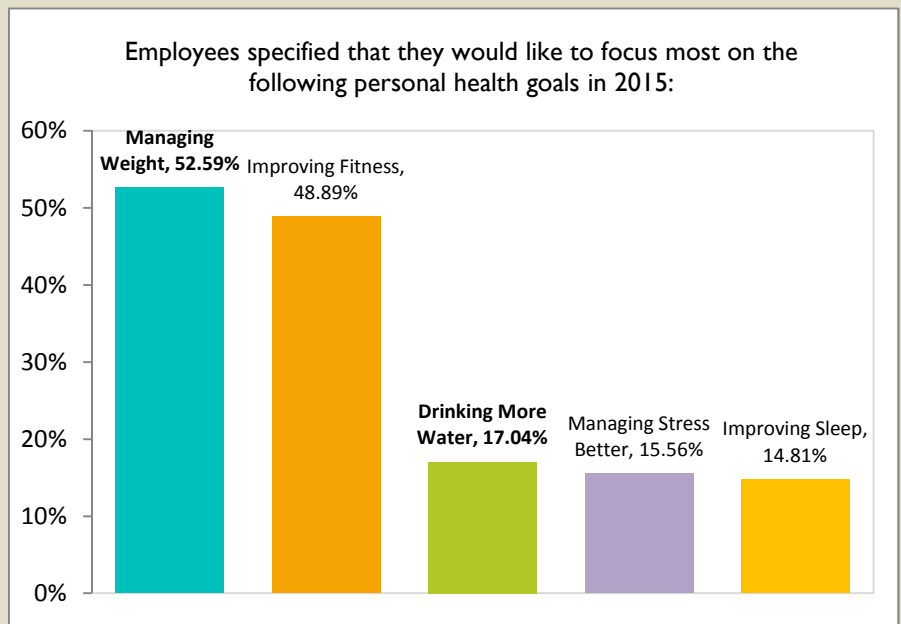


FLOOD CONTROL

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 135 out of 228 employees from Flood Control responded to the Culture of Health Survey (59.2% response rate).

EMPLOYEE WELL-BEING

- 88.1% of respondents indicated that they *Strongly Agree* or *Agree* to plan on taking steps to improve their overall health in 2015.
- 20.0% of employees responded to stress levels being *High* or *Overwhelming*.
- 37.8% 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 (53.3%)**
- **Access to one-on-one/personal guidance (20.7%)**
- **Tracking success via a wearable device (18.5%)**
- **Family Involvement (13.3%)**

Employees indicated that they would most likely participate in a health improvement program if it was offered *Online/Internet* (35.8%) or at *On-site live meetings/classes* (39.6%).

- 23.1% would prefer to participate in a program *after work*, 44.0% during *lunch*, and 17.9% during their *mid-morning break*
- Nearly half of employees (46.3%) indicated that they would commit *15-30 minutes* during the work day to a health improvement program
- A majority of employees (78.5%) 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

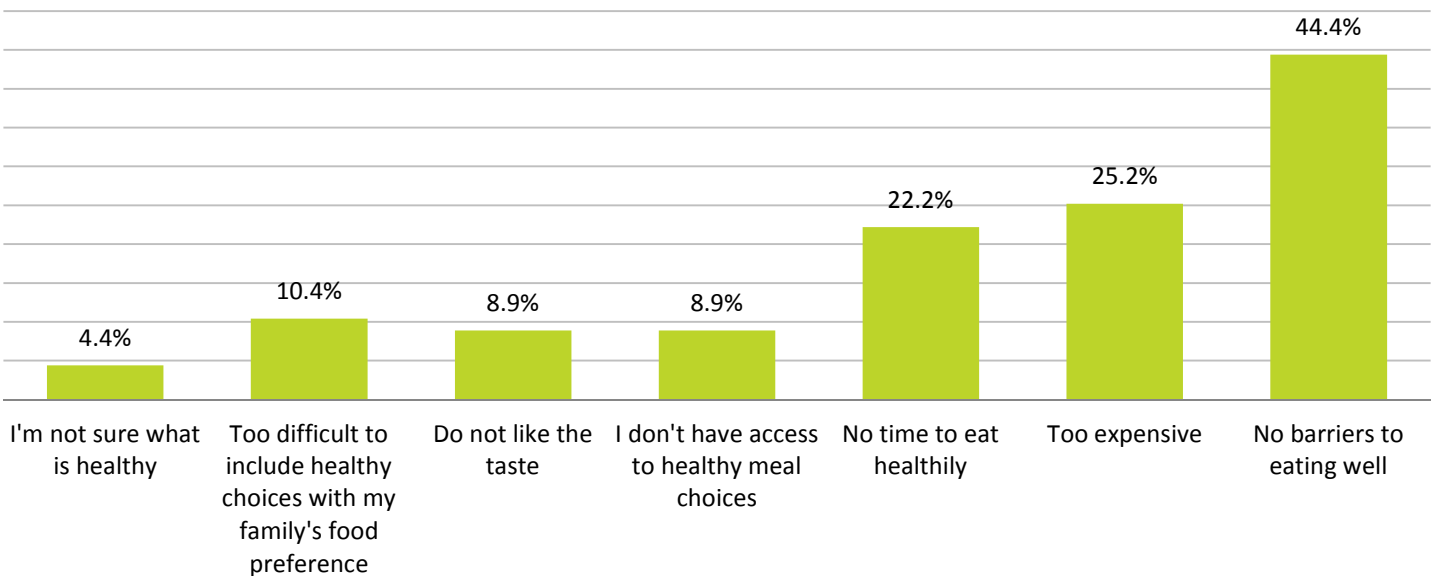
- The majority of employees typically do take breaks during the work day (87.0%). Among employees who do not take breaks:
 - 30% need to *catch up on work*
 - 20.0% felt that *chatting with others* during work takes up official “break” time
 - 15.0% *didn't want to take a break/pressure to get work done*

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

- **Not having enough time (48.9%)**
- **Lack of energy/too tired (32.6%)**
- **Inconvenient location or difficulty accessing facilities or equipment (11.1%)**

EATING WELL

Employee Barriers Towards Eating Well



- If the vending machines, snack bar or cafeteria at work locations offered healthier food and beverage options:
 - 26.5% of employees indicated they would select these options if they were offered at the *same or less price*
 - 33.7% said they would select these healthier options even if they were offered at a *slightly higher cost*