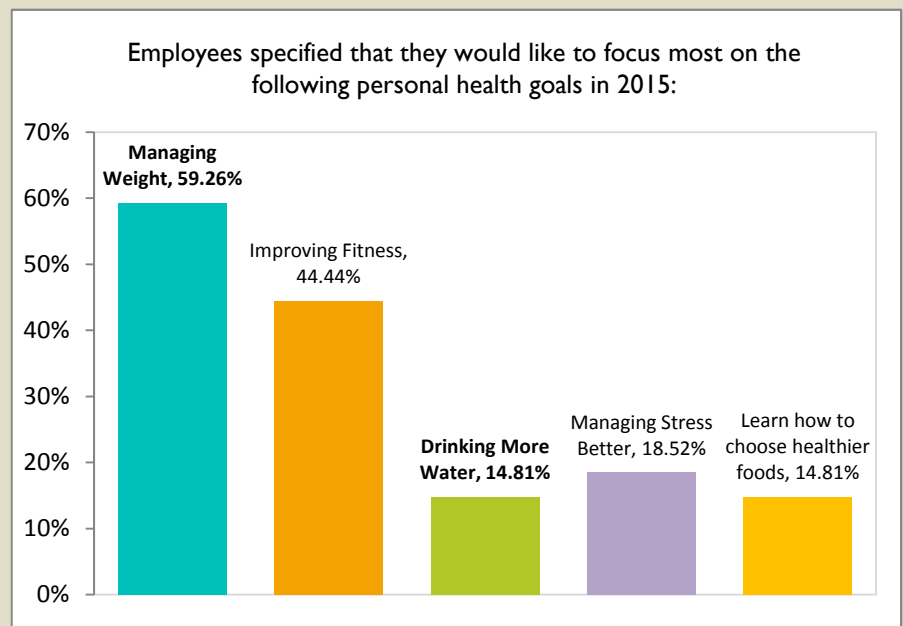


## REGISTRAR OF VOTERS

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. All employees from the Registrar of Voters responded to the Culture of Health Survey (100.0% response rate).

### EMPLOYEE WELL-BEING

- 96.2% of respondents indicated that they *Strongly Agree* or *Agree* to plan on taking steps to improve their overall health in 2015.
- 26.9% of employees responded to stress levels being *High* or *Overwhelming*.
- 19.2% 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 (44.4%)**
- **Access to one-on-one/personal guidance (44.4%)**
- **Tracking success via a wearable device (22.2%)**
- **Group/team activities (22.2%)**

Employees indicated that they would most likely participate in a health improvement program if it was offered *Online/Internet* (46.2%) or *mobile-based* (19.2%).

- 36.0% would prefer to participate in a program *after work*, 16.0% *during lunch*, and 16.0% during their *mid-morning break*
- Nearly half of employees (48.0%) indicated that they would commit *15-30 minutes during the work day* to a health improvement program
- A majority of employees (77.8%) 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

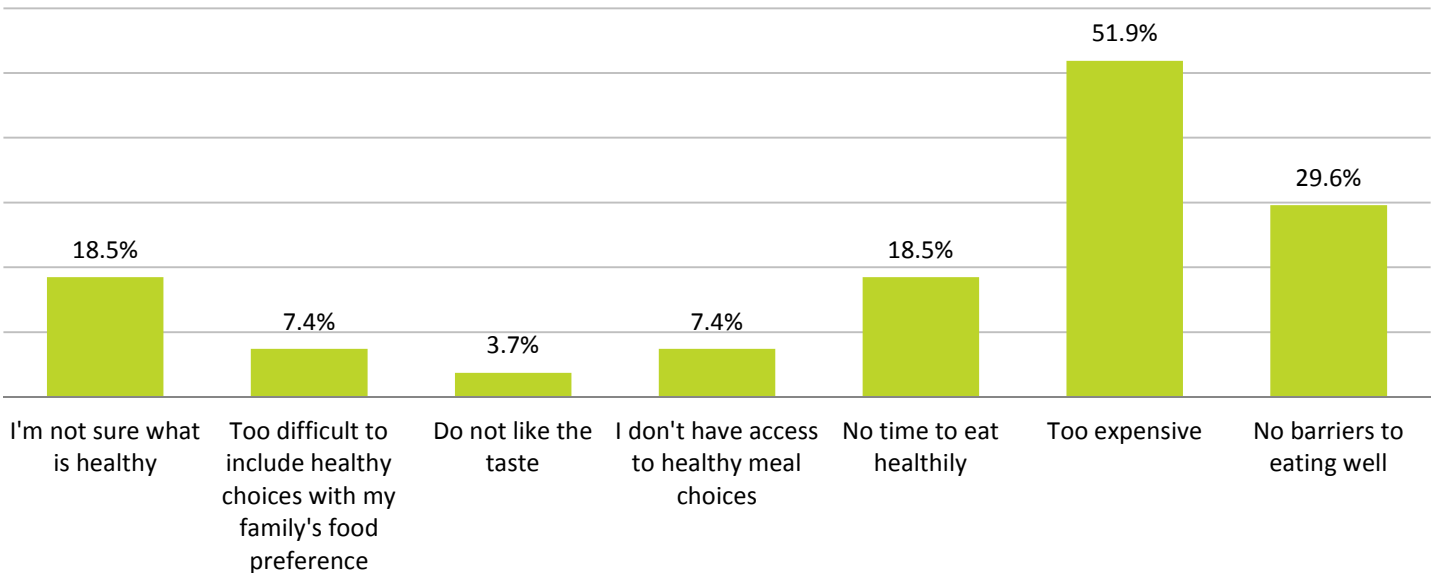
- The majority of employees typically do take breaks during the work day (68.0%). Among employees who do not take breaks:
  - 44.4% indicated *pressure to get work done*
  - 22.2% needed to *catch up on work*
  - 22.2% *didn't want to take a break*

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

- **Lack of energy/too tired (33.3%)**
- **Not having enough time (25.9%)**
- **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:
  - 50.0% of employees indicated they would select these options if they were offered at the *same or less price*
  - 27.8% said they would select these healthier options even if they were offered at a *slightly higher cost*