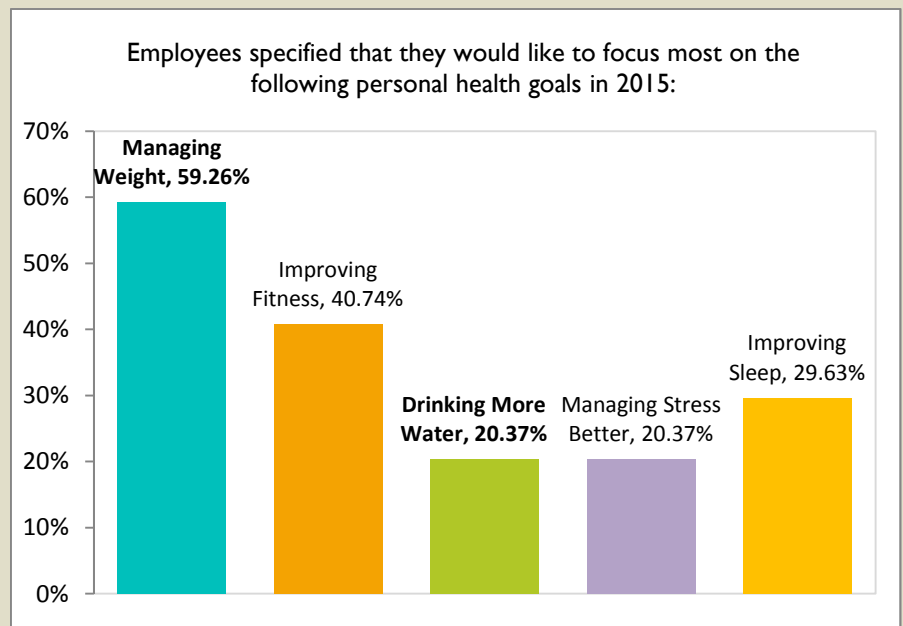


## OFFICE ON AGING

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 54 out of 57 employees from the Office of Aging responded to the Culture of Health Survey (94.7% response rate).

### EMPLOYEE WELL-BEING

- 96.3% of respondents indicated that they *Strongly Agree* or *Agree* to plan on taking steps to improve their overall health in 2015.
- 31.5% of employees responded to stress levels being *High* or *Overwhelming*.
- 37.0% 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 (57.4%)**
- **Access to one-on-one/personal guidance (27.8%)**
- **Access to technology to track success (25.9%)**
- **Opportunity to help others or be involved in a cause (24.1%)**

Employees indicated that they would most likely participate in a health improvement program if it was offered *Online/Internet* (48.2%) or at *On-site live meetings/classes* (20.4%).

- 22.6% would prefer to participate in a program *after work*, 24.5% during *lunch*, and 15.1% during their *mid-afternoon break*
- Nearly half of employees (42.6%) indicated that they would commit *15-30 minutes during the work day* to a health improvement program
- A majority of employees (74.1%) 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

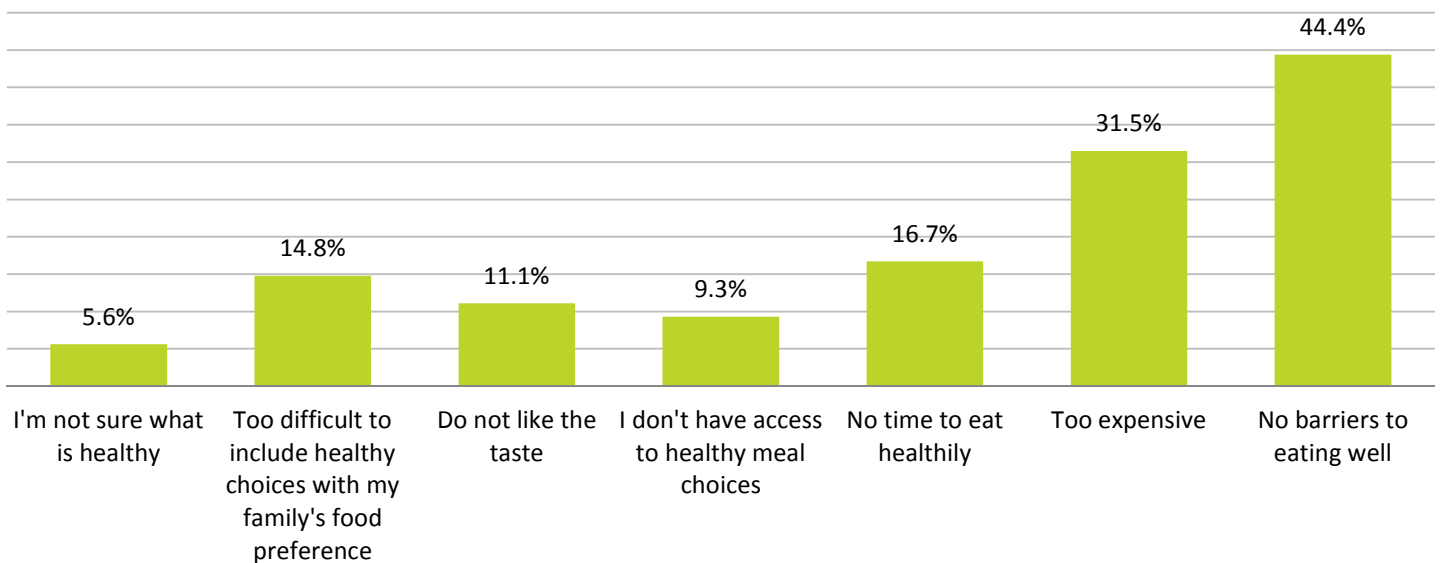
- 63.5% of employees typically do **not** take breaks during the work day. Among employees who do not take breaks:
  - 28.6% indicated *pressure to get work done*
  - 22.9% needed to *catch up on work*
  - 17.1% reported *eating at their desks*

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

- **Not having enough time (55.6%)**
- **Lack of energy/too tired (46.3%)**
- **Too expensive/costs too much (14.8%)**

EATING WELL

Employee Barriers Towards Eating Well



- If the vending machines, snack bar or cafeteria at work locations offered healthier food and beverage options:
  - 36.0% of employees indicated they would select these options if they were offered at the *same or less price*
  - 32.0% said they would select these healthier options even if they were offered at a *slightly higher cost*