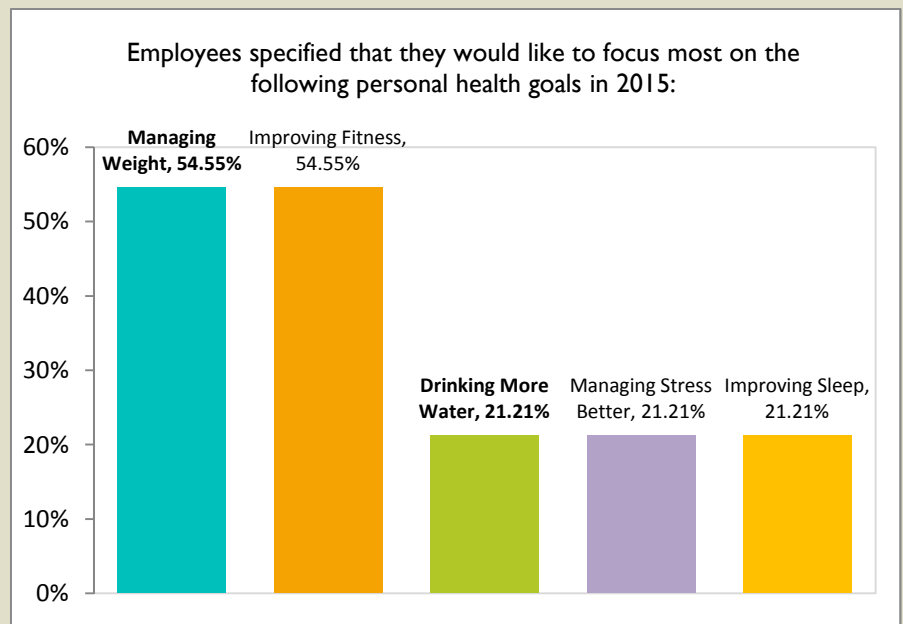


COUNTY COUNSEL

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 33 out of 68 employees from County Counsel responded to the Culture of Health Survey (48.5% response rate).

EMPLOYEE WELL-BEING

- 97.0% of respondents indicated that they *Strongly Agree* or *Agree* to plan on taking steps to improve their overall health in 2015.
- 33.3% of employees responded to stress levels being *High* or *Overwhelming*.
- 30.3% 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 (69.7%)**
- **Access to one-on-one/personal guidance (24.2%)**
- **Access to technology to track success (24.2%)**
- **Tracking success via a wearable device (18.2%)**

Employees indicated that they would most likely participate in a health improvement program if it was offered *Online/Internet* (39.4%) or at *On-site live meetings/classes* (27.3%).

- 15.6% would prefer to participate during their *mid-afternoon break*, 43.8% during *lunch*, and 15.6% during their *mid-morning break*
- 59.4% of employees indicated that they would commit *15-30 minutes* during the work day to a health improvement program
- A majority of employees (90.9%) 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

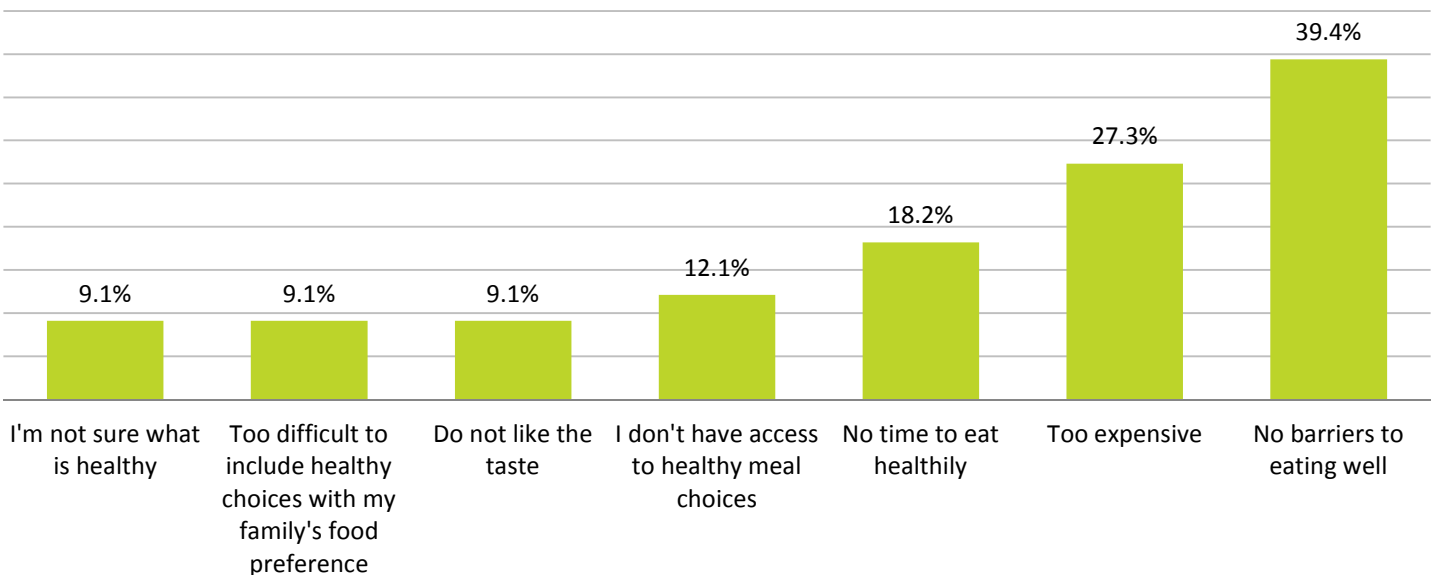
- 58.1% of employees typically do **not** take breaks during the work day. Among employees who do not take breaks:
 - 35.0% indicated *pressure to get work done*
 - 15.0% needed to *catch up on work*
 - 15.0% reported *eating at their desks/just didn't want to take a break*

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

- **Not having enough time (60.6%)**
- **Lack of energy/too tired (54.6%)**
- **Inconvenient location or difficulty accessing facilities or equipment (12.1%)**

EATING WELL

Employee Barriers Towards Eating Well



- If the vending machines, snack bar or cafeteria at work locations offered healthier food and beverage options:
 - 21.4% of employees indicated they would select these options if they were offered at the *same or less price*
 - 21.4% said they would select these healthier options even if they were offered at a *slightly higher cost*