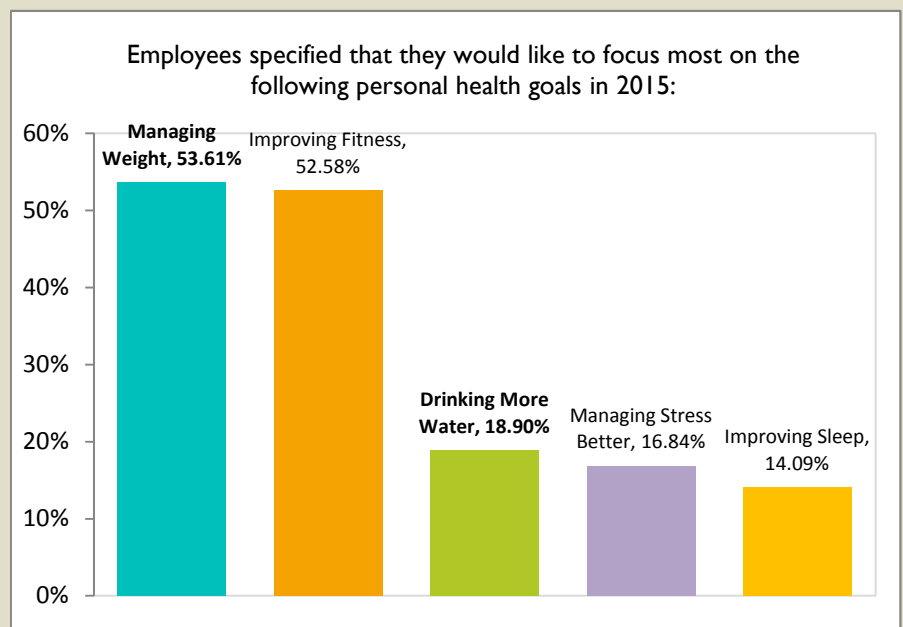


DISTRICT ATTORNEY'S OFFICE

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 291 out of 685 employees from District Attorney's Office responded to the Culture of Health Survey (42.5% response rate).

EMPLOYEE WELL-BEING

- 89.0% of respondents indicated that they *Strongly Agree* or *Agree* to plan on taking steps to improve their overall health in 2015.
- 30.0% of employees responded to stress levels being *High* or *Overwhelming*.
- 41.0% 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 (61.9%)**
- **Access to one-on-one/personal guidance (21.0%)**
- **Tracking success via a wearable device (20.3%)**
- **Access to technology to track success (19.2%)**

Employees indicated that they would most likely participate in a health improvement program if it was offered *Online/Internet* (48.8%) or at *On-site live meetings/classes* (22.5%).

- 19.3% would prefer to participate in a program *after work*, 40.4% *during lunch*, and 14.7% during their *mid-afternoon break*
- Nearly half of employees (47.7%) indicated that they would commit *15-30 minutes* during the work day to a health improvement program
- A majority of employees (86.3%) 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

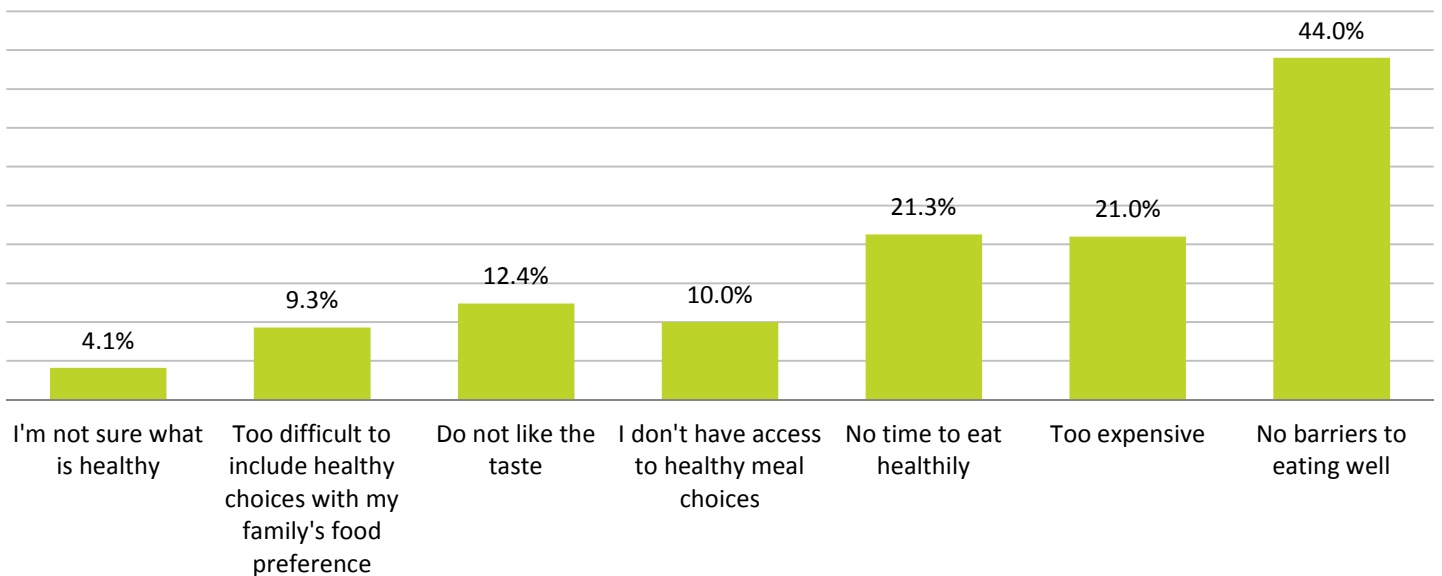
- 64.0% of employees typically do take breaks during the work day. Among employees who do not take breaks:
 - 27.5% needed to *catch up on work*
 - 22.0% reported *eating at their desks*
 - 16.5% indicated *pressure to get work done*

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

- **Not having enough time (51.2%)**
- **Lack of energy/too tired (32.7%)**
- **Inconvenient location or difficulty accessing facilities or equipment (12.0%)**

EATING WELL

Employee Barriers Towards Eating Well



- If the vending machines, snack bar or cafeteria at work locations offered healthier food and beverage options:
 - 29.8% of employees indicated they would select these options if they were offered at the *same or less price*
 - 30.9% said they would select these healthier options even if they were offered at a *slightly higher cost*