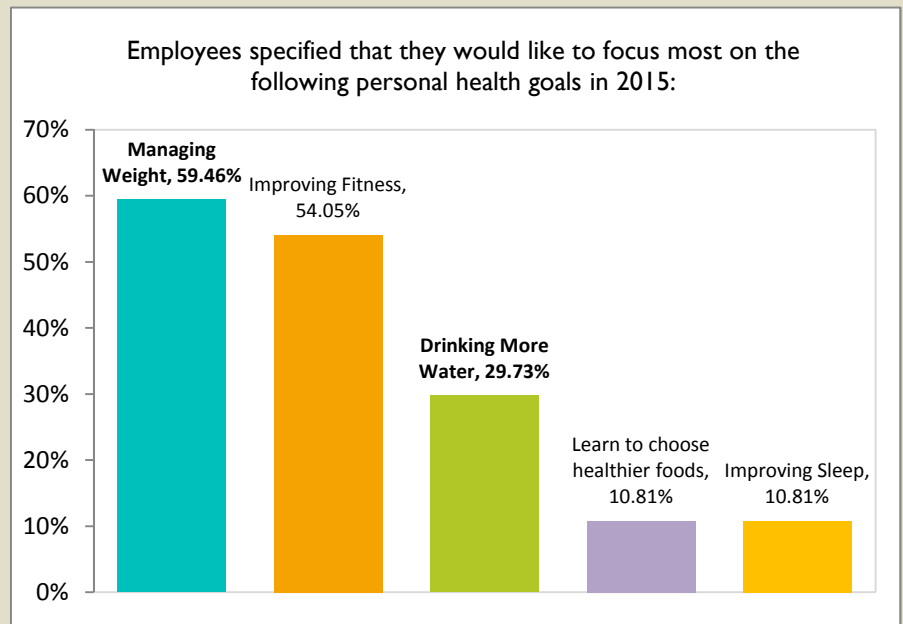


EXECUTIVE OFFICE

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. All employees from the Executive Office responded to the Culture of Health Survey (100.0% response rate).

EMPLOYEE WELL-BEING

- 89.2% of respondents indicated that they *Strongly Agree* or *Agree* to plan on taking steps to improve their overall health in 2015.
- 21.6% of employees responded to stress levels being *High* or *Overwhelming*.
- 35.1% 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 (54.1%)**
- **Tracking success via a wearable device (29.7%)**
- **Group/team activities (29.7%)**
- **Access to one-on-one/personal guidance (16.2%)**

Employees indicated that they would most likely participate in a health improvement program if it was offered *Online/Internet* (33.3%) or *mobile-based* (25.0%).

- 22.9% would prefer to participate in a program during their *mid-afternoon break*, 37.1% during *lunch*, and 25.7% during their *mid-morning break*
- 50.0% of employees indicated that they would commit *15-30 minutes* during the work day to a health improvement program
- A majority of employees (86.5%) 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

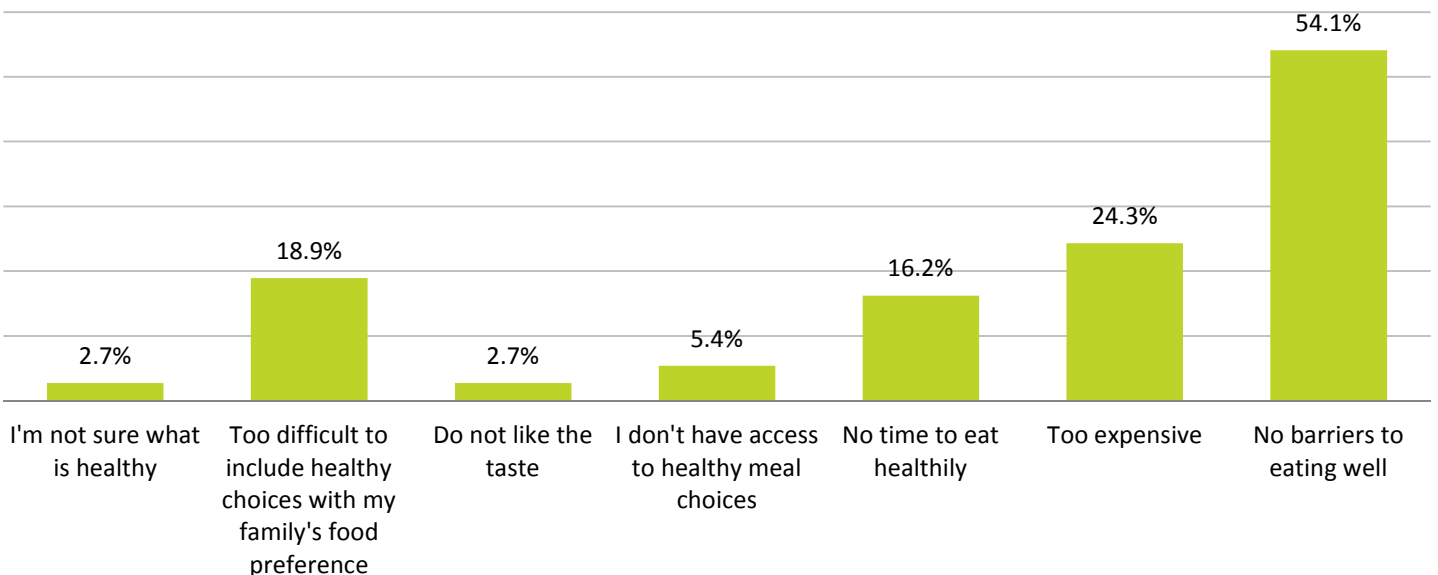
- 56.8% of employees typically do take breaks during the work day. Among employees who do not take breaks:
 - 31.3% reported *eating at their desks*
 - 25.0% indicated *pressure to get work done*
 - 25.0% needed to *catch up on work*

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

- **Not having enough time (62.2%)**
- **Lack of energy/too tired (32.4%)**
- **Inconvenient location or difficulty accessing facilities or equipment (8.1%)**

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*
 - 28.6% said they would select these healthier options even if they were offered at a *slightly higher cost*