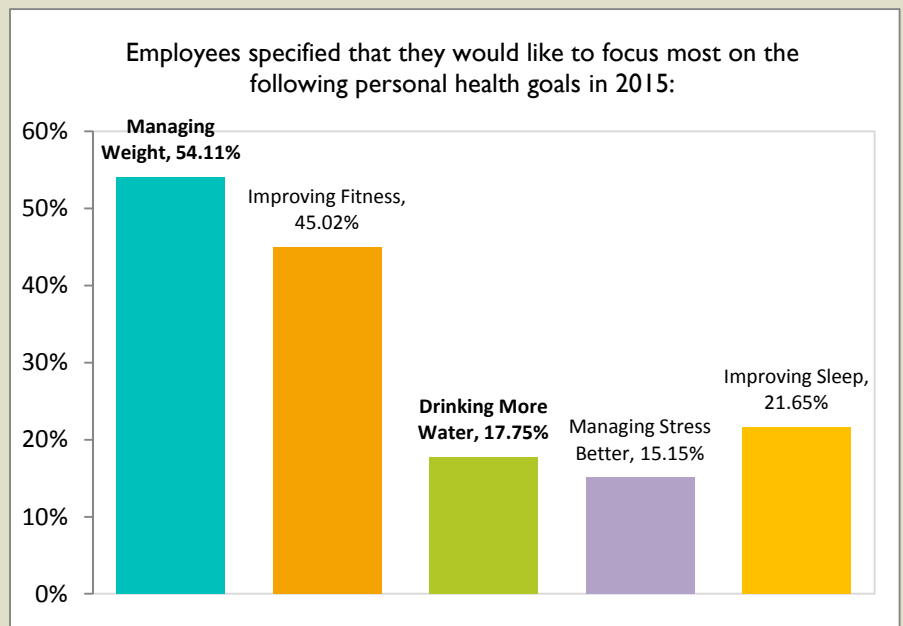


## INFORMATION TECHNOLOGY

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 231 out of 453 employees from Information Technology responded to the Culture of Health Survey (51.0% response rate).

### EMPLOYEE WELL-BEING

- 88.3% of respondents indicated that they *Strongly Agree* or *Agree* to plan on taking steps to improve their overall health in 2015.
- 28.6% of employees responded to stress levels being *High* or *Overwhelming*.
- 42.4% 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 (52.0%)**
- **Tracking success via a wearable device (26.0%)**
- **Access to technology to track success (25.6%)**
- **Access to one-on-one/personal guidance (25.1%)**

Employees indicated that they would most likely participate in a health improvement program if it was offered *Online/Internet* (49.1%) or at *On-site live meetings/classes* (23.5%).

- 19.1% would prefer to participate in a program *after work*, 34.7% *during lunch*, and 16.0% during their *mid-morning break*
- Nearly half of employees (44.6%) indicated that they would commit *15-30 minutes during the work day* to a health improvement program
- A majority of employees (81.0%) 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

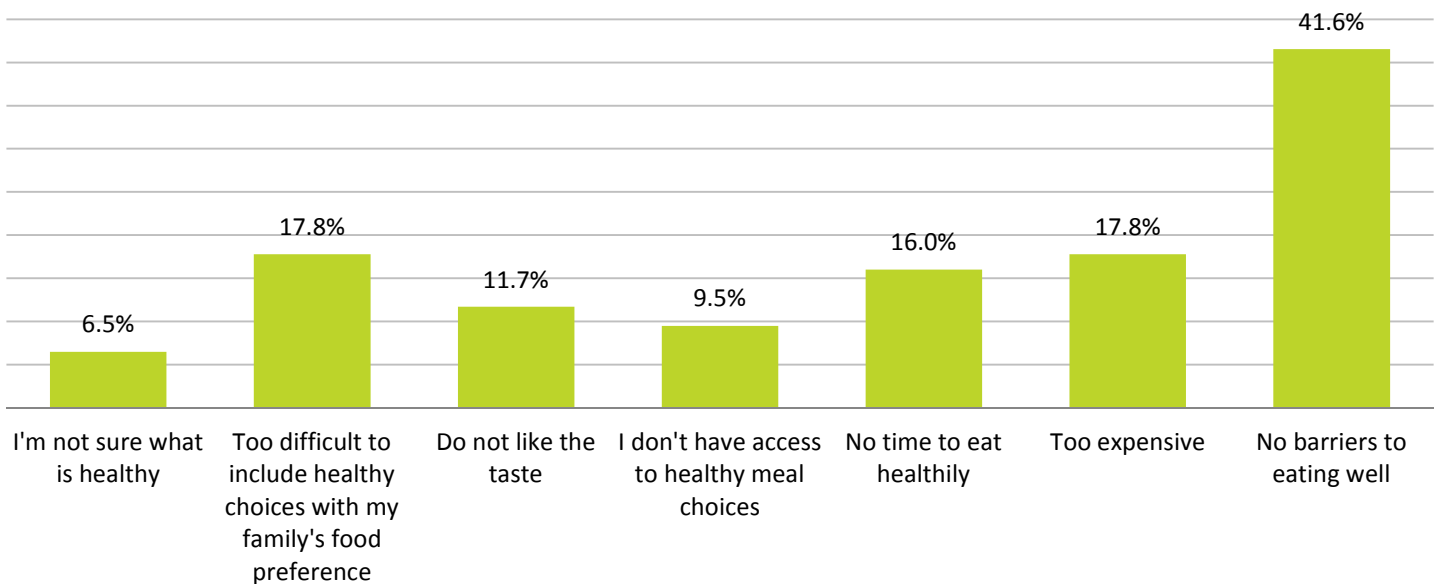
- 58.2% of employees typically do take breaks during the work day. Among employees who do not take breaks:
  - 29.3% indicated *pressure to get work done*
  - 25.3% reported *eating at their desks*
  - 22.2% needed to *catch up on work*

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

- **Not having enough time (45.9%)**
- **Lack of energy/too tired (25.5%)**
- **Inconvenient location or difficulty accessing facilities or equipment (13.0%)**

EATING WELL

Employee Barriers Towards Eating Well



- If the vending machines, snack bar or cafeteria at work locations offered healthier food and beverage options:
  - 28.6% 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*