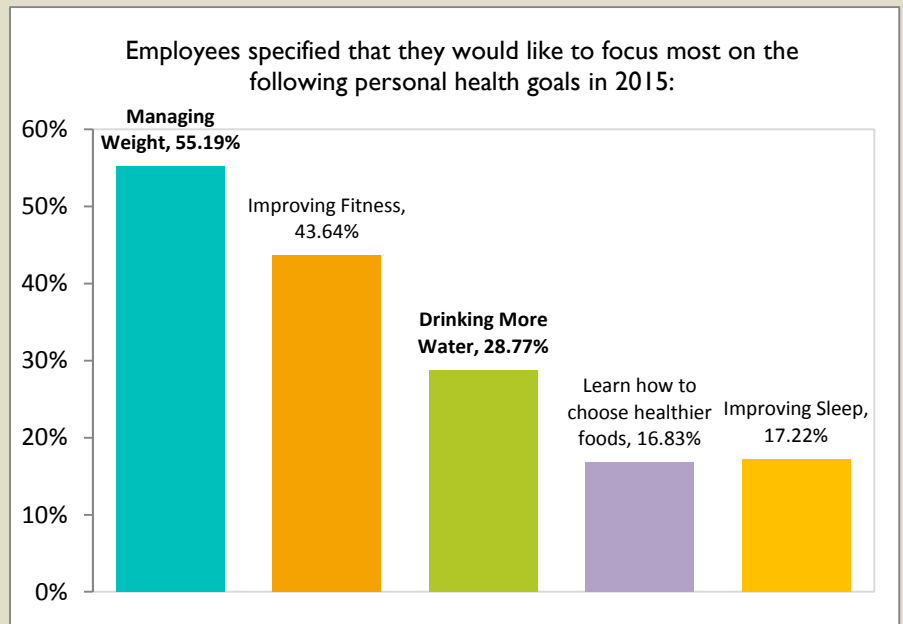


PROBATION

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 511 out of 841 employees from the Probation Department responded to the Culture of Health Survey (60.8% response rate).

EMPLOYEE WELL-BEING

- 91.8% of respondents indicated that they *Strongly Agree* or *Agree* to plan on taking steps to improve their overall health in 2015.
- 21.4% of employees responded to stress levels being *High* or *Overwhelming*.
- 42.6% 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 (46.0%)**
- **Access to one-on-one/personal guidance (27.4%)**
- **Friendly competition (20.9%)**
- **Group/team activities (20.6%)**

Employees indicated that they would most likely participate in a health improvement program if it was offered *Online/Internet* (39.8%) or at *On-site live meetings/classes* (25.5%).

- 26.8% would prefer to participate in a program *after work*, 27.6% during *lunch*, and 15.1% during their *mid-afternoon break*
- 38.9% of employees indicated that they would commit *15-30 minutes* during the work day to a health improvement program
- A majority of employees (80.0%) 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

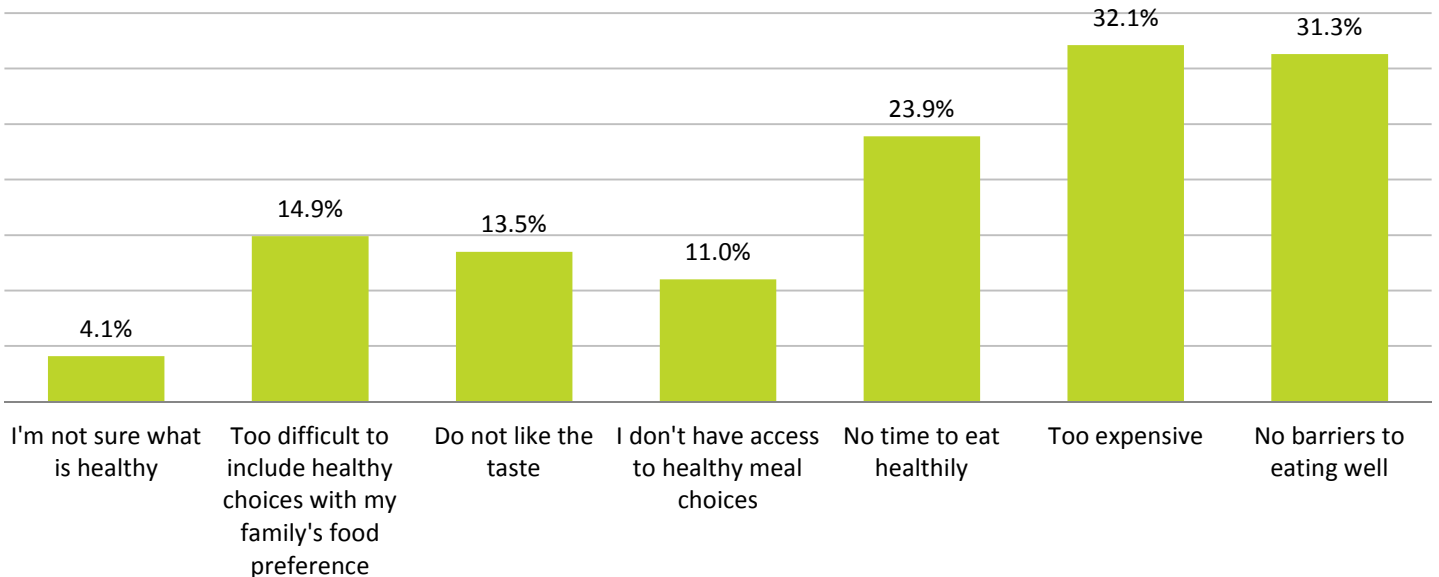
- 60.6% of employees typically do **not** take breaks during the work day. Among employees who do not take breaks:
 - 34.6% indicated *pressure to get work done*
 - 13.3% needed to *catch up on work*
 - 15.5% feel that *chatting with others* during work takes up official “break” time

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

- **Not having enough time (51.9%)**
- **Lack of energy/too tired (42.7%)**
- **Inconvenient location or difficulty accessing facilities or equipment (13.7%)**

EATING WELL

Employee Barriers Towards Eating Well



- If the vending machines, snack bar or cafeteria at work locations offered healthier food and beverage options:
 - 33.0% of employees indicated they would select these options if they were offered at the *same or less price*
 - 31.4% said they would select these healthier options even if they were offered at a *slightly higher cost*