



*The mission of the California Labor Lab is to extend the pursuit of health and safety for workers in traditional employment to those in a wide range of alternative arrangements in partnership with affected communities.*

# Data Brief #1: Working from Home in California

Edward Yelin, Trisha Iley, Ima Varghese Mac, Laura Trupin, Alicia LaFrance, Nari Rhee

---

The California Work and Health Survey asked the employed population to report whether they worked from home exclusively, some of the time, or not at all. The accompanying tables provide detailed analyses the demographics of work from home. In what follows we highlight some of the important findings.

In the State as a whole, just under half of the employed worked at home at least some of the time, while 17% worked from home exclusively. Working from home is even more common in the Bay Area, with 57% working from home at least some of the time and just under a fifth doing so exclusively.

The extent to which the employed population worked from home is tied to the kinds of jobs they have and to the characteristics of people in each kind of job. Among Californians with graduate education, almost 80% work from home at least some of time. In contrast, among those with a high school education or less, 68% never work from home. Race/ethnicity is clearly related to whether the employed population is able to work from home. Among non-Hispanic whites, 53% work from at least some of the time. Among Latinos and African Americans, fewer than 40% do.

Work from home is very common among those in the professions, much less so among those in personal and food service occupations and in blue collar ones (only a quarter of the

latter group work from home at all). Similarly, 70% or more of those in the information and finance and professional and business service industries work from home at least some of the time.

The pandemic has dramatically changed the site of work for Californians, an effect heightened in the Bay Area. The data reported here help us understand why the downtown zones in the State remain relatively empty on weekdays and why mass transit systems have not returned to ridership levels attained in the pre-pandemic years.

---

### **About the Survey**

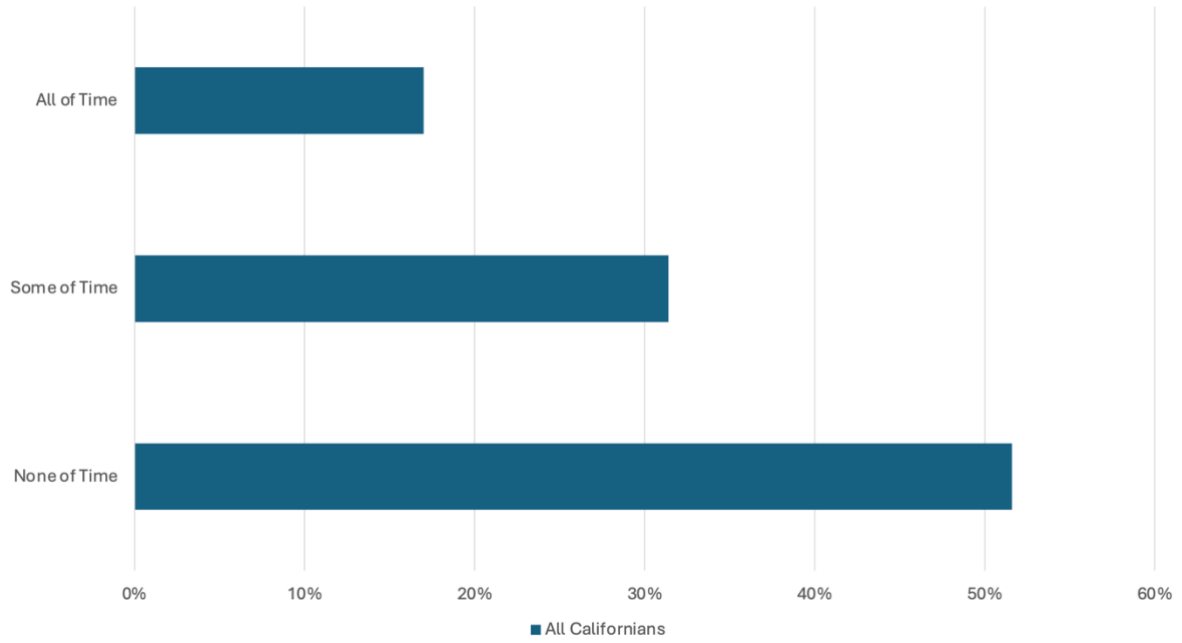
*The California Work and Health Survey (CWHHS) used a random sample of cell phones to develop its study cohort of 4,014 working age Californians. The CWHHS was administered between November 2022 and May 2023 by telephone interviewers or completed on-line at the respondents' choice. Both the telephone-administered and on-line surveys could be completed in English or Spanish. The survey covered current employment status, working conditions among the employed, health status, and economic well-being. The results were weighted to reflect known characteristics of the working age population of California.*

