.4%) indicated that they would commit *15-30 minutes during the work day* to a health improvement program
- A majority of employees (80.2%) 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

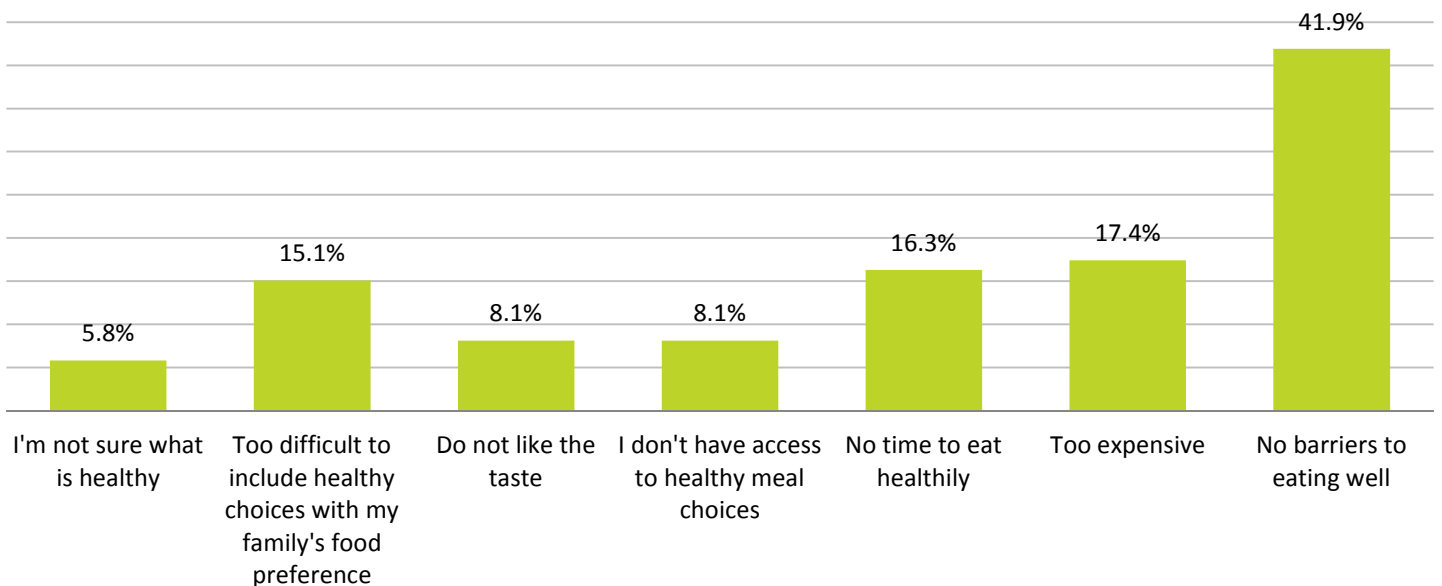
- 79.0% of employees typically do take breaks during the work day. Among employees who do not take breaks:
 - 27.3% indicated *pressure to get work done*
 - 18.2% needed to *catch up on work*
 - 18.2% *didn't want to take a break*

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

- **Not having enough time (40.7%)**
- **Lack of energy/too tired (26.7%)**
- **Too expensive/ costs too much (9.3%)**

EATING WELL

Employee Barriers Towards Eating Well



- If the vending machines, snack bar or cafeteria at work locations offered healthier food and beverage options:
 - 22.6% 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*