

# DEPT OF CHILD SUPPORT SERVICES (DCSS)

2017 Culture of Health Employee Needs and Program Interest Survey Results

COUNTY OF RIVERSIDE



**EMPLOYEES RESPONDED**



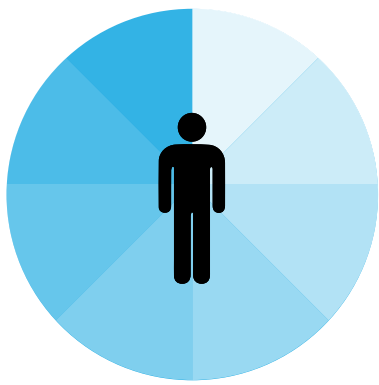
**4** individuals "strongly interested" in being Culture of Health ambassadors



**More employees are taking their breaks**

75% compared to 74% in 2015

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

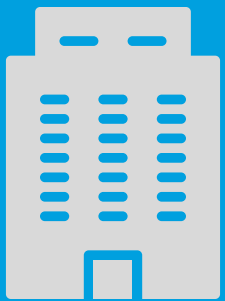


**Most reported stress level "slightly high": 40%** (an increase from 2015)

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

## Top 5 Personal Health Goals

	2015	2017
Manage weight	57%	61%
Improve fitness	38%	37%
Learn about exercises & foods that are best for me	12%	18%
Improve sleep	17%	14%
Drink more water	25%	14%



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

**65% are extremely or highly likely to recommend working at COR**

**64% are extremely or highly satisfied working at COR**

### Stay in the Know

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

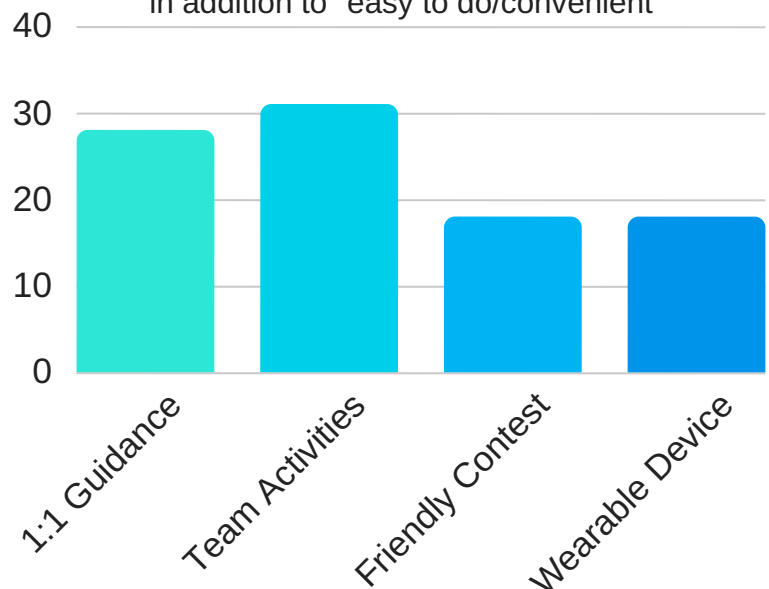
- Healthy Meetings & Activity Guidelines
- Board Policy for Use of County Facilities for Well-Being Activities
- Telemedicine from Amwell
- Farmers Markets

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"



**30%** stress management classes  
23% in 2015

**26%** healthy cooking class or recipe swap  
31% in 2015

**39%** off-site gym discounts  
35% in 2015

**27%** yoga on-site or nearby office  
32% in 2015

**24%** back pain prevention & management  
18% in 2015

## Activities You'll Likely Participate In