---

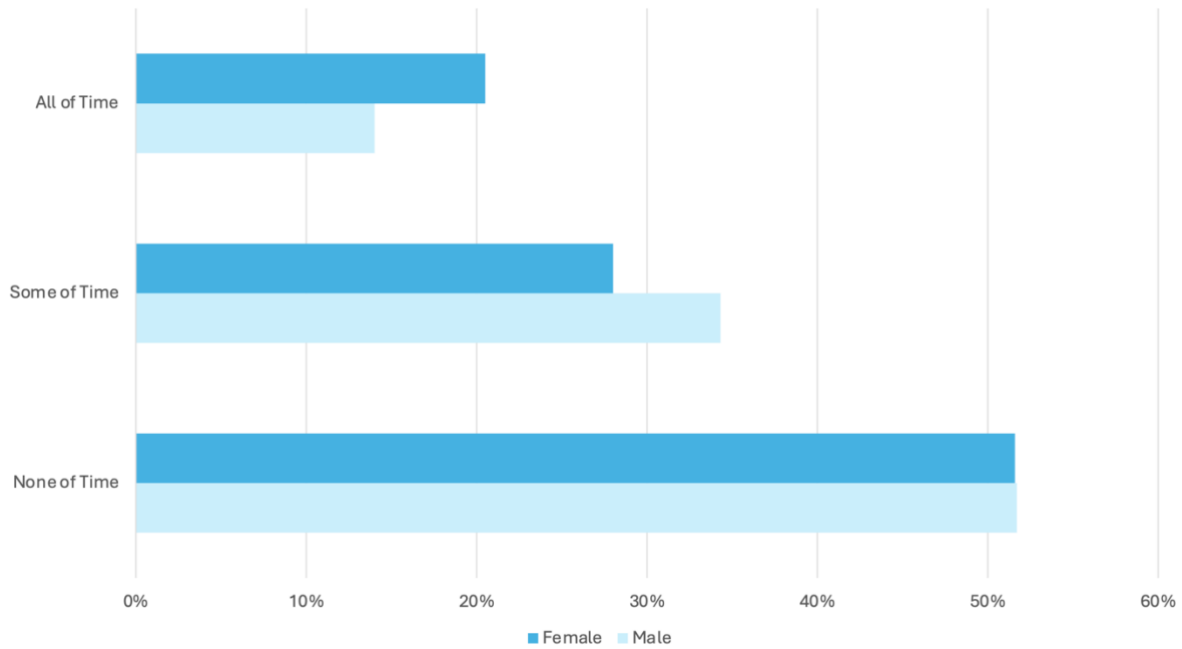
#### **Learn more:**

[calaborlab.ucsf.edu](https://calaborlab.ucsf.edu) | [calaborlab@ucsf.edu](mailto:calaborlab@ucsf.edu)

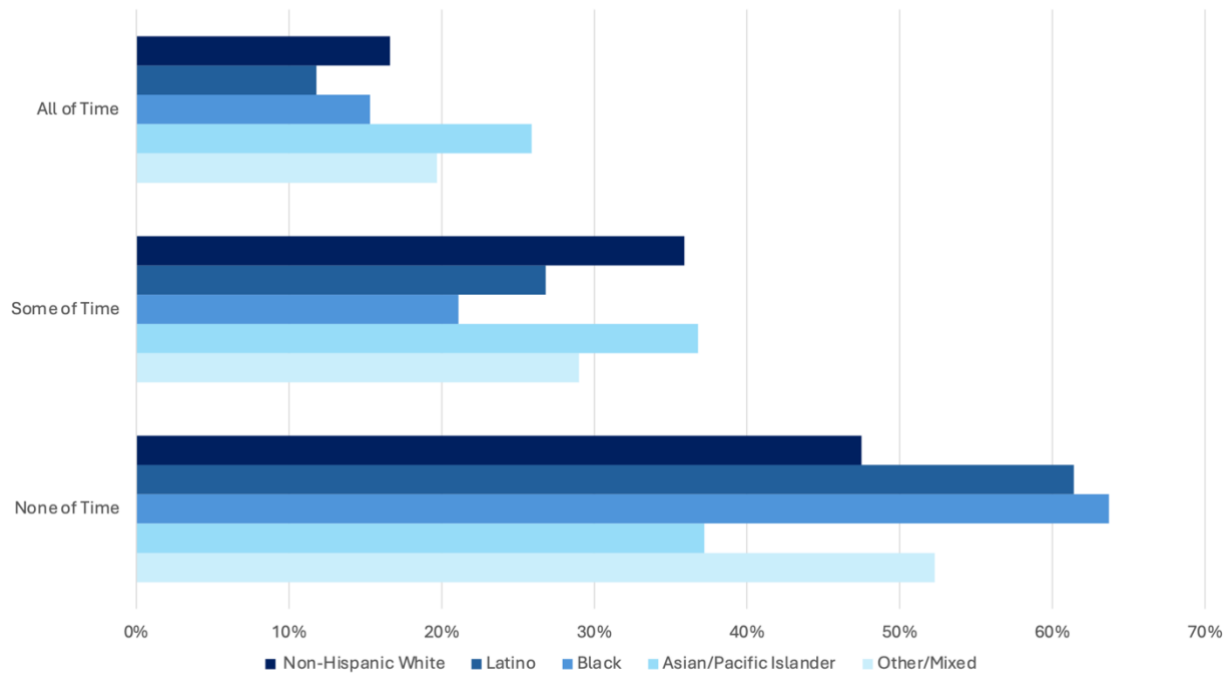
### Work from Home among Working Age Californians



