

CLERK OF THE BOARD

2017 Culture of Health
Employee Needs and Program
Interest Survey Results



EMPLOYEES RESPONDED



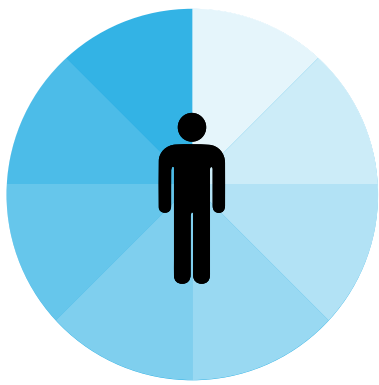
1
individual
"strongly interested"
in being
Culture of Health
ambassador



Fewer employees are taking their breaks

56% compared to 57% in 2015

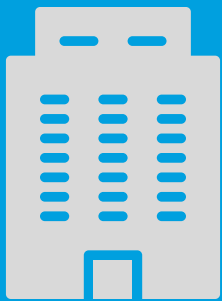
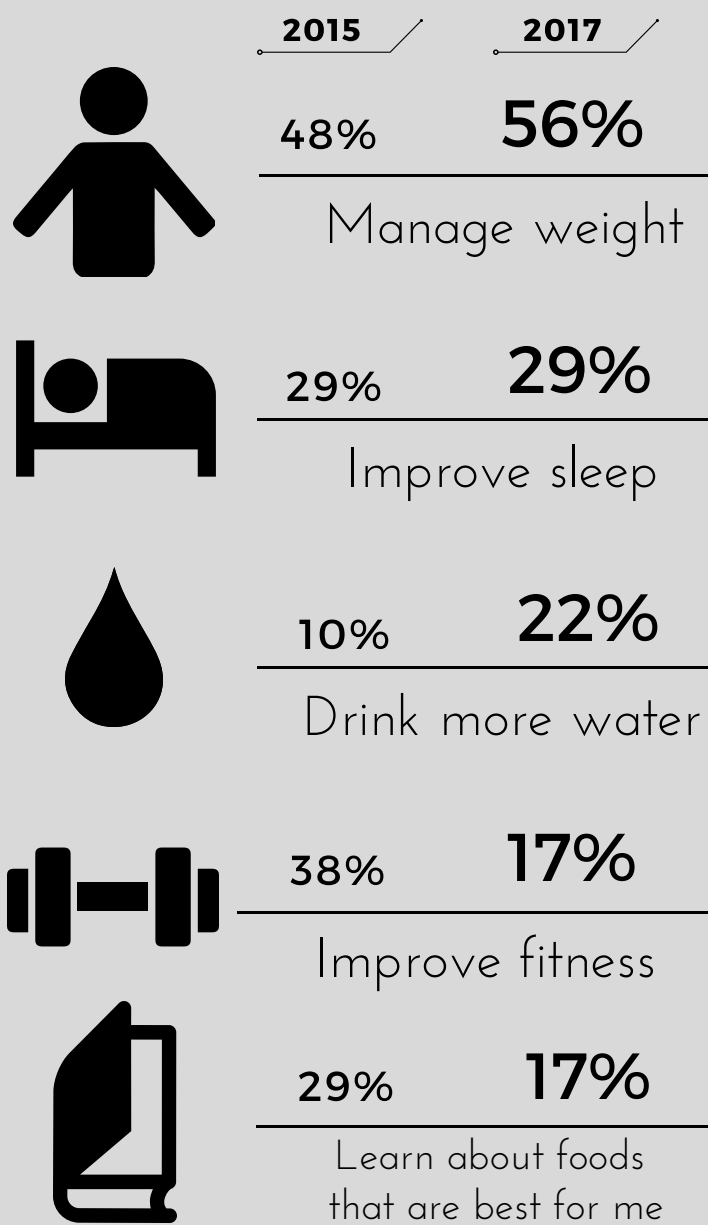
Taking breaks helps us stay focused, increase creativity, feel recharged, and prevent fatigue!



Most reported stress level "slightly high": 50%
(an increase from 2015)

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

Top 5 Personal Health Goals



Well-being is highly linked to engagement! Employees reported an increase in how well they feel Clerk of the Board 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!

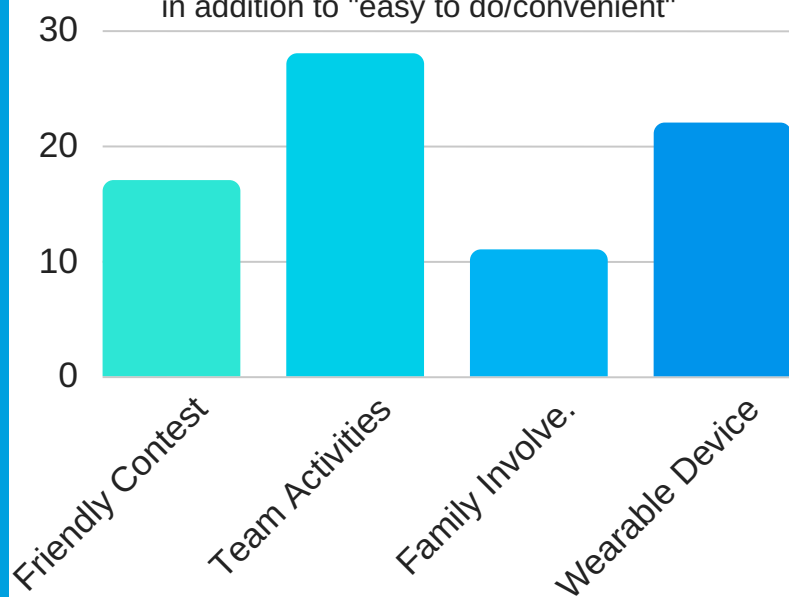
- Healthy Meetings & Activity Guidelines
- Board Policy for Use of County Facilities for Well-Being Activities
- Telemedicine from Amwell
- Farmers Markets

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



Most Appealing Features of a Well-Being Program

in addition to "easy to do/convenient"



56%
individual walking

19% in 2015

39%
stress management classes

52% in 2015

33%
off-site gym discounts

29% in 2015

28%
yoga on-site or nearby office

33% in 2015

22%
back pain prevention & management

19% in 2015

Activities You'll Likely Participate In