

# FIRE DEPARTMENT

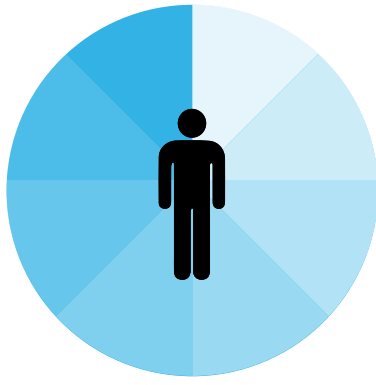
## 2017 Culture of Health Employee Needs and Program Interest Survey Results



**EMPLOYEES  
RESPONDED**

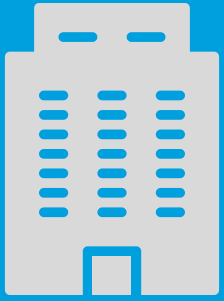


**4**  
individuals  
"strongly interested"  
in being  
Culture of Health  
ambassadors



**Most reported stress level**  
"slightly high": 45%  
(a decrease 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 Fire Department  
is encouraging health  
behaviors.

**48% are extremely or highly likely  
to recommend working at COR**

**55% 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**

61% compared to 49% in 2015

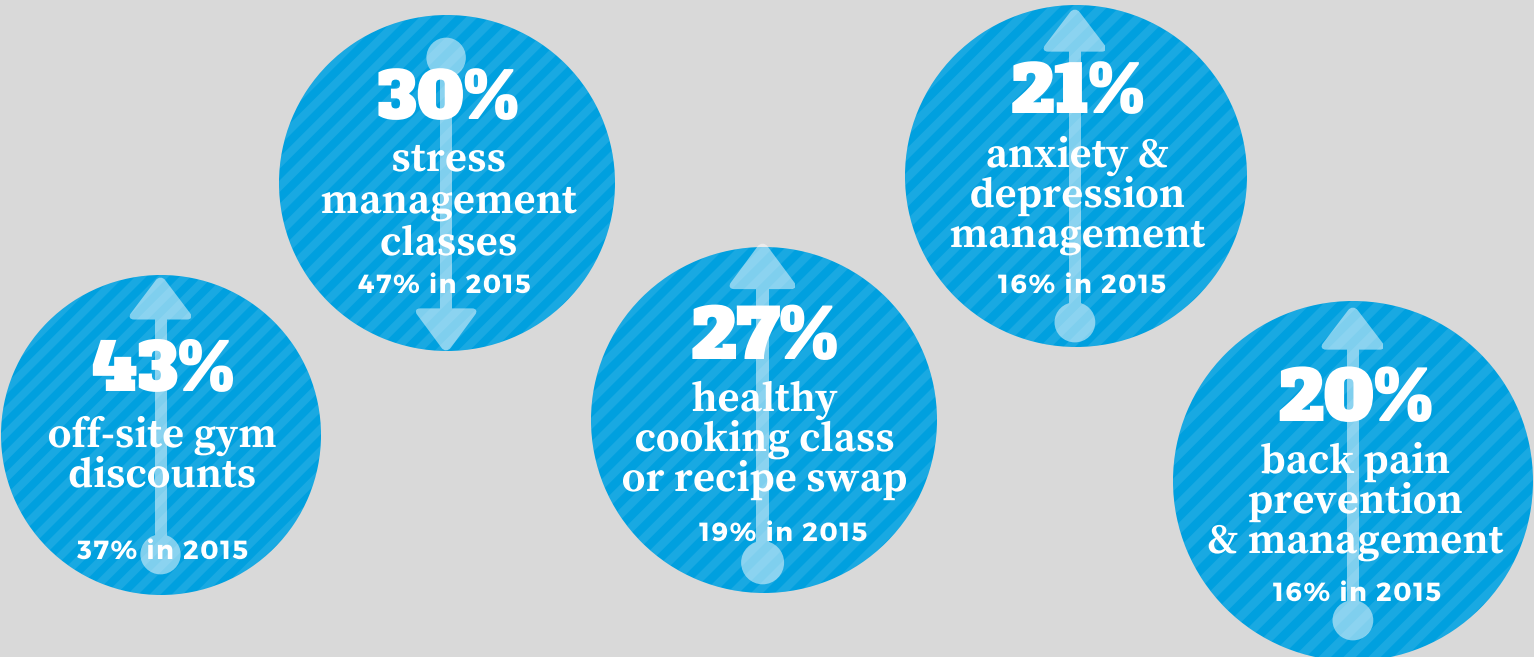
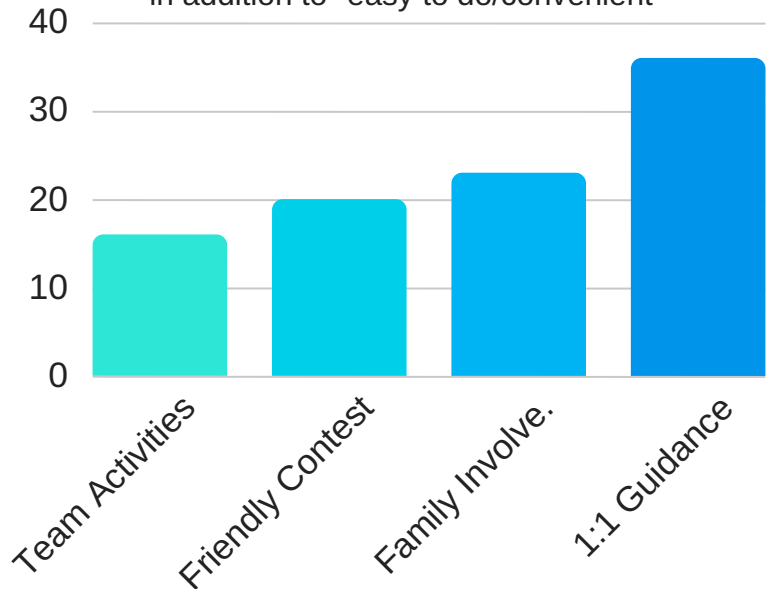
Taking breaks helps us stay  
focused, increase creativity, feel  
recharged, and prevent fatigue!

### Top 5 Personal Health Goals

	2015	2017
Manage weight	60%	48%
Improve fitness	28%	36%
Manage stress	12%	23%
Improve sleep	21%	20%
Drink more water	33%	16%

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

in addition to "easy to do/convenient"



### Activities You'll Likely Participate In