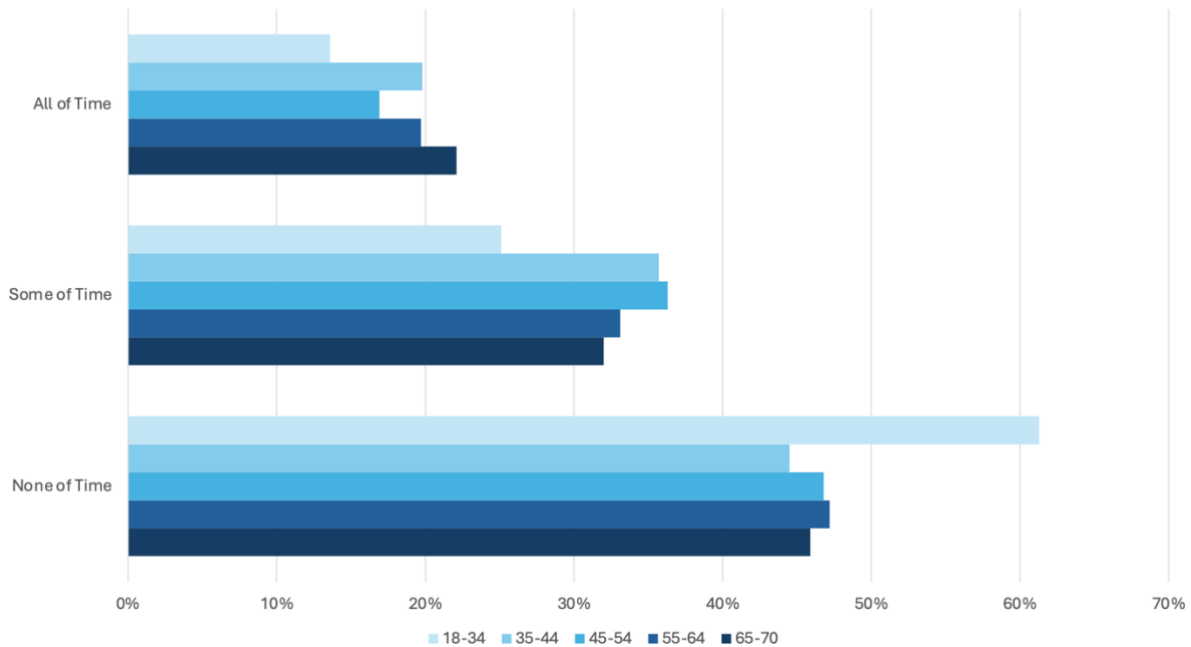
### Work from Home among Working Age Californians by Gender



