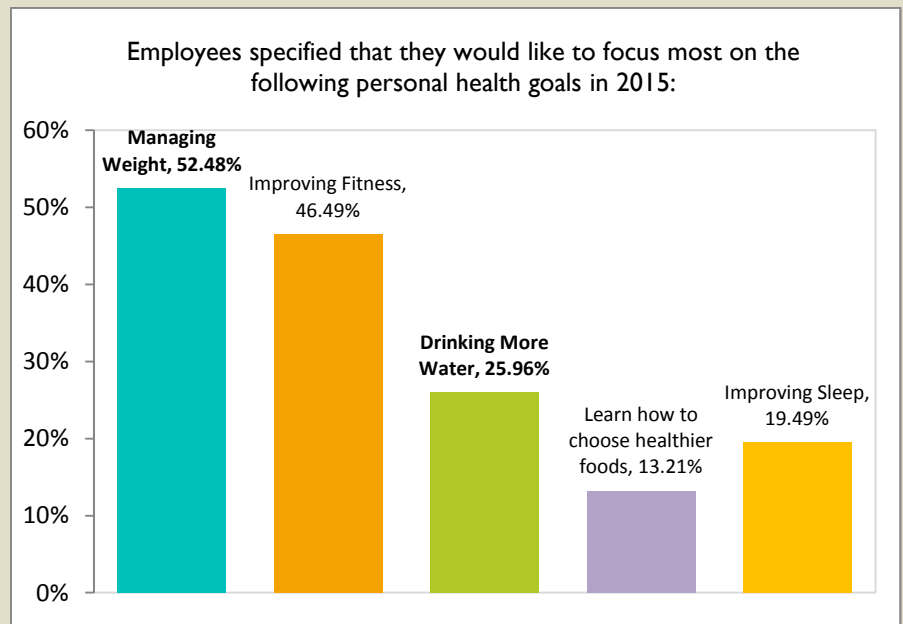


## SHERIFF

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 1067 out of 4094 employees from the Sheriff's Department responded to the Culture of Health Survey (26.1% response rate).

### EMPLOYEE WELL-BEING

- 90.5% of respondents indicated that they *Strongly Agree* or *Agree* to plan on taking steps to improve their overall health in 2015.
- 20.8% of employees responded to stress levels being *High* or *Overwhelming*.
- 35.3% 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 (41.8%)**
- **Access to one-on-one personal guidance (26.0%)**
- **Access to technology to track success (18.0%)**
- **Family involvement (17.2%)**

Employees indicated that they would most likely participate in a health improvement program if it was offered *Online/Internet* (49.7%) or at *On-site live meetings/classes* (17.9%)

- 32.4% would prefer to participate in a program *after work*, 19.6% during *weekends or off days*, and 18.5% *before work*
- 38.1% of employees indicated that they would commit *15-30 minutes* during the work day to a health improvement program
- A majority of employees (78.3%) 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

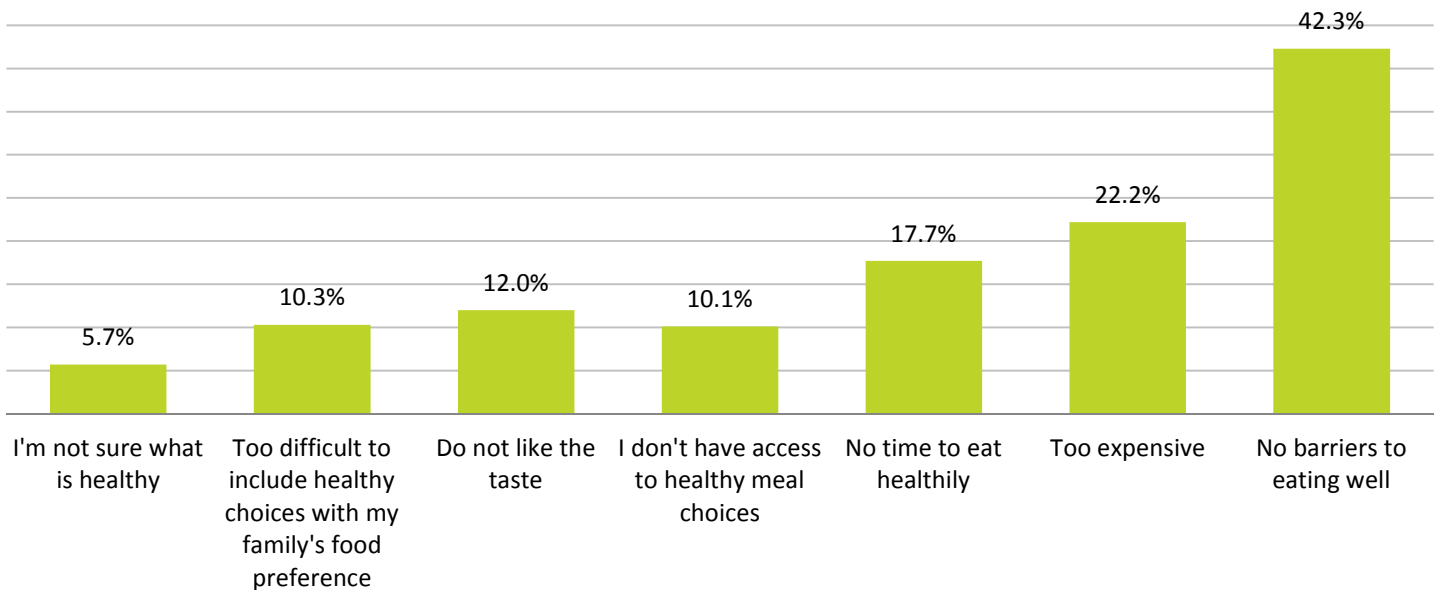
- 58.4% of employees typically do take breaks during the work day. Among employees who do not take breaks:
  - 26.1% reported *eating at their desks*
  - 20.5% indicated *pressure to get work done*
  - 15.6% *didn't want to take a break*

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

- **Not having enough time (46.4%)**
- **Lack of energy/too tired (34.0%)**
- **Inconvenient location or difficulty accessing facilities or equipment (7.0%)**

EATING WELL

Employee Barriers Towards Eating Well



- If the vending machines, snack bar or cafeteria at work locations offered healthier food and beverage options:
  - 28.7% of employees indicated they would select these options if they were offered at the *same or less price*
  - 33.3% said they would select these healthier options even if they were offered at a *slightly higher cost*