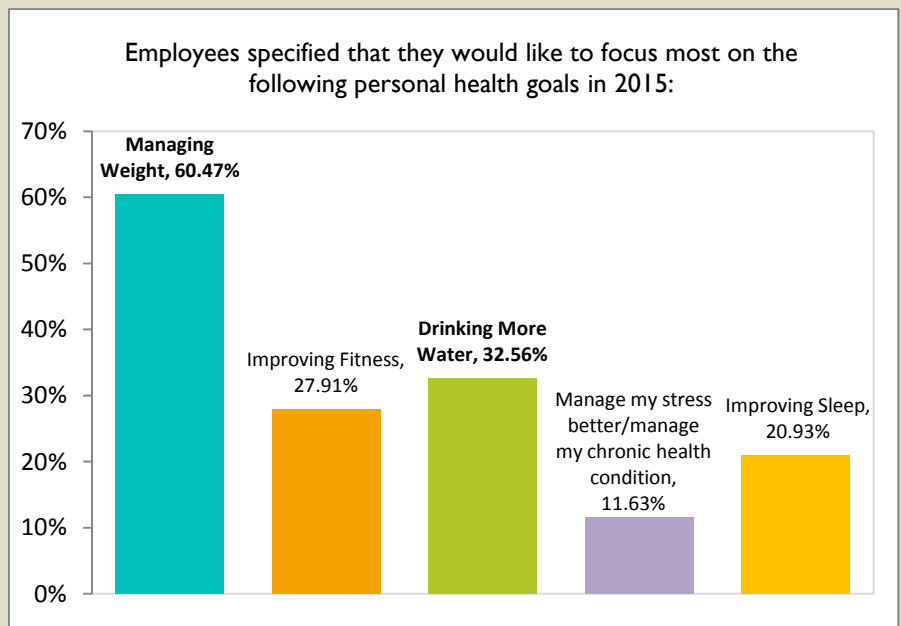


FIRE DEPARTMENT

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 43 out of 226 employees from the Fire Department responded to the Culture of Health Survey (19.0% response rate).

EMPLOYEE WELL-BEING

- 76.2% of respondents indicated that they *Strongly Agree* or *Agree* to plan on taking steps to improve their overall health in 2015.
- 31.0% of employees responded to stress levels being *High* or *Overwhelming*.
- 45.2% 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 (41.9%)**
- **Access to one-on-one/personal guidance (20.9%)**
- **Access to technology to track success (18.6%)**
- **Group/team activities (18.6%)**

Employees indicated that they would most likely participate in a health improvement program if it was offered *Online/Internet* (33.3%) or *mobile-based* (28.6%).

- 31.7% would prefer to participate in a program *after work*, 22.0% during their *mid-afternoon break*, and 22.0% during their *mid-morning break*
- 39.0% of employees indicated that they would commit *15-30 minutes* during the work day to a health improvement program
- 69.8% of employees 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

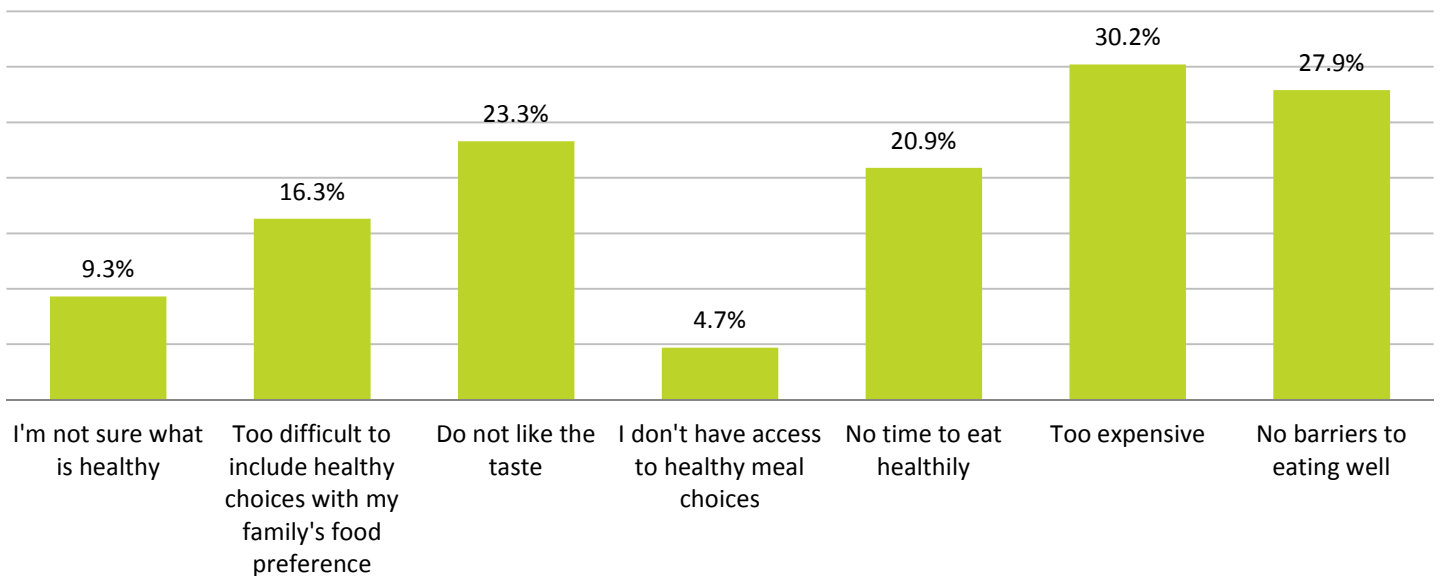
- 51.2% of employees do take breaks during the work day. Among employees who do not take breaks:
 - 25.0% indicated *pressure to get work done*
 - 20.0% reported *eating at their desks*
 - 15.0% *didn't want to take a break*

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

- **Not having enough time (48.8%)**
- **Lack of energy/too tired (41.9%)**
- **Inconvenient location or difficulty accessing facilities or equipment (20.9%)**

EATING WELL

Employee Barriers Towards Eating Well



- If the vending machines, snack bar or cafeteria at work locations offered healthier food and beverage options:
 - 57.1% of employees indicated they would select these options if they were offered at the *same or less price*
 - 0% said they would select these healthier options even if they were offered at a *slightly higher cost*