

# FLOOD CONTROL

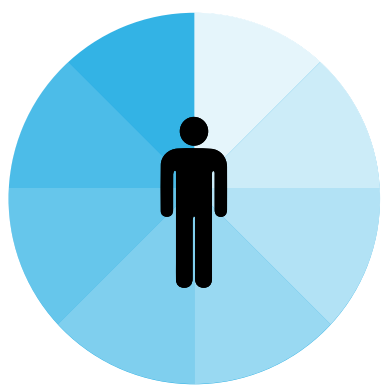
2017 Culture of Health  
Employee Needs and Program  
Interest Survey Results



**EMPLOYEES RESPONDED**

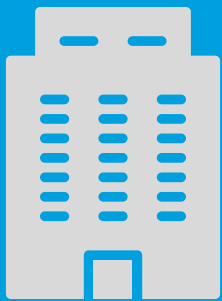


**4**  
individuals  
"strongly interested"  
in being  
Culture of Health  
ambassadors



**Most reported stress level**  
"slightly high": **40%**  
(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 Flood control is  
encouraging health  
behaviors.

**61% 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**

83% compared to 84% in 2015

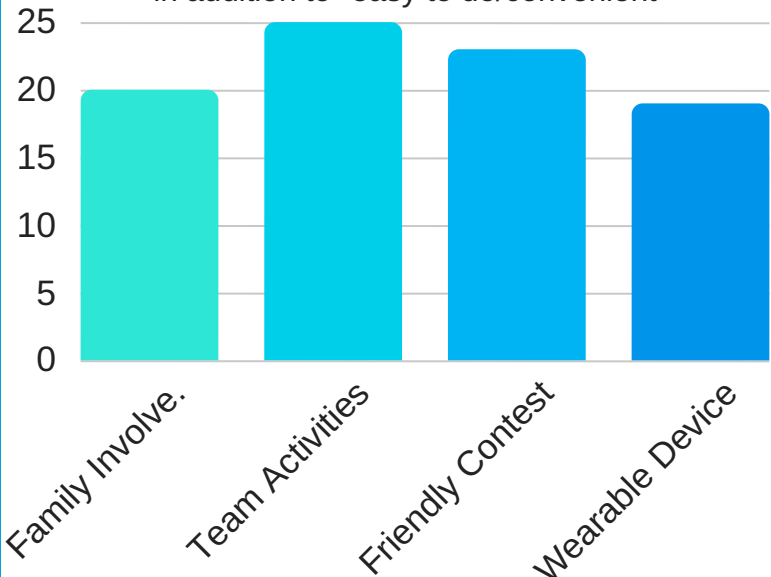
Taking breaks helps us stay  
focused, increase creativity, feel  
recharged, and prevent fatigue!

## Top 5 Personal Health Goals

	2015	2017
Manage weight	53%	54%
Improve fitness	49%	47%
Improve sleep	15%	20%
Learn about foods that are best for me	15%	18%
Drink more water	17%	14%

## Most Appealing Features of a Well-Being Program

in addition to "easy to do/convenient"



**28%**  
stress  
management  
classes  
30% in 2015

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

**42%**  
off-site gym  
discounts  
36% in 2015

**28%**  
individual  
walking  
18% in 2015

**23%**  
education on  
work-life  
balance  
12% in 2015

## Activities You'll Likely Participate In