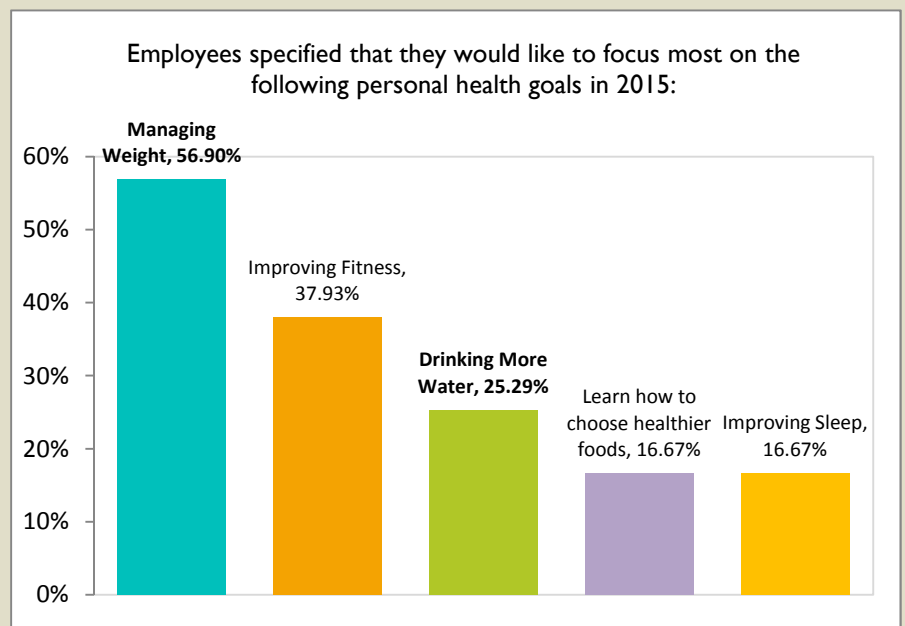


CHILD SUPPORT SERVICES

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 174 out of 298 employees from Department of Child Support Services responded to the Culture of Health Survey (58.4% response rate).

EMPLOYEE WELL-BEING

- 90.2% of respondents indicated that they *Strongly Agree* or *Agree* to plan on taking steps to improve their overall health in 2015.
- 24.7% of employees responded to stress levels being *High* or *Overwhelming*.
- 29.9% 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 (43.1%)**
- **Access to one-on-one/personal guidance (31.6%)**
- **Tracking success via a wearable device (20.7%)**
- **Access to technology to track success (14.9%)**

Employees indicated that they would most likely participate in a health improvement program if it was offered *Online/Internet* (51.5%) or at *On-site live meetings/classes* (22.5%).

- 25.4% would prefer to participate in a program *after work*, 17.8% *during lunch*, and 24.3% during their *mid-morning break*
- 41.5% of employees indicated that they would commit *15-30 minutes* during the work day to a health improvement program
- A majority of employees (74.1%) 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

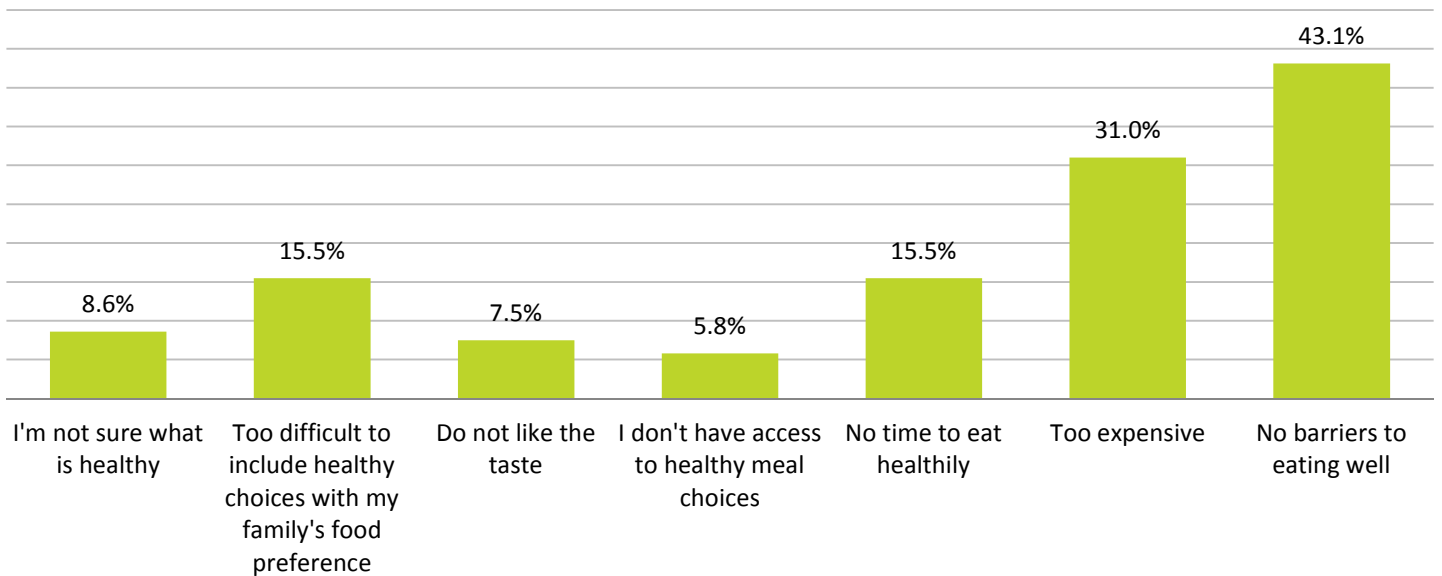
- A majority of employees typically do take breaks during the work day (76.3%). Among employees who do not take breaks:
 - 34.8% reported *eating at their desks*
 - 19.6% indicated *pressure to get work done*
 - 19.6% needed to *catch up on work*

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

- **Not having enough time (46%)**
- **Lack of energy/too tired (39.7%)**
- **Inconvenient location or difficulty accessing facilities or equipment (10.92%)**

EATING WELL

Employee Barriers Towards Eating Well



- If the vending machines, snack bar or cafeteria at work locations offered healthier food and beverage options:
 - 30.3% of employees indicated they would select these options if they were offered at the *same or less price*
 - 31.8% said they would select these healthier options even if they were offered at a *slightly higher cost*