

ECONOMIC DEVELOPMENT AGENCY (EDA)

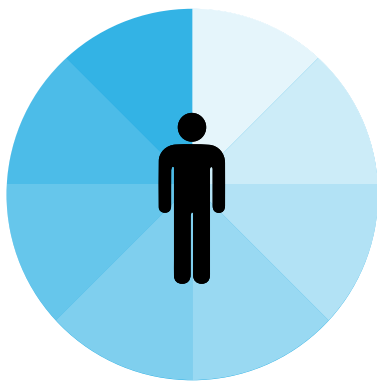
2017 Culture of Health Employee Needs and Program Interest Survey Results



EMPLOYEES RESPONDED

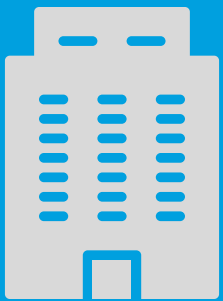


4 individuals "strongly interested" in being Culture of Health ambassadors



Most reported stress level "slightly high": 38% (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 EDA is encouraging health behaviors.

56% are extremely or highly likely to recommend working at COR

56% 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



More employees are taking their breaks

62% compared to 56% in 2015

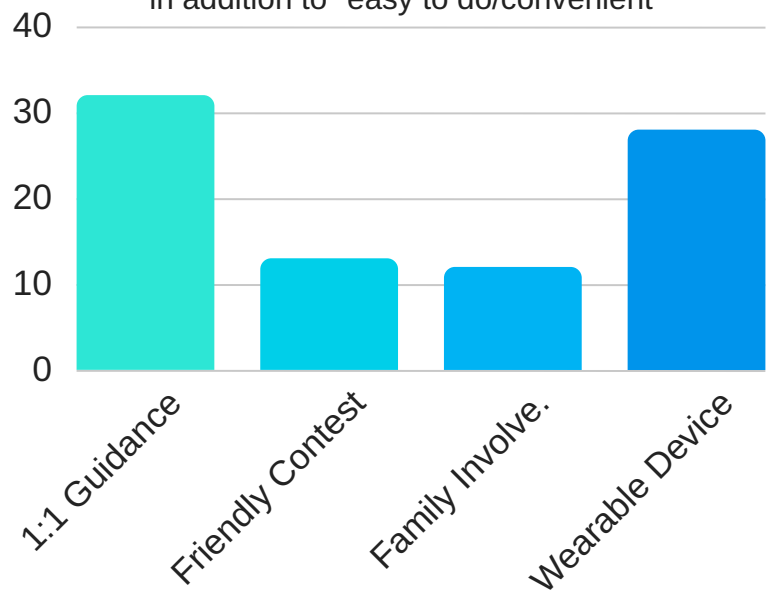
Taking breaks helps us stay focused, increase creativity, feel recharged, and prevent fatigue!

Top 5 Personal Health Goals

	2015	2017
Manage weight	54%	48%
Improve fitness	37%	39%
Improve sleep	14%	25%
Drink more water	25%	18%
Learn about exercises that are best for me	12%	13%

Most Appealing Features of a Well-Being Program

in addition to "easy to do/convenient"



33% individual walking
26% in 2015

32% off-site gym discounts
34% in 2015

25% stress management classes
23% in 2015

24% yoga on-site or nearby office
23% in 2015

20% healthy cooking class or recipe swap
26% in 2015

Activities You'll Likely Participate In