

COMMUNITY ACTION PARTNERSHIP (CAP)

2017 Culture of Health Employee Needs and Program Interest Survey Results



EMPLOYEES RESPONDED



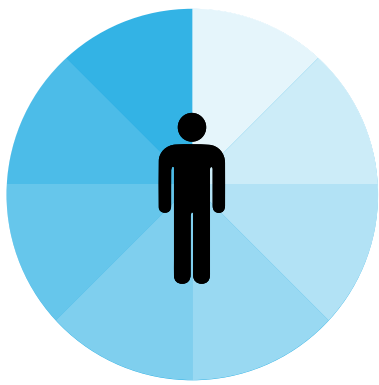
1 individual "strongly interested" in being Culture of Health ambassador



More employees are taking their breaks

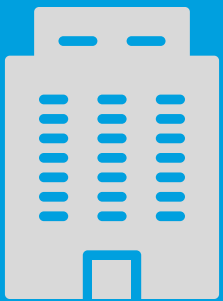
73% compared to 46% in 2015

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



Most reported stress level "slightly high": 46% (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 CAP 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

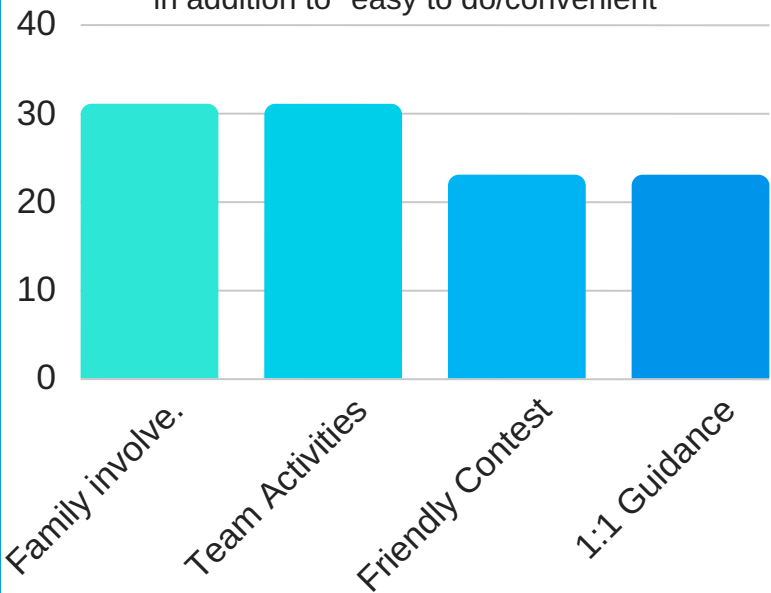


Top 5 Personal Health Goals

	2015	2017
Manage weight	64%	62%
Improve sleep	18%	27%
Improve fitness	33%	23%
Drink more water	28%	23%
Manage stress	8%	13%

Most Appealing Features of a Well-Being Program

in addition to "easy to do/convenient"



35% healthy cooking class or recipe swap
31% in 2015

31% individual walking
18% in 2015

54% off-site gym discounts
41% in 2015

35% yoga on-site or nearby office
21% in 2015

23% education on work-life balance
10% in 2015

Activities You'll Likely Participate In