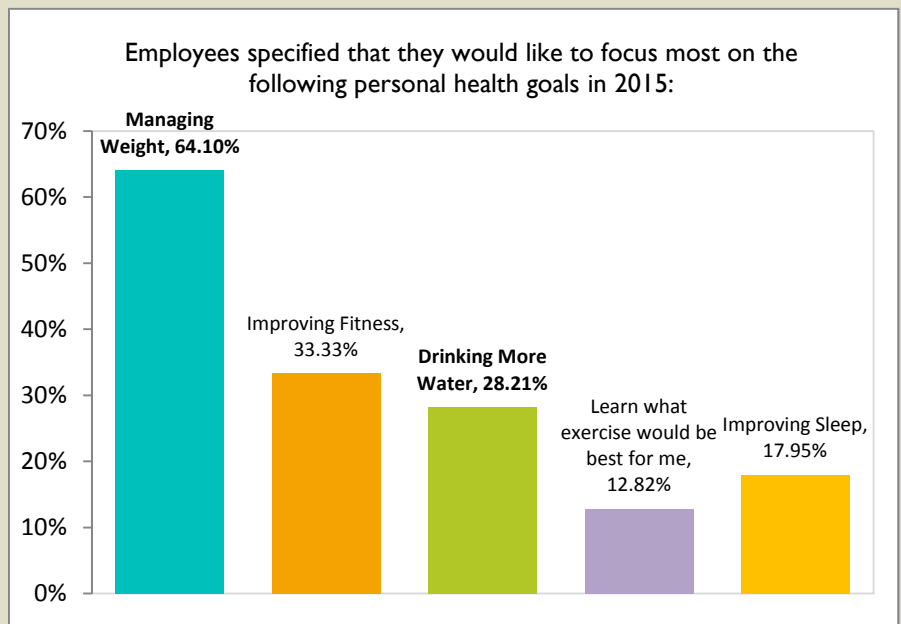


## COMMUNITY ACTION PARTNERSHIP RIVERSIDE

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 39 out of 45 employees from Community Action Partnership Riverside responded to the Culture of Health Survey (86.7% response rate).

### EMPLOYEE WELL-BEING

- 87.2% of respondents indicated that they *Strongly Agree* or *Agree* to plan on taking steps to improve their overall health in 2015.
- 20.5% of employees responded to stress levels being *High* or *Overwhelming*.
- 43.6% 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 (41.3%)**
- **Access to one-on-one/personal guidance (30.7%)**
- **Access to technology to track success (30.7%)**
- **Group/team activities (30.7%)**

Employees indicated that they would most likely participate in a health improvement program if it was offered *Online/Internet* (29.0%) or at *On-site live meetings/classes* (34.2%).

- 43.6% would prefer to participate in a program *after work*, 15.4% during *mid-afternoon break*, and 15.4% during their *mid-morning break*
- 39.4% of employees indicated that they would commit *more than 30 minutes during the work day to a health improvement program*
- A majority of employees (69.2%) 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

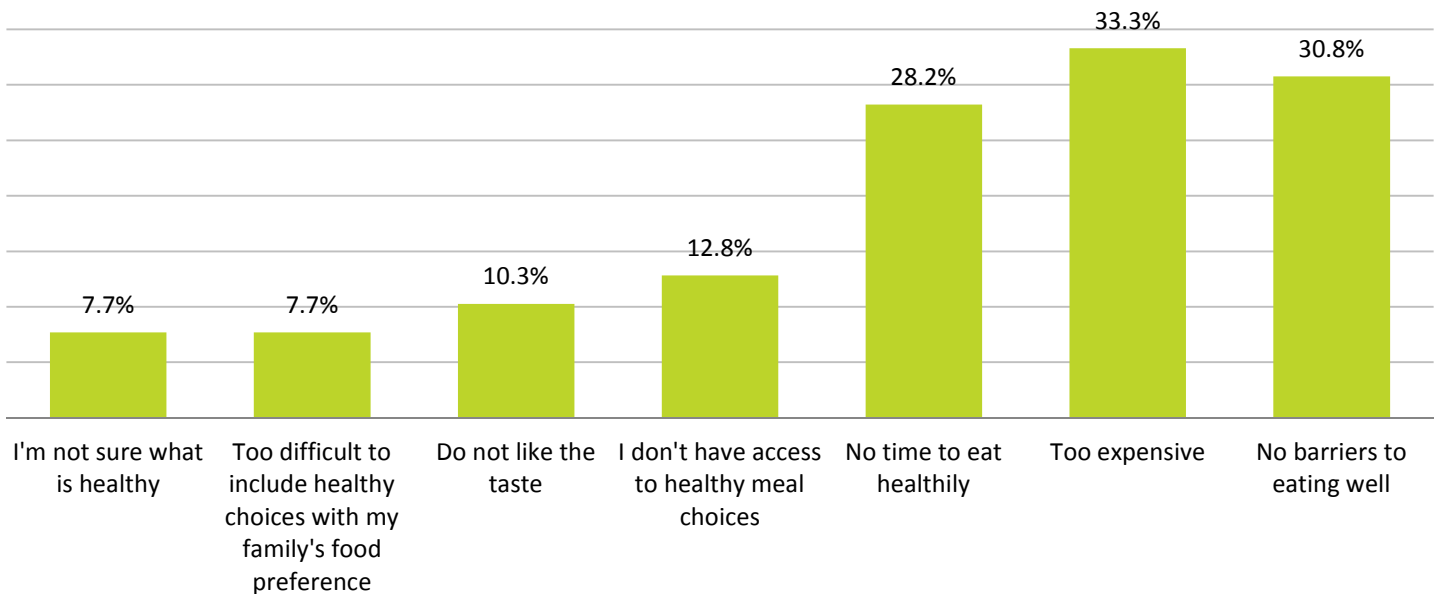
- 54.6% of employees typically do take breaks during the work day. Among employees who do not take breaks:
  - 33.3% indicated *pressure to get work done*
  - 14.3% needed to *catch up on work*
  - 19.1% *didn't want to take a break*

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

- **Not having enough time (64.1%)**
- **Lack of energy/too tired (33.3%)**
- **Inconvenient location or difficulty accessing facilities or equipment (20.5%)**

EATING WELL

Employee Barriers Towards Eating Well



- If the vending machines, snack bar or cafeteria at work locations offered healthier food and beverage options:
  - 44.4% of employees indicated they would select these options if they were offered at the *same or less price*
  - 29.6% said they would select these healthier options even if they were offered at a *slightly higher cost*