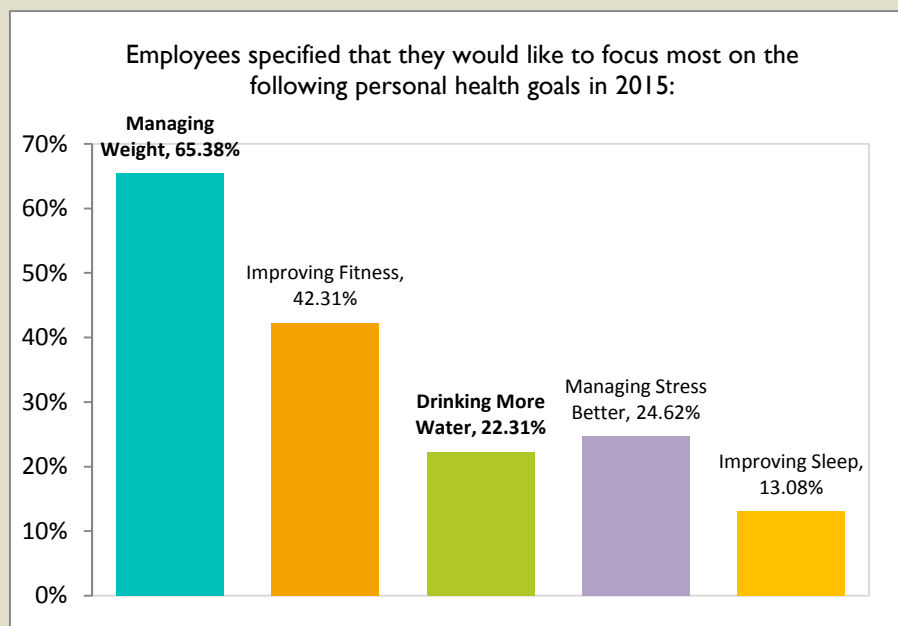


ENVIRONMENTAL HEALTH

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 130 out of 187 employees from Environmental Health responded to the Culture of Health Survey (69.5% response rate).

EMPLOYEE WELL-BEING

- 88.5% of respondents indicated that they *Strongly Agree* or *Agree* to plan on taking steps to improve their overall health in 2015.
- 27.1% of employees responded to stress levels being *High* or *Overwhelming*.
- 44.2% 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 (56.2%)**
- **Tracking success via a wearable device (29.2%)**
- **Access to one-on-one/personal guidance (16.9%)**
- **Access to technology to track success (16.9%)**

Employees indicated that they would most likely participate in a health improvement program if it was offered *Online/Internet* (57.4%) or *mobile-based* (18.6%).

- 15.8% would prefer to participate in a program *after work*, 23.1% *during lunch*, and 26.2% during their *mid-morning break*
- Nearly half of employees (47.0%) indicated that they would commit *15-30 minutes* during the work day to a health improvement program
- A majority of employees (84.6%) 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

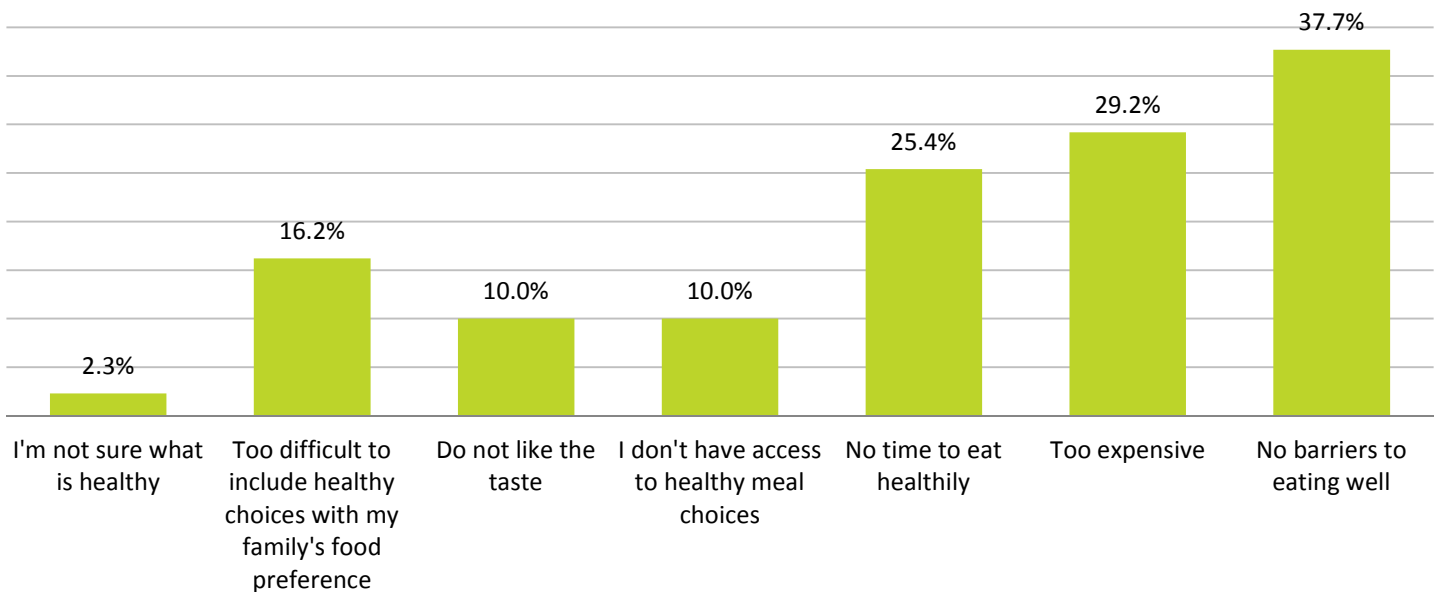
- 67.4% of employees typically do take breaks during the work day. Among employees who do not take breaks:
 - 40.9% indicated *pressure to get work done*
 - 18.2% feel that *chatting with others* during work takes up official “break” time
 - 11.4% *didn't want to take breaks*

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

- **Not having enough time (50.0%)**
- **Lack of energy/too tired (28.5%)**
- **Inconvenient location or difficulty accessing facilities or equipment (11.5%)**

EATING WELL

Employee Barriers Towards Eating Well



- If the vending machines, snack bar or cafeteria at work locations offered healthier food and beverage options:
 - 41.9% of employees indicated they would select these options if they were offered at the *same or less price*
 - 25.8% said they would select these healthier options even if they were offered at a *slightly higher cost*