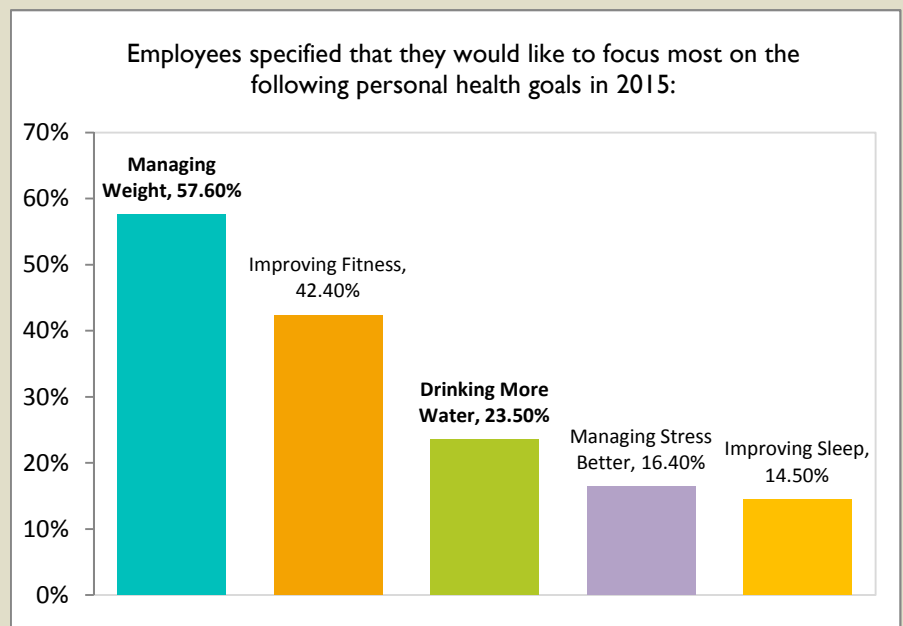


## DEPARTMENT OF PUBLIC HEALTH

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 587 out of 655 employees from the Department of Public Health responded to the Culture of Health Survey (89.6% response rate).

### EMPLOYEE WELL-BEING

- 94.0% of respondents indicated that they *Strongly Agree* or *Agree* to plan on taking steps to improve their overall health in 2015.
- 21.7% of employees responded to stress levels being *High* or *Overwhelming*.
- 43.3% 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 (51.3%)**
- **Access to one-on-one/personal guidance (24.2%)**
- **Tracking success via a wearable device (22.0%)**
- **Group/team activities (18.2%)**

Employees indicated that they would most likely participate in a health improvement program if it was offered *Online/Internet* (45.5%) or at *On-site live meetings/classes* (26.0%).

- 24.6% would prefer to participate in a program *after work*, 22.5% *during lunch*, and 22.7% during their *mid-morning break*
- Nearly half of employees (46.2%) indicated that they would commit *15-30 minutes during the work day* to a health improvement program
- A majority of employees (81.3%) 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

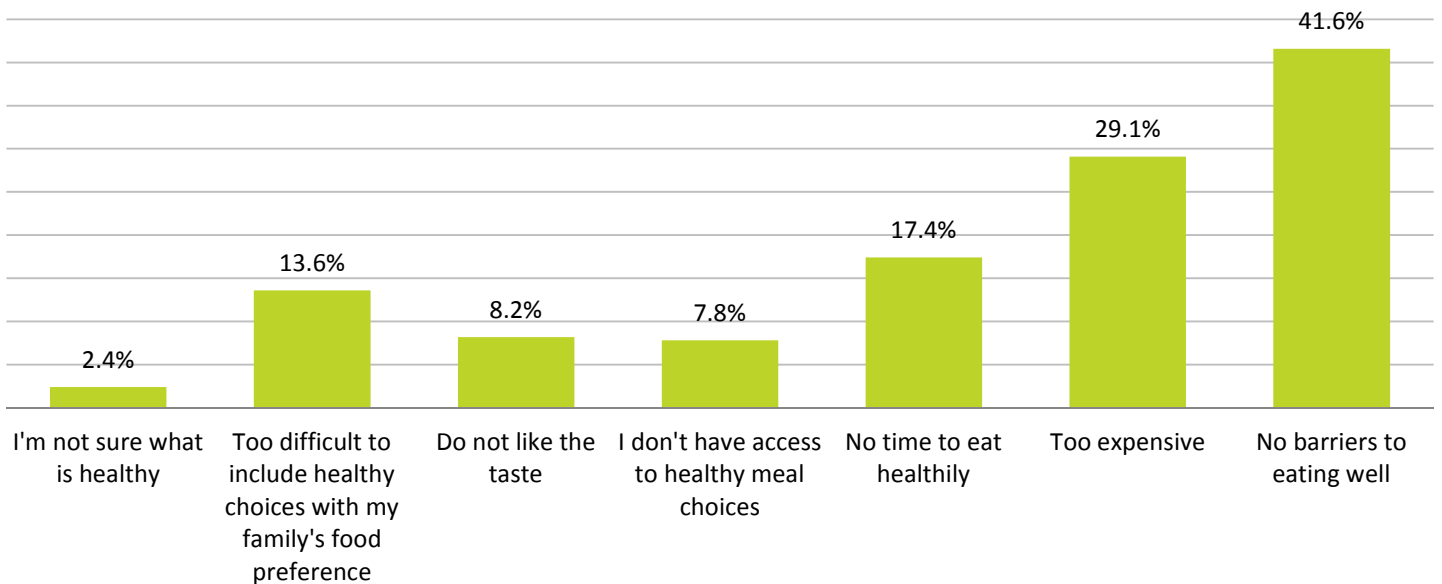
- 57.0% of employees typically do take breaks during the work day. Among employees who do not take breaks:
  - 35.8% indicated *pressure to get work done*
  - 15.6% needed to *catch up on work*
  - 14.8% reported *eating at their desks*

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

- **Not having enough time (49.2%)**
- **Lack of energy/too tired (37.1%)**
- **Inconvenient location or difficulty accessing facilities or equipment (10.7%)**

EATING WELL

Employee Barriers Towards Eating Well



- If the vending machines, snack bar or cafeteria at work locations offered healthier food and beverage options:
  - 38.4% of employees indicated they would select these options if they were offered at the *same or less price*
  - 28.2% said they would select these healthier options even if they were offered at a *slightly higher cost*