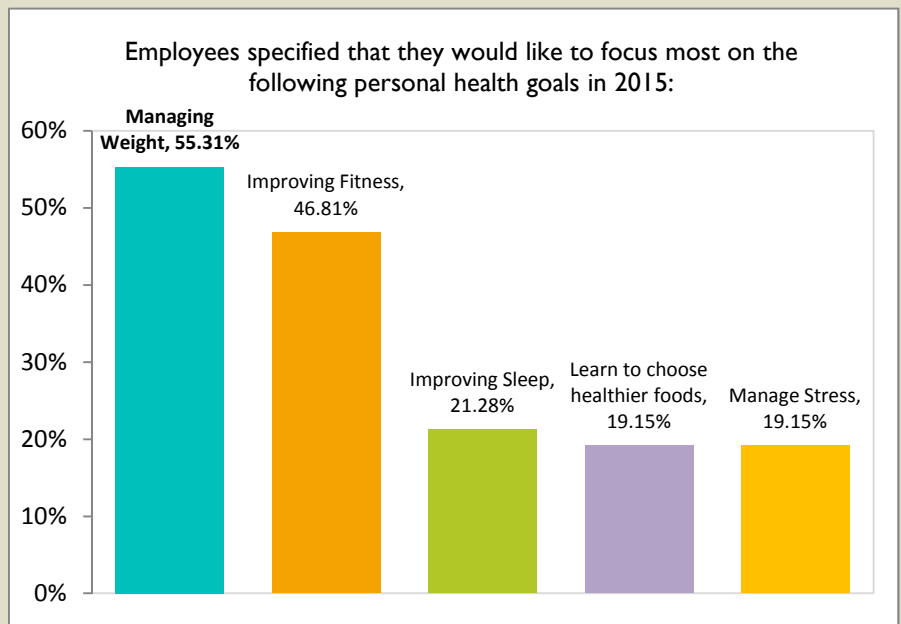


CLERK OF THE BOARD (BOARD OF SUPERVISORS)

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 47 out of 54 employees from the Clerk of the Board (Board of Supervisors) responded to the Culture of Health Survey (87.0% response rate).

EMPLOYEE WELL-BEING

- 93.6% of respondents indicated that they *Strongly Agree* or *Agree* to plan on taking steps to improve their overall health in 2015.
- 23.4% of employees responded to stress levels being *High* or *Overwhelming*.
- An additional 46.8% 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 (57.4%)**
- **Access to one-on-one/personal guidance (27.7%)**
- **Tracking success via a wearable device (27.7%)**
- **Access to technology to track success (21.3%)**

Employees indicated that they would most likely participate in a health improvement program if it was offered *Online/Internet* (42.6%) or *Mobile-based* (25.5%).

- 44.7% would prefer to participate in a program *after work*, 21.3% during *lunch*, and 14.9% during their *weekends or off days*
- 38.3 % of employees indicated that they would commit *15-30 minutes during the work day* to a health improvement program
- A majority of employees (76.6%) 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

51.1% of employees typically do **not** take breaks during the work day. Among employees who do not take breaks:

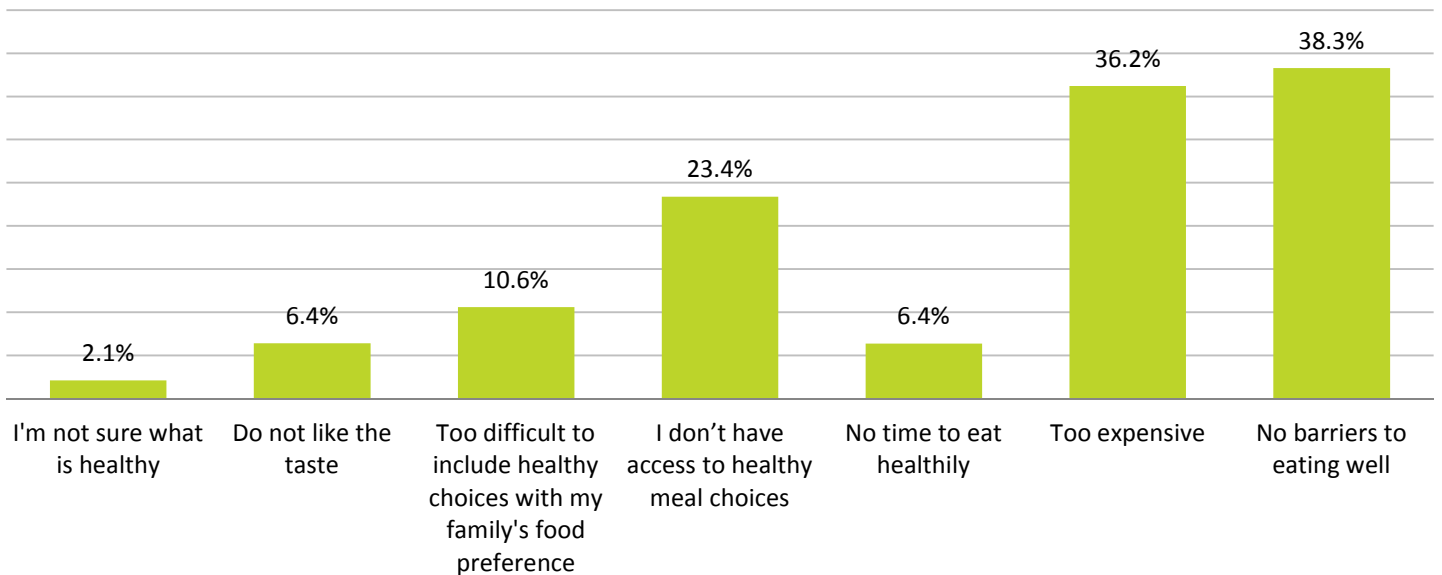
- 12.8% feel that *chatting with others* during work takes up official “break” time
- 10.6% needed to *catch up on work*
- 8.5% indicated *pressure to get work done*
- 8.5% reported *eating at their desks*

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

- **Not having enough time (57.4%)**
- **Lack of energy/too tired (29.8%)**
- **Inconvenient location or difficulty accessing facilities or equipment (19.1%)**

EATING WELL

Employee Barriers Towards Eating Well



- If the vending machines, snack bar or cafeteria at work locations offered healthier food and beverage options:
 - 14.9% of employees indicated they would select these options if they were offered at the *same or less price*
 - 8.5% said they would select these healthier options even if they were offered at a *slightly higher cost*