

AUDITOR CONTROLLER'S OFFICE (ACO)

2017 Culture of Health Employee Needs and Program Interest Survey Results



EMPLOYEES RESPONDED



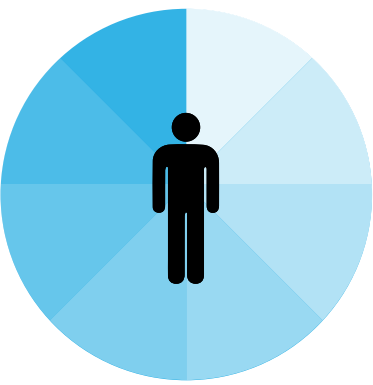
1 individual "strongly interested" in being Culture of Health ambassador



More employees are taking their breaks

83% compared to 74% in 2015

Taking breaks helps us stay focused, increase creativity, feel recharged, and prevent fatigue!

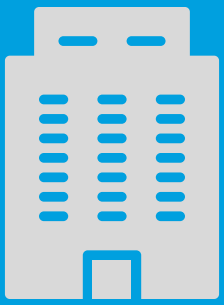


Most reported stress level "slightly high": 41% (an increase from 2015)

All reported stress levels remained at or about the same as 2015

Top 5 Personal Health Goals

	2015	2017
Manage weight	41%	44%
Improve fitness	31%	39%
Drink more water	23%	24%
Improve sleep	19%	15%
Learn about exercises & foods that are best for me	22%	15%



Well-being is highly linked to engagement! Employees reported an increase in how well they feel ACO is encouraging health behaviors.

56% are extremely or highly likely to recommend working at COR

56% are extremely or highly satisfied working at COR

Stay in the Know

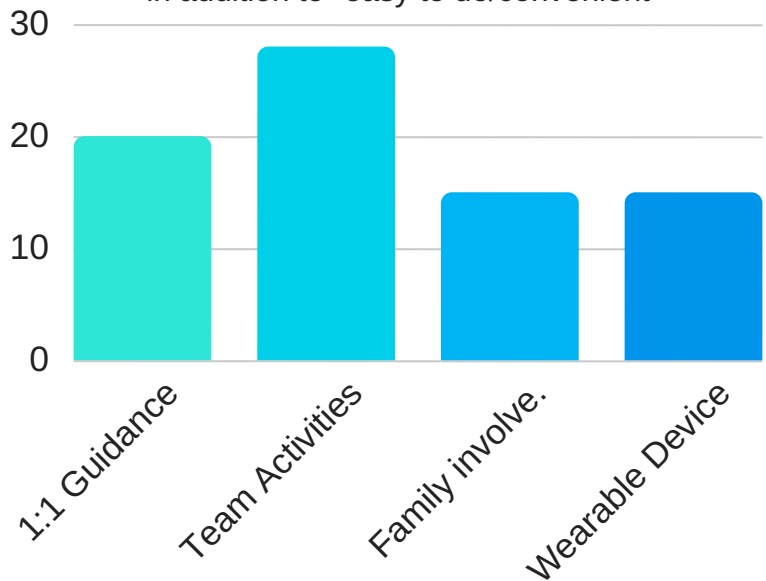
The following County resources are here to support your well-being!

- Healthy Meetings & Activity Guidelines
- Board Policy for Use of County Facilities for Well-Being Activities
- Telemedicine from Amwell
- Farmers Markets

For resources from other County departments, visit Culture of Health's website

Most Appealing Features of a Well-Being Program

in addition to "easy to do/convenient"



Activities You'll Likely Participate In