

ASSESSOR-COUNTY CLERK-RECORDER (ACR)

2017 Culture of Health Employee Needs and Program Interest Survey Results



EMPLOYEES RESPONDED



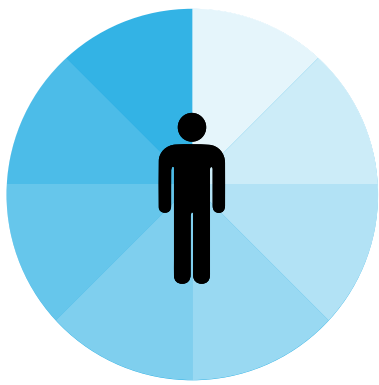
8 individuals "strongly interested" in being Culture of Health ambassadors



More employees are taking their breaks

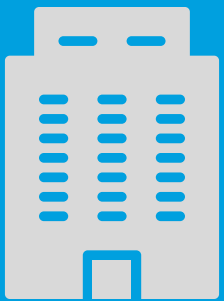
79% compared to 71% in 2015

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



Most reported stress level "slightly high": 44% (an increase from 2015)

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



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

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

61% 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

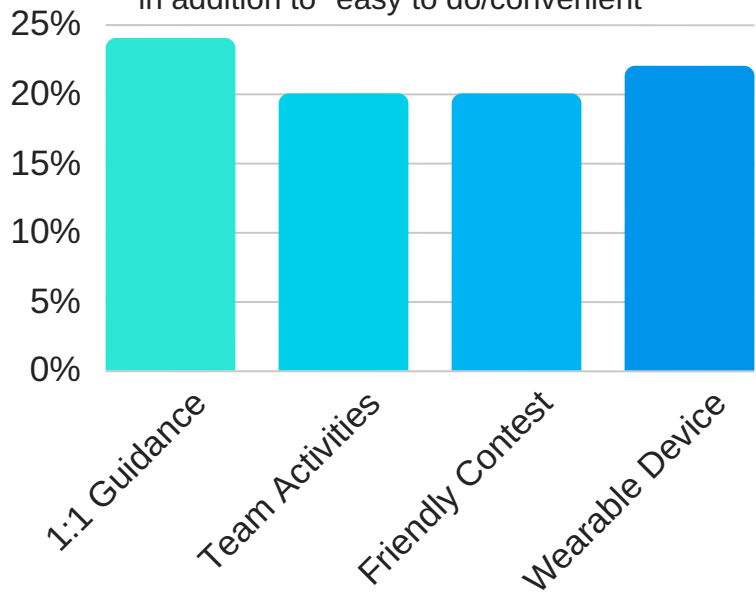


Top 5 Personal Health Goals

	2015	2017
Manage weight	62%	59%
Improve fitness	44%	41%
Drink more water	23%	23%
Improve sleep	12%	15%
Manage stress	15%	13%

Most Appealing Features of a Well-Being Program

in addition to "easy to do/convenient"



26% healthy cooking class or recipe swap
29% in 2015

22% yoga on-site or nearby office
24% in 2015

22% individual walking
30% in 2015

21% stress management classes
19% in 2015

37% off-site gym discounts
37% in 2015

Activities You'll Likely Participate In