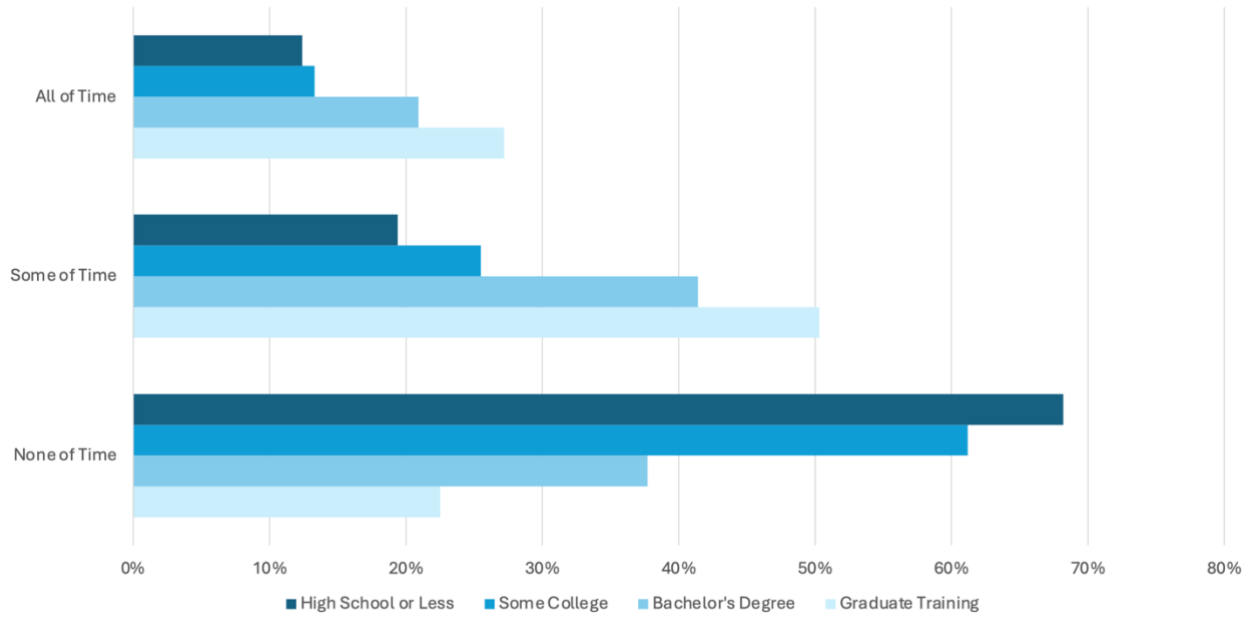
**Work from Home among Working Age Californians by Race/Ethnicity**



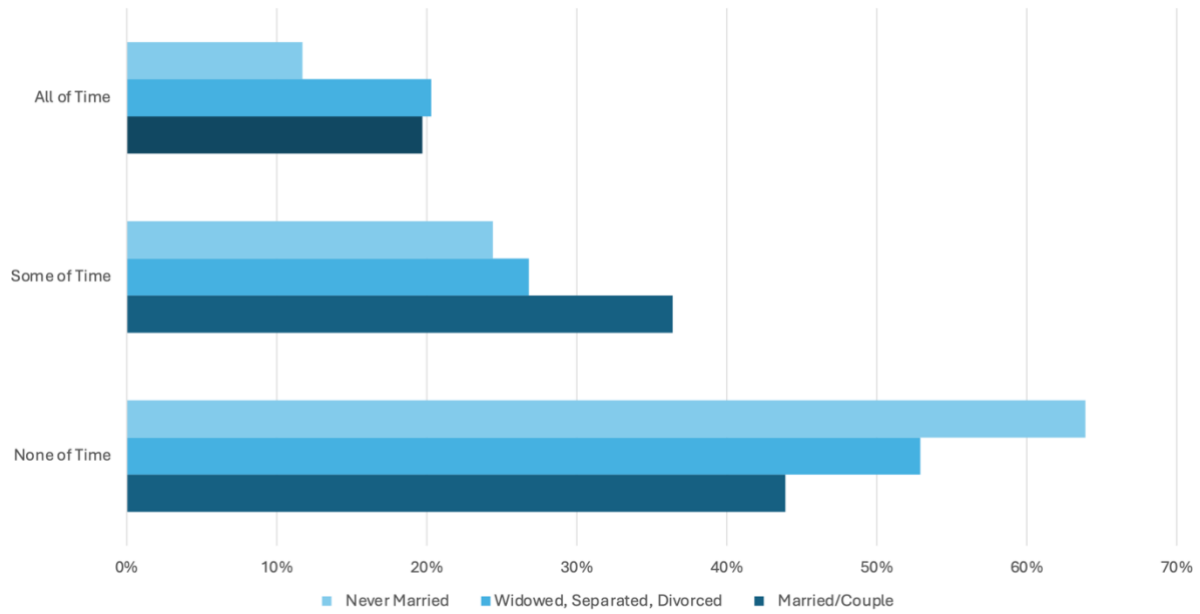
**Work from Home among Working Age Californians by Age Group**



