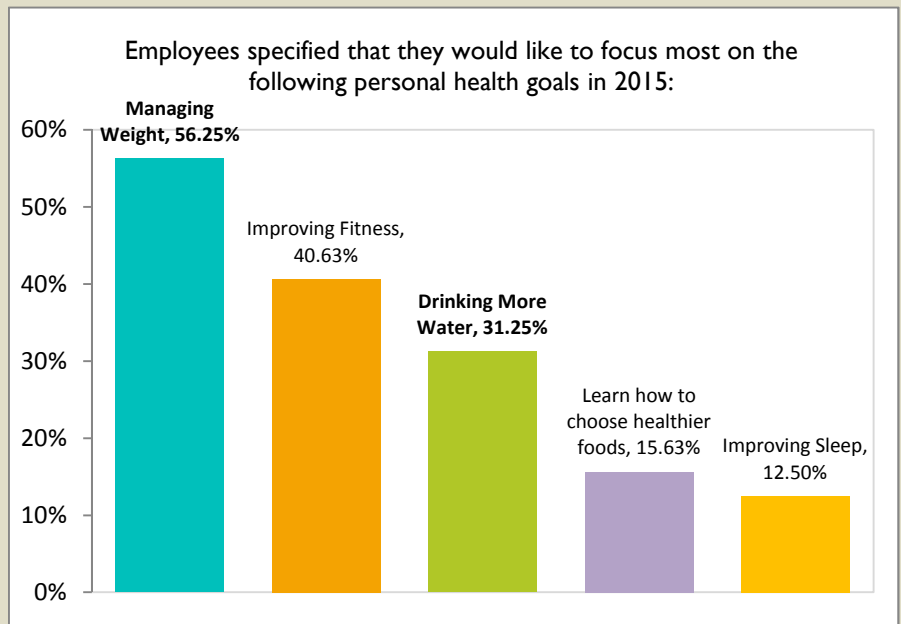


## PURCHASING/FLEET SERVICES

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 32 out of 114 employees from Purchasing/Fleet Services responded to the Culture of Health Survey (28.1% response rate).

### EMPLOYEE WELL-BEING

- 87.5% of respondents indicated that they *Strongly Agree* or *Agree* to plan on taking steps to improve their overall health in 2015.
- 40.6% of employees responded to stress levels being *High* or *Overwhelming*.
- 21.9% 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 (53.1%)**
- **Access to technology to track success (40.6%)**
- **Access to one-on-one/personal guidance (31.3%)**
- **Tracking success via a wearable device (18.8%)**

Employees indicated that they would most likely participate in a health improvement program if it was offered *Online/Internet* (43.8%) or *mobile-based* (25.0%).

- 29.0% would prefer to participate in a program *after work*, 35.5% during *lunch*, and 16.1% during their *mid-morning break*
- 59.4% of employees indicated that they would commit *15-30 minutes* during the work day to a health improvement program
- A majority of employees (93.8%) 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

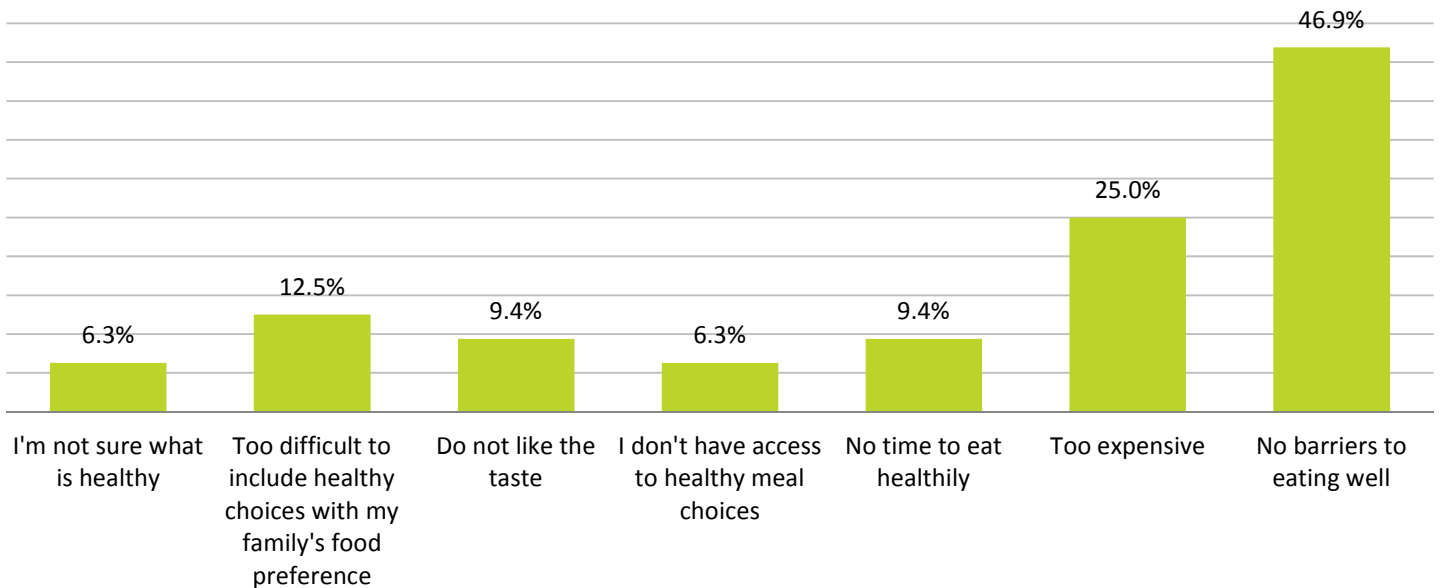
- 54.8% of employees typically do take breaks during the work day. Among employees who do not take breaks:
  - 46.7% indicated *pressure to get work done*
  - 26.7% needed to *catch up on work*
  - 20.20% *didn't want to take breaks*

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

- **Not having enough time (53.1%)**
- **Lack of energy/too tired (37.5%)**
- **Not enjoying it (12.5%)**

EATING WELL

Employee Barriers Towards Eating Well



- If the vending machines, snack bar or cafeteria at work locations offered healthier food and beverage options:
  - 38.5% of employees indicated they would select these options if they were offered at the *same or less price*
  - 23.1% said they would select these healthier options even if they were offered at a *slightly higher cost*