

# EMERGENCY MANAGEMENT DEPARTMENT (EMD)

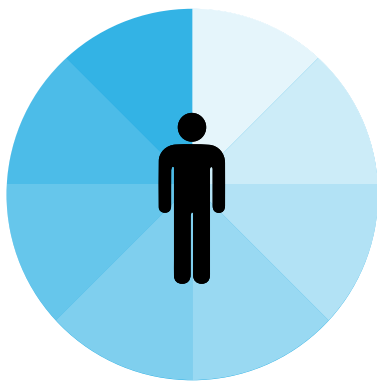
2017 Culture of Health Employee Needs and Program Interest Survey Results



**EMPLOYEES RESPONDED**

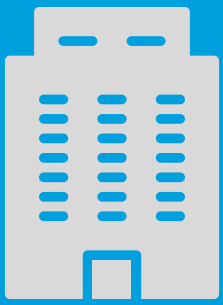


**3** individuals "strongly interested" in being Culture of Health ambassadors



**Most reported stress level "slightly high": 64%**

Compared to 40% reported at the County-wide level



Well-being is highly linked to engagement! Employees reported EMD is encouraging health behaviors.

**23% are extremely or highly likely to recommend working at COR**

**45% 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

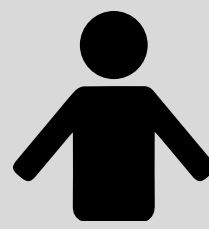
For resources from other County departments, visit Culture of Health's website



**64% employees are taking their breaks**

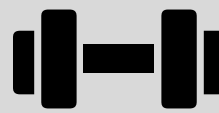
Taking breaks helps us stay focused, increase creativity, feel recharged, and prevent fatigue!

### Top 5 Personal Health Goals



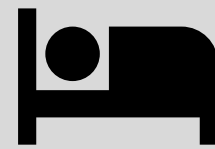
**59%**

Manage weight



**50%**

Improve fitness



**23%**

Improve sleep



**18%**

Drink more water

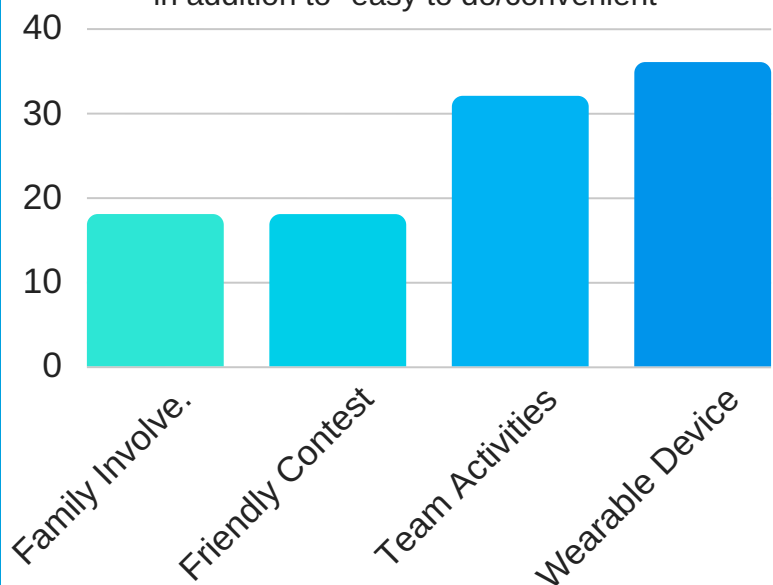


**18%**

Manage stress

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

in addition to "easy to do/convenient"



**45%** individual walking

**27%** yoga on-site or nearby office

**50%** off-site gym discounts

**32%** stress management classes

**27%** departmental competitions & challenges

### Activities You'll Likely Participate In