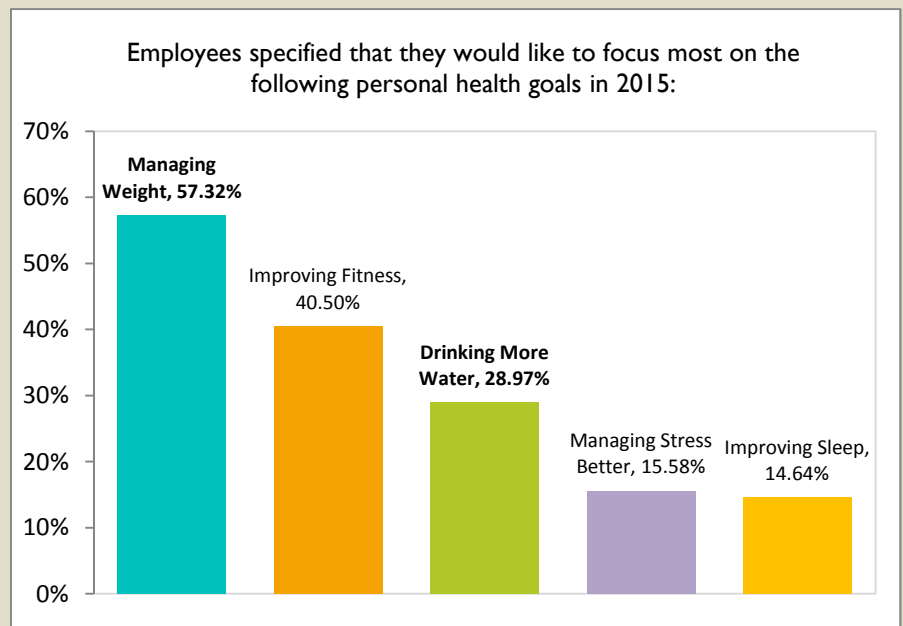


## REGIONAL MEDICAL CENTER (RCRMC)

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 321 out of 2814 employees from RCRMC responded to the Culture of Health Survey (11.4% response rate).

### EMPLOYEE WELL-BEING

- 92.2% of respondents indicated that they *Strongly Agree* or *Agree* to plan on taking steps to improve their overall health in 2015.
- 28.9% of employees responded to stress levels being *High* or *Overwhelming*.
- 41.5% 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 (49.8%)**
- **Access to one-on-one/personal guidance (31.5%)**
- **Access to technology to track success (19.6%)**
- **Tracking success via a wearable device (19.0%)**

Employees indicated that they would most likely participate in a health improvement program if it was offered *Online/Internet* (42.8%) or at *On-site live meetings/classes* (27.7%).

- 36.9% would prefer to participate in a program *after work*, 21.1% during *lunch*, and 15.1% during *weekends or off days*
- Nearly half of employees (47.7%) indicated that they would commit *15-30 minutes during the work day* to a health improvement program
- A majority of employees (78.5%) 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

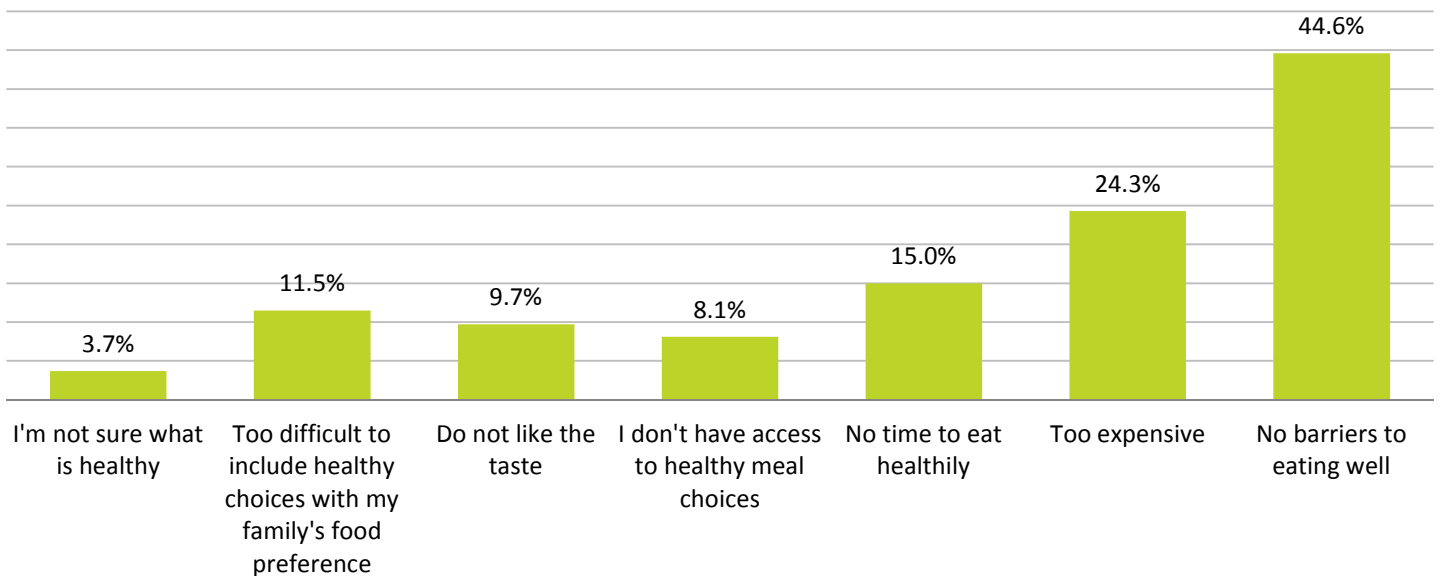
- 52.4% of employees typically do take breaks during the work day. Among employees who do not take breaks:
  - 37.7% indicated *pressure to get work done*
  - 17.6% needed to *catch up on work*
  - 14.5% reported *eating at their desks*

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

- **Not having enough time (49.9%)**
- **Lack of energy/too tired (41.1%)**
- **Inconvenient location or difficulty accessing facilities or equipment (10.9%)**

EATING WELL

Employee Barriers Towards Eating Well



- If the vending machines, snack bar or cafeteria at work locations offered healthier food and beverage options:
  - 38.6% of employees indicated they would select these options if they were offered at the *same or less price*
  - 24.8% said they would select these healthier options even if they were offered at a *slightly higher cost*