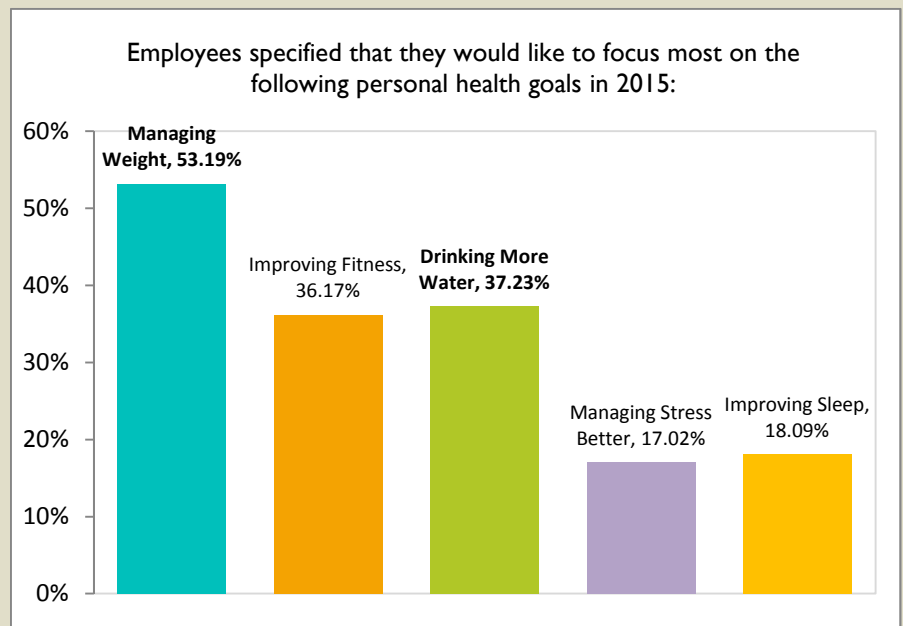


TREASURER – TAX COLLECTOR

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 94 out of 99 employees from the Treasurer & Tax Collectors Department responded to the Culture of Health Survey (94.9% response rate).

EMPLOYEE WELL-BEING

- 91.5% of respondents indicated that they *Strongly Agree* or *Agree* to plan on taking steps to improve their overall health in 2015.
- 21.3% of employees responded to stress levels being *High* or *Overwhelming*.
- 43.6% 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 (46.8%)**
- **Access to one-on-one/personal guidance (24.5%)**
- **Tracking success via a wearable device (18.1%)**
- **Friendly competitions (17.0%)**

Employees indicated that they would most likely participate in a health improvement program if it was offered *Online/Internet* (50.5%) or at *On-site live meetings/classes* (23.7%).

- 28.6% would prefer to participate in a program *after work*, 14.3% *during lunch*, and 16.5% during their *mid-morning break*
- 43.0% of employees indicated that they would commit *15-30 minutes during the work day* to a health improvement program
- A majority of employees (83.0%) 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

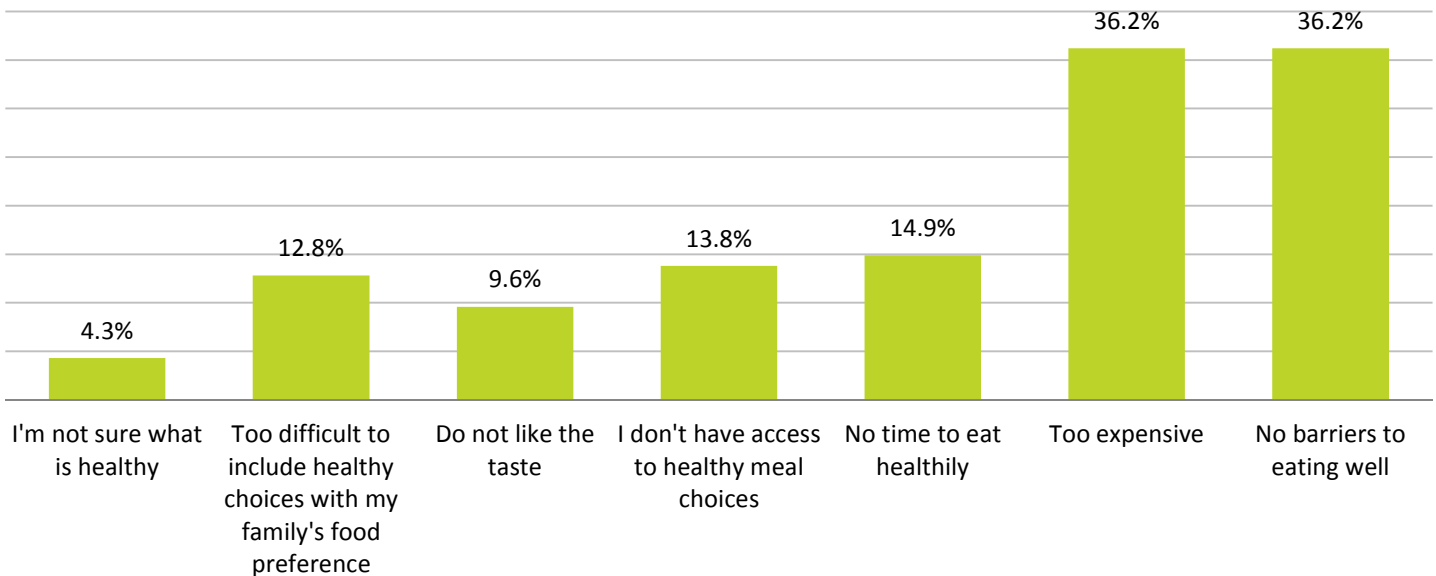
- The majority of employees typically do take breaks during the work day (82.6%). Among employees who do not take breaks:
 - 38.9% indicated *pressure to get work done*
 - 11.1% feel that *chatting with others* during work takes up official “break” time
 - 16.7% *didn't want to take a break*

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

- **Not having enough time (51.1%)**
- **Lack of energy/too tired (39.4%)**
- **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:
 - 41.0% of employees indicated they would select these options if they were offered at the *same or less price*
 - 15.4% said they would select these healthier options even if they were offered at a *slightly higher cost*