

BOARD OF SUPERVISORS

COUNTY OF RIVERSIDE

2017 Culture of Health Employee Needs and Program Interest Survey Results



EMPLOYEES RESPONDED



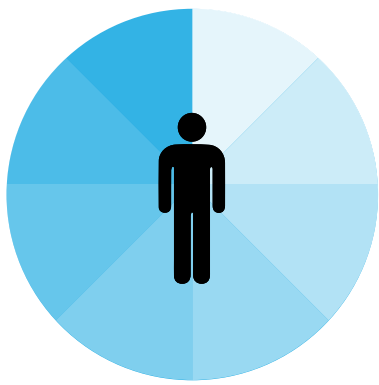
1 individual "strongly interested" in being Culture of Health ambassador



Fewer employees are taking their breaks

29% compared to 38% in 2015

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

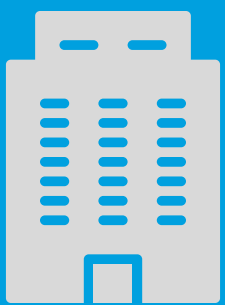


Most reported stress levels tie at 29% between "slightly high" and "slightly low"

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

Top 5 Personal Health Goals

	2015	2017
Manage weight	62%	57%
Improve fitness	54%	29%
Drink more water	15%	29%
Improve sleep	15%	29%
Manage stress	8%	14%



Well-being is highly linked to engagement! Employees reported an increase in how well they feel the Board of Supervisors office is encouraging health behaviors.

57% are extremely or highly likely to recommend working at COR

57% are extremely or highly satisfied working at COR

Stay in the Know

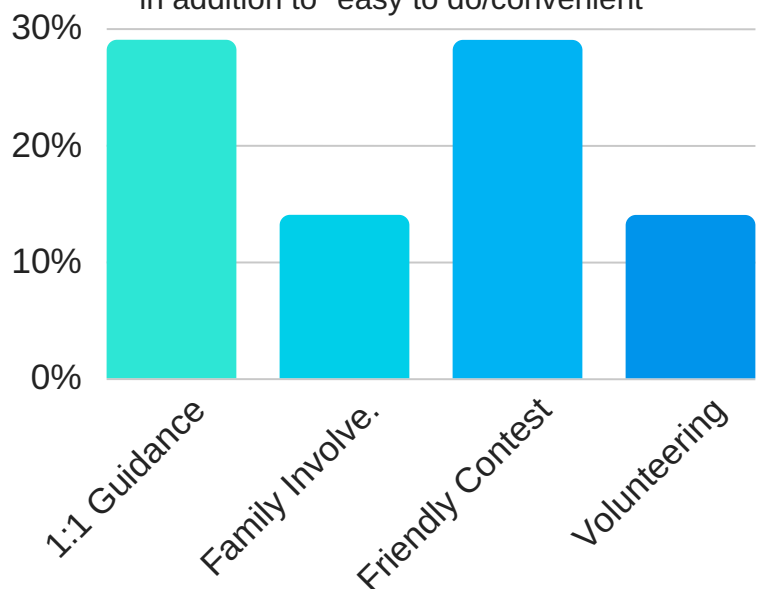
The following County resources are here to support your well-being!

- 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"



29% stress management classes
23% in 2015

14% anxiety & depression management
8% in 2015

43% individual walking
23% in 2015

29% health & well-being webinars
15% in 2015

14% healthy cooking class or recipe swap
27% in 2015

Activities You'll Likely Participate In