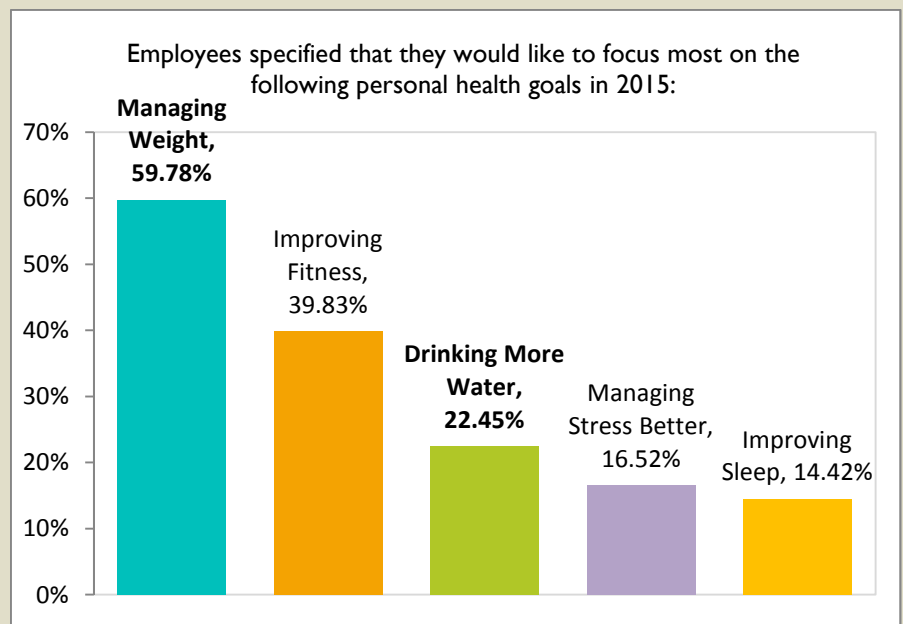


## DEPARTMENT OF PUBLIC SOCIAL SERVICES

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 1283 out of 3989 employees from the Department of Public Social Services responded to the Culture of Health Survey (32.2% response rate).

### EMPLOYEE WELL-BEING

- 88.9% of respondents indicated that they *Strongly Agree* or *Agree* to plan on taking steps to improve their overall health in 2015.
- 27.5% of employees responded to stress levels being *High* or *Overwhelming*.
- 38.0% 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 (52.8%)**
- **Access to one-on-one/personal guidance (32.6%)**
- **Tracking success via a wearable device (24.0%)**
- **Access to technology to track success (16.2%)**

Employees indicated that they would most likely participate in a health improvement program if it was offered *Online/Internet* (35.6%) or at *On-site live meetings/classes* (34.5%).

- 23.3% would prefer to participate in a program *after work*, 29.4% *during lunch*, and 16.7% during their *mid-morning break*
- Nearly half of employees (47.8%) indicated that they would commit *15-30 minutes* during the work day to a health improvement program
- A majority of employees (77.6%) 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

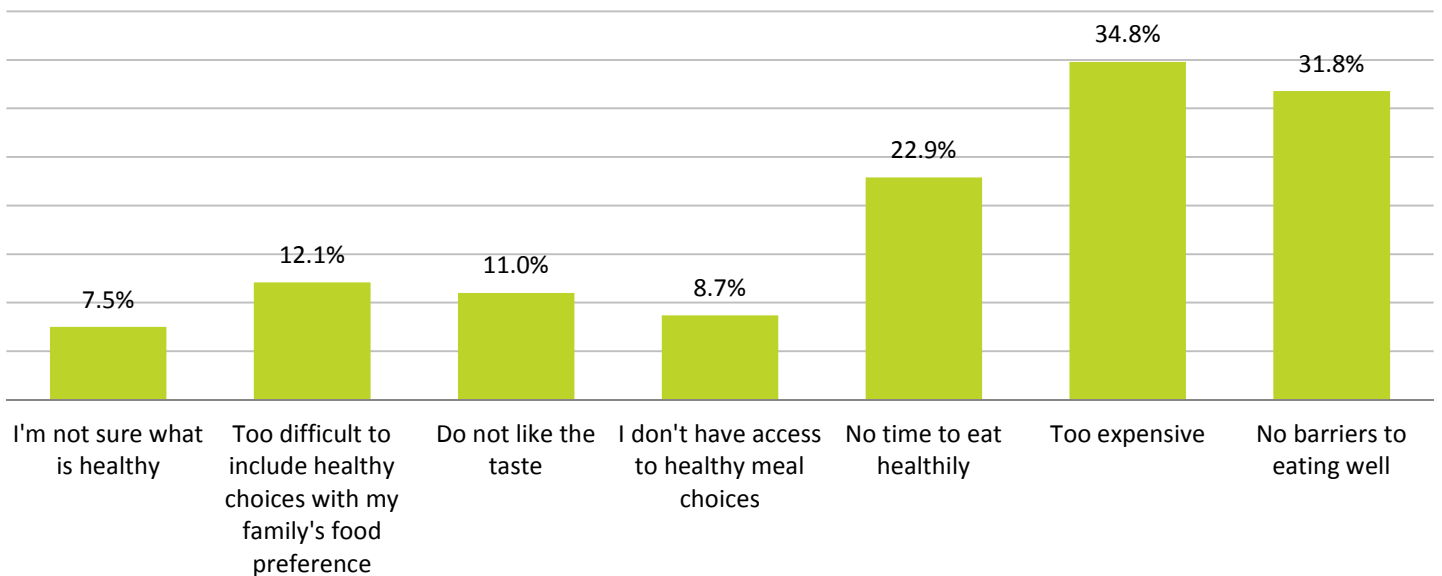
- 61.2% of employees typically do take breaks during the work day. Among employees who do not take breaks:
  - 38.3% indicated *pressure to get work done*
  - 19.1% needed to *catch up on work*
  - 15.4% reported *eating at their desks*

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

- **Not having enough time (50.7%)**
- **Lack of energy/too tired (43.6%)**
- **Inconvenient location or difficulty accessing facilities or equipment (11.7%)**

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*
  - 30.3% said they would select these healthier options even if they were offered at a *slightly higher cost*