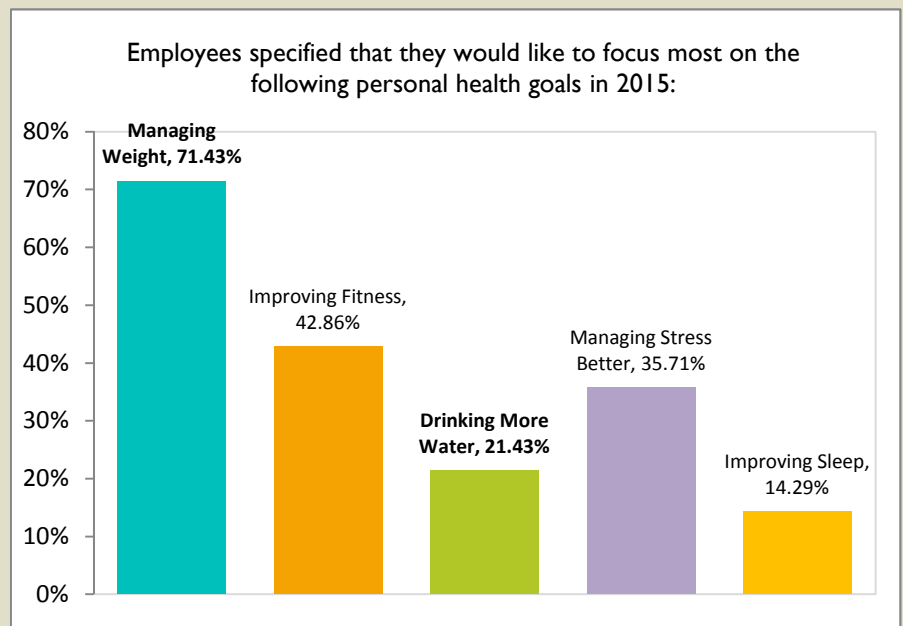


## VETERAN'S SERVICES OFFICE

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 Veteran's Services Office responded to the Culture of Health Survey (100.0% response rate).

### EMPLOYEE WELL-BEING

- 92.9% of respondents indicated that they *Strongly Agree* or *Agree* to plan on taking steps to improve their overall health in 2015.
- 14.3% of employees responded to stress levels being *High* or *Overwhelming*.
- 71.4% 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 (50.0%)**
- **Access to technology to track success (35.7%)**
- **Access to one-on-one/personal guidance (21.4%)**
- **Tracking success via a wearable device (21.4%)**

Employees indicated that they would most likely participate in a health improvement program if it was offered *Online/Internet* (57.1%) or *in groups that meet on an informal basis* (28.6%).

- 64.3% would prefer to participate in a program *after work*, 21.4% *during lunch*, and 14.3% during their *mid-morning break*
- 35.7% of employees indicated that they would commit *15-30 minutes during the work day* to a health improvement program
- A majority of employees (78.6%) 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

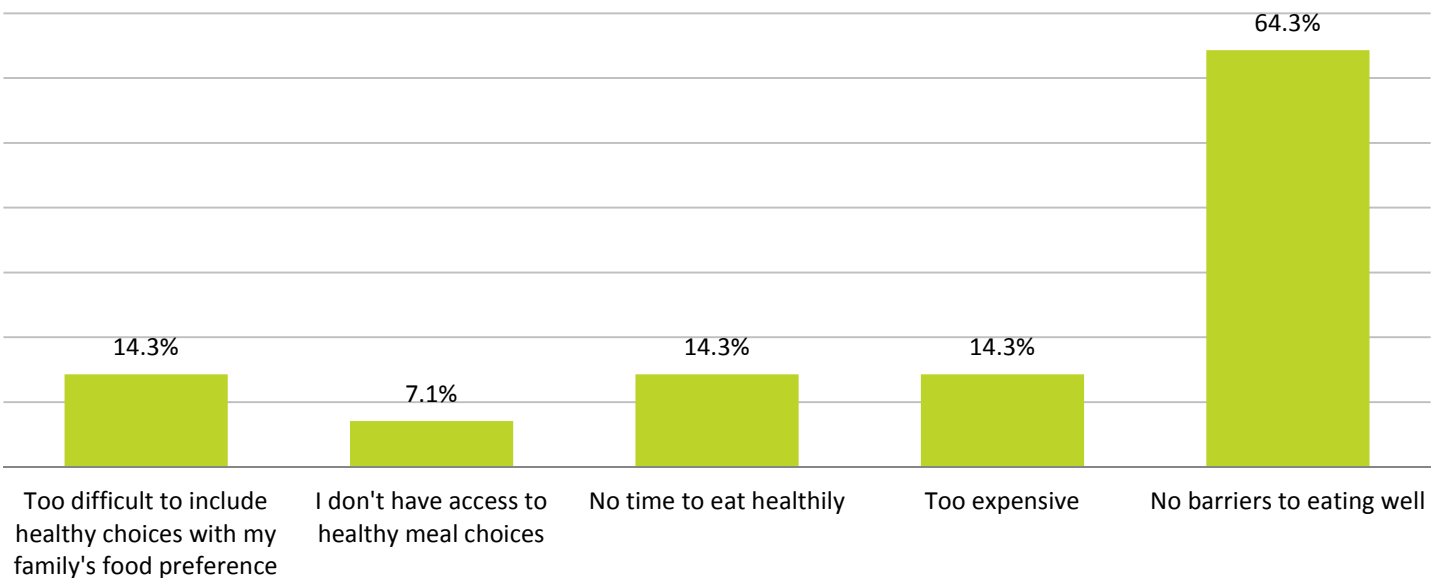
- 61.5% of employees typically do **not** take breaks during the work day. Among employees who do not take breaks:
  - 33.3% reported *eating at their desks*
  - 22.2% indicated *pressure to get work done*
  - 22.2% needed to *catch up on work*

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

- **Not having enough time (42.9%)**
- **Lack of energy/too tired (35.7%)**
- **Inconvenient location or difficulty accessing facilities or equipment (14.3%)**

EATING WELL

Employee Barriers Towards Eating Well



- If the vending machines, snack bar or cafeteria at work locations offered healthier food and beverage options:
  - 0% of employees indicated they would select these options if they were offered at the *same or less price*
  - 0% said they would select these healthier options even if they were offered at a *slightly higher cost*