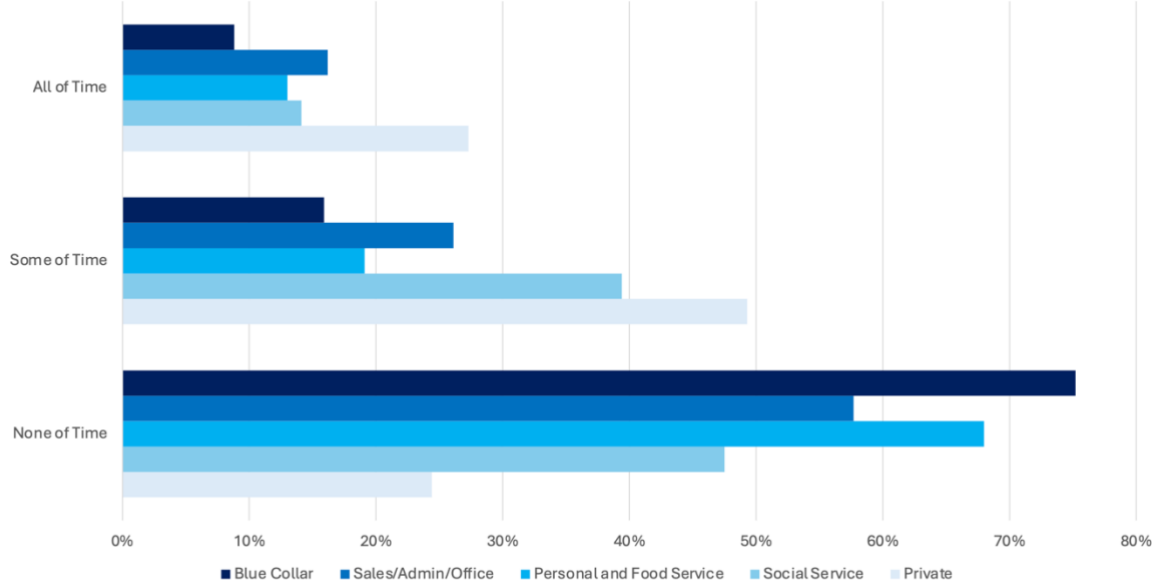
### Work from Home among Working Age Californians by Education



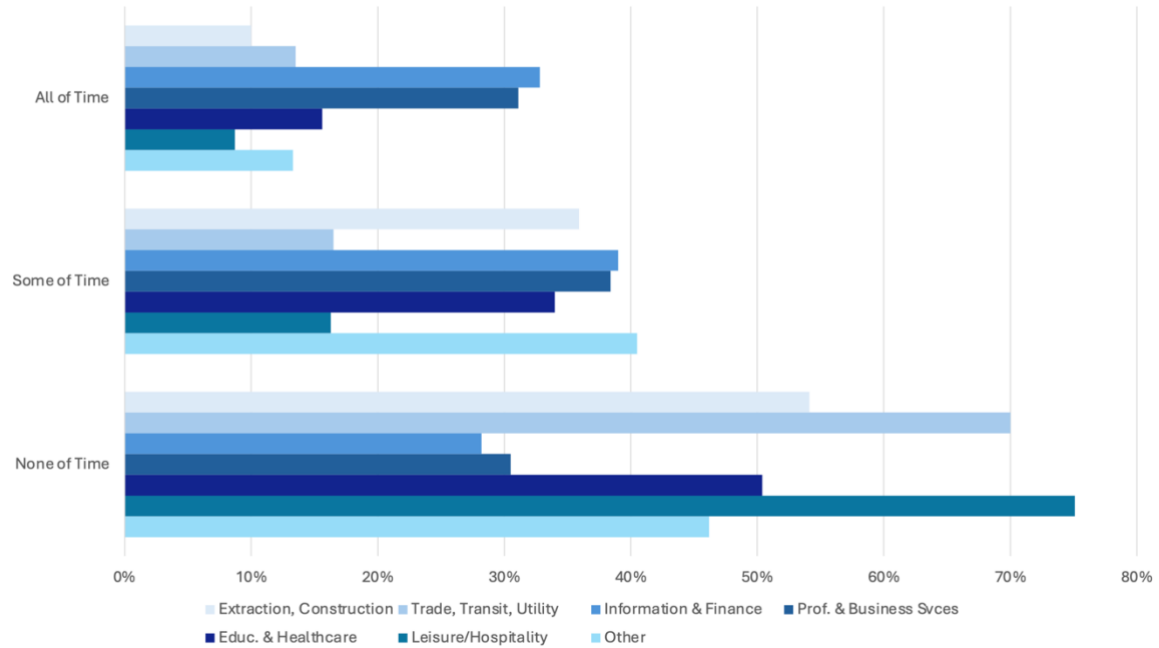
### Work from Home among Working Age Californians by Marital Status



**Work from Home among Working Age Californians by Occupation**



**Work from Home among Working Age Californians by Industry**



### Work from Home among Working Age Californians by Region

