

# COUNTY COUNSEL

## 2017 Culture of Health Employee Needs and Program Interest Survey Results

COUNTY OF RIVERSIDE



**EMPLOYEES  
RESPONDED**



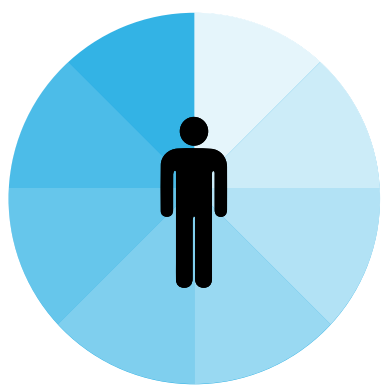
**2**  
individuals  
"strongly interested"  
in being  
Culture of Health  
ambassadors



**More employees are taking  
their breaks**

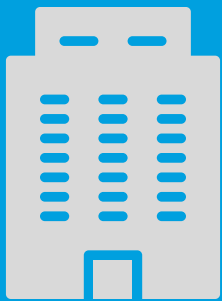
40% compared to 39% in 2015

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



**Most reported stress levels  
tie at 30% between  
"slightly high" and "high"**

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 County Counsel is  
encouraging health  
behaviors.

**50% are extremely or highly likely  
to recommend working at COR**

**50% 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

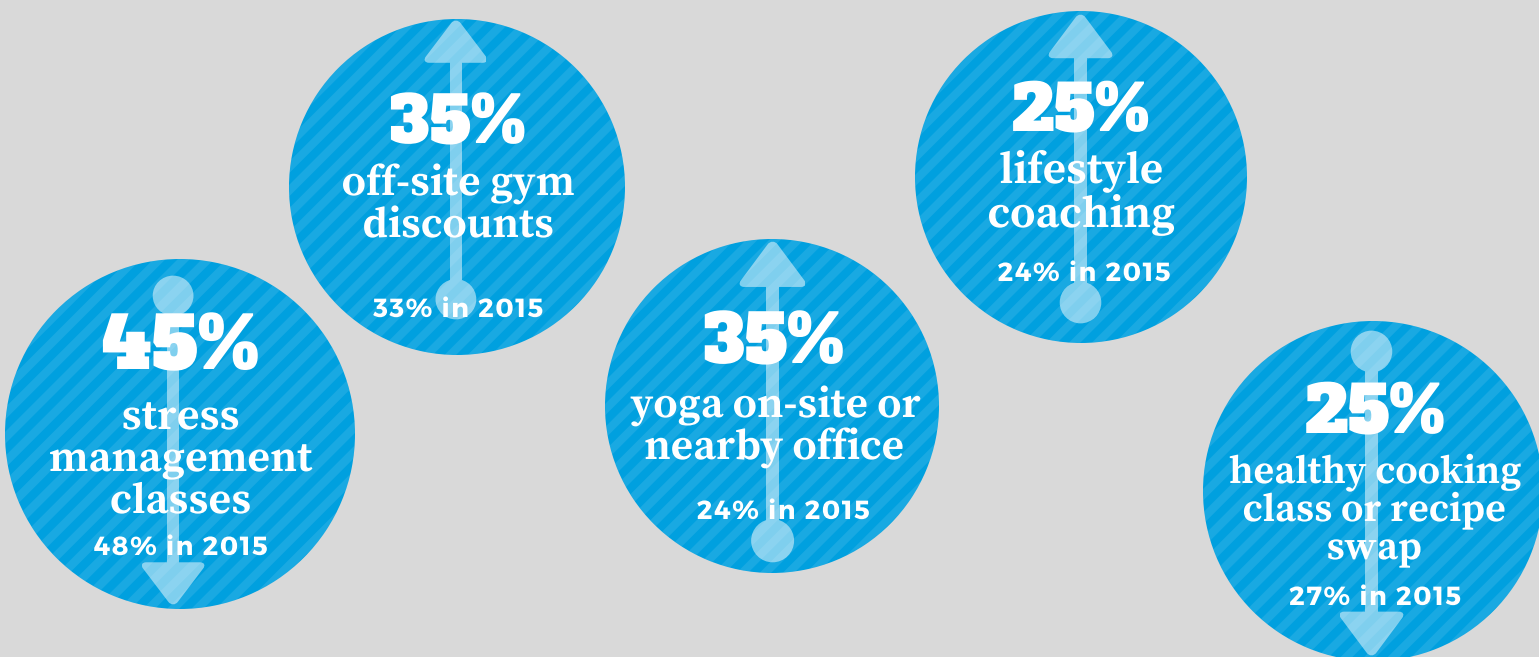
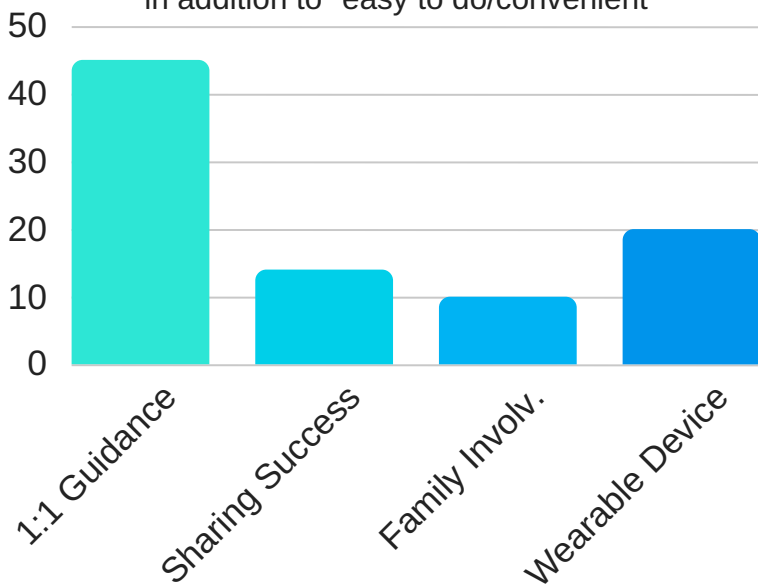


### Top 5 Personal Health Goals

	2015	2017
Manage weight	55%	65%
Improve fitness	55%	30%
Drink more water	21%	30%
Improve sleep	21%	25%
Manage stress	21%	20%

### Most Appealing Features of a Well-Being Program

in addition to "easy to do/convenient"



### Activities You'll Most Likely Participate In