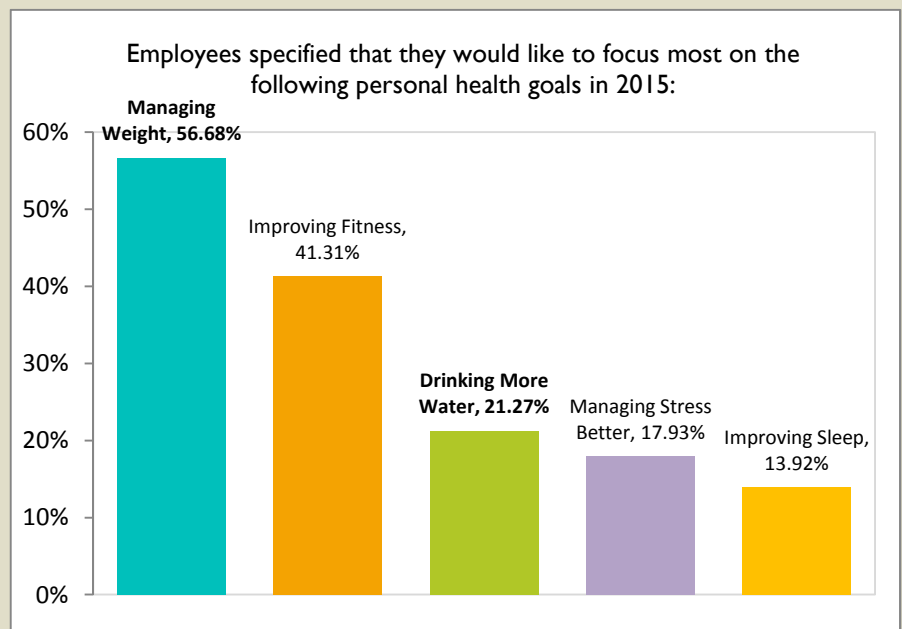


MENTAL HEALTH

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 898 out of 1349 employees from the Department of Mental Health responded to the Culture of Health Survey (66.6% response rate).

EMPLOYEE WELL-BEING

- 92.8% of respondents indicated that they *Strongly Agree* or *Agree* to plan on taking steps to improve their overall health in 2015.
- 27.6% of employees responded to stress levels being *High* or *Overwhelming*.
- 40.5% 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 (50.1%)**
- **Access to one-on-one/personal guidance (34.2%)**
- **Tracking success via a wearable device (21.5%)**
- **Access to technology to track success (16.7%)**

Employees indicated that they would most likely participate in a health improvement program if it was offered *Online/Internet* (37.8%) or at *On-site live meetings/classes* (31.4%).

- 26.5% would prefer to participate in a program *after work*, 19.9% during *lunch*, and 17.0% during their *mid-afternoon break*
- Nearly half of employees (47.2%) indicated that they would commit *15-30 minutes* during the work day to a health improvement program
- A majority of employees (73.8%) 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

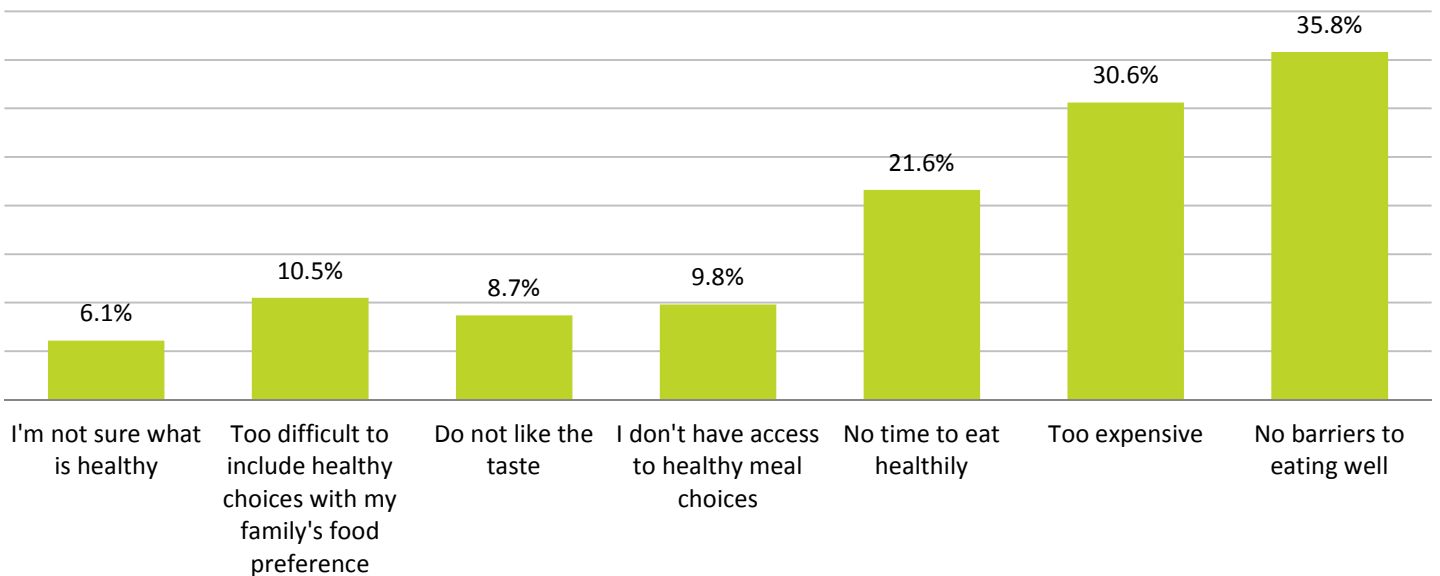
- 55.1% of employees typically do take breaks during the work day. Among employees who do not take breaks:
 - 29.8% indicated *pressure to get work done*
 - 23.6% needed to *catch up on work*
 - 17.3% reported *eating at their desks*

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

- **Not having enough time (50.9%)**
- **Lack of energy/too tired (41.4%)**
- **Inconvenient location or difficulty accessing facilities or equipment (11.3%)**

EATING WELL

Employee Barriers Towards Eating Well



- If the vending machines, snack bar or cafeteria at work locations offered healthier food and beverage options:
 - 33.5% of employees indicated they would select these options if they were offered at the *same or less price*
 - 36.2% said they would select these healthier options even if they were offered at a *slightly higher cost*