

HUMAN RESOURCES

COUNTY OF RIVERSIDE



2017 Culture of Health Employee Needs and Program Interest Survey Results



EMPLOYEES RESPONDED



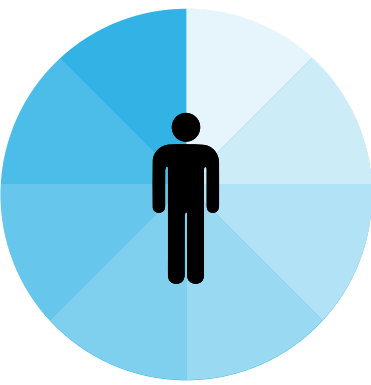
6 individuals "strongly interested" in being Culture of Health ambassadors



More employees are taking their breaks

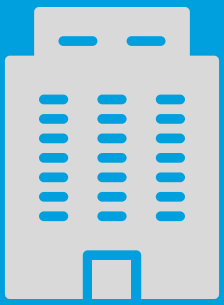
58% compared to 55% in 2015

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



Most reported stress level "slightly high": 41%
(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 Human Resources is encouraging health behaviors.

62% are extremely or highly likely to recommend working at COR

65% 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

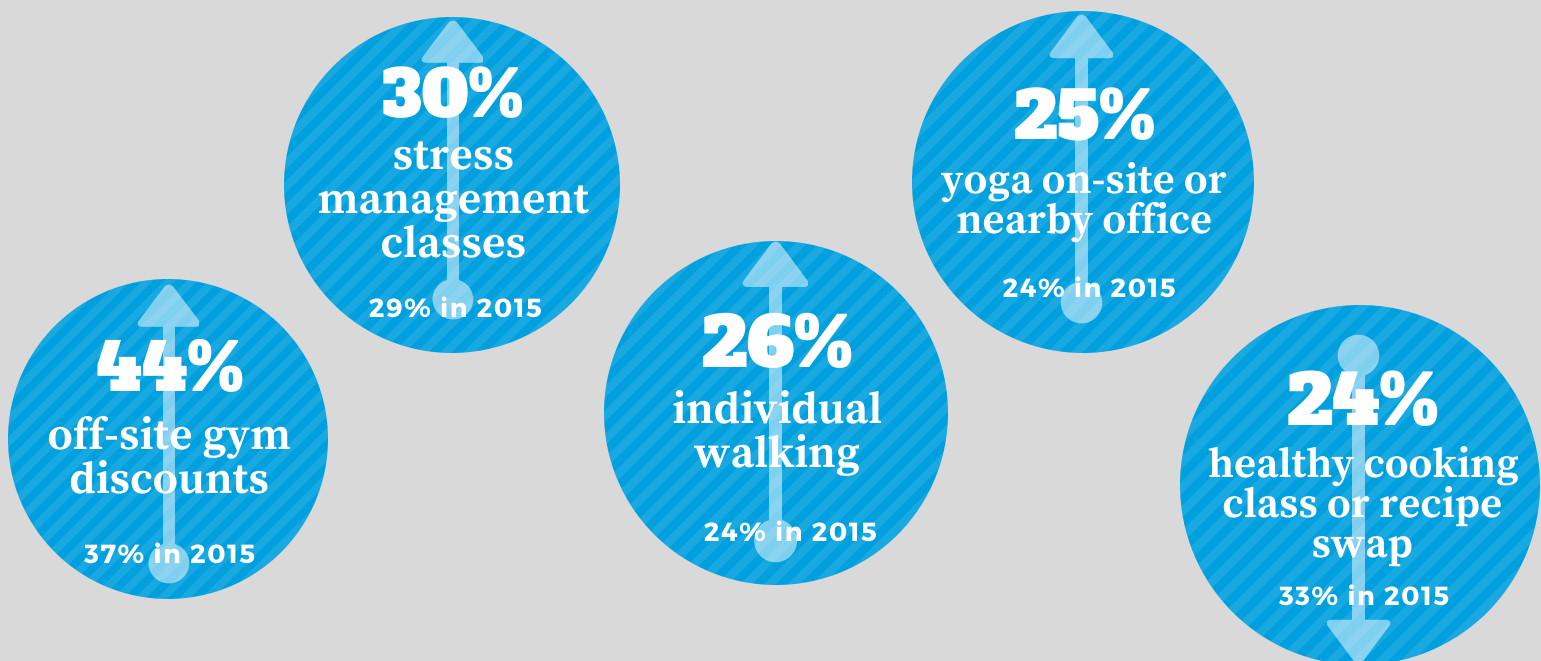
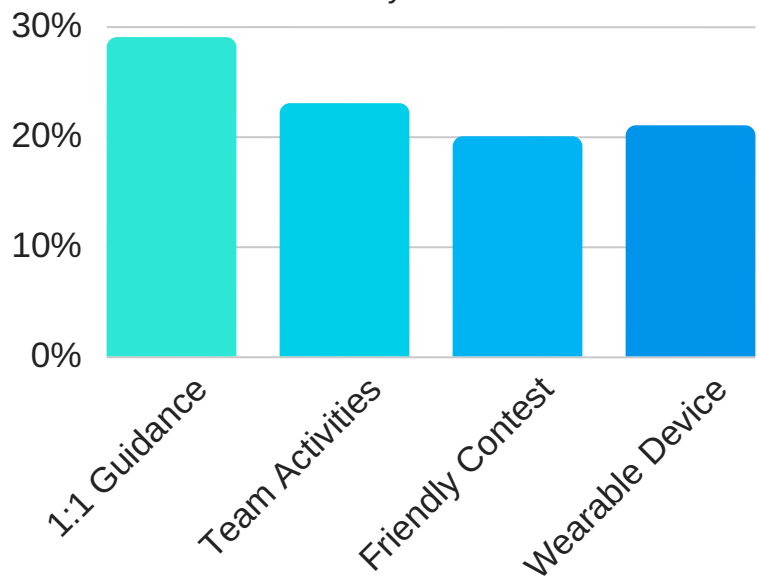


Top 5 Personal Health Goals

	2015	2017
Manage weight	54%	63%
Improve fitness	45%	43%
Drink more water	22%	20%
Improve sleep	18%	14%
Manage stress	16%	13%

Most Appealing Features of a Well-Being Program

in addition to "easy to do/convenient"



Activities You'll Likely Participate In