

EXECUTIVE OFFICE

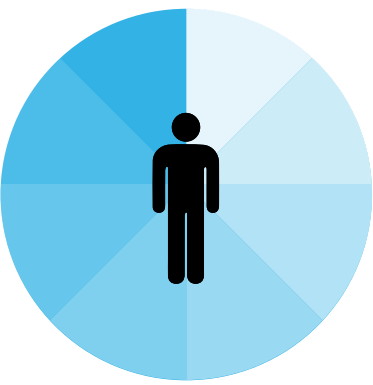
2017 Culture of Health Employee Needs and Program Interest Survey Results



**EMPLOYEES
RESPONDED**

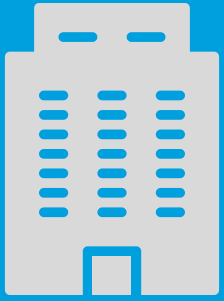


1
individual
"strongly interested"
in being
Culture of Health
ambassador



**Most reported stress level
"slightly high": 46%**
(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 the Executive Office
is encouraging health
behaviors.

**71% are extremely or highly likely
to recommend working at COR**

**75% 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

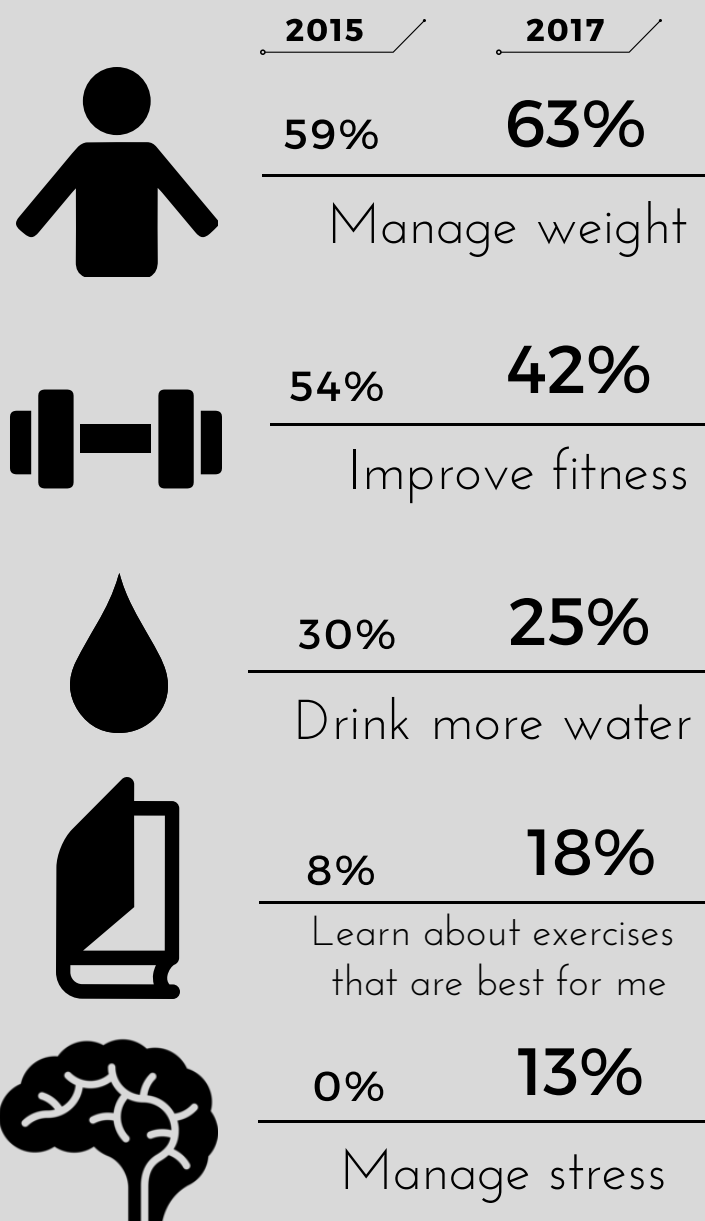


**Fewer employees are taking
their breaks**

54% compared to 57% in 2015

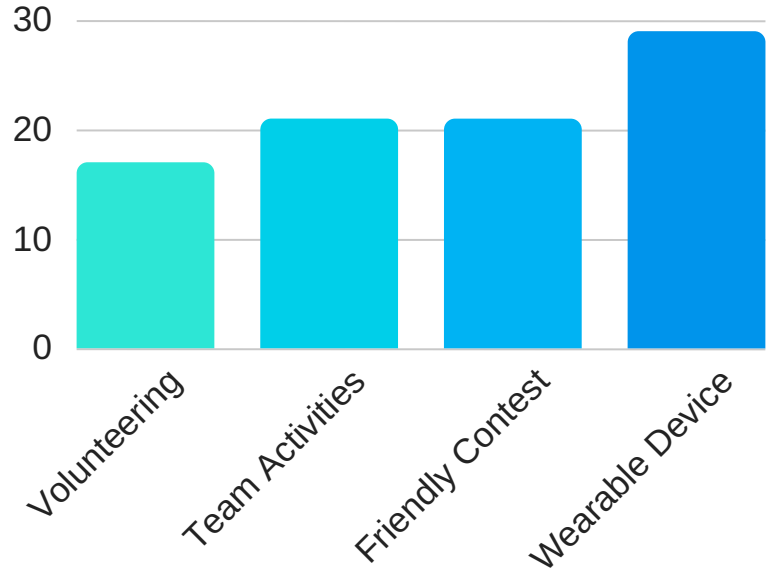
Taking breaks helps us stay
focused, increase creativity, feel
recharged, and prevent fatigue!

Top 5 Personal Health Goals



Most Appealing Features of a Well-Being Program

in addition to "easy to do/convenient"



38%
off-site gym
discounts

16% in 2015

29%
healthy
cooking class
or recipe swap

32% in 2015

46%
individual
walking

57% in 2015

33%
yoga on-site or
nearby office

27% in 2015

29%
on-site
immunizations
& flu shots

19% in 2015

Activities You'll Likely Participate In