

# OFFICE ON AGING

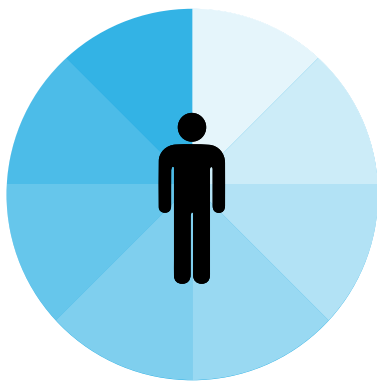
## 2017 Culture of Health Employee Needs and Program Interest Survey Results



**EMPLOYEES  
RESPONDED**

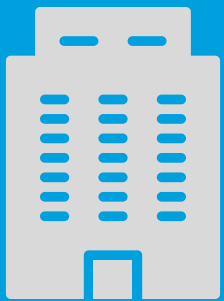


**5**  
individuals  
"strongly interested"  
in being  
Culture of Health  
ambassadors



**Most reported stress level  
"slightly high": 41%**  
(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 Office on Aging  
is encouraging health  
behaviors.

**49% are extremely or highly likely  
to recommend working at COR**

**58% 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**

56% compared to 35% in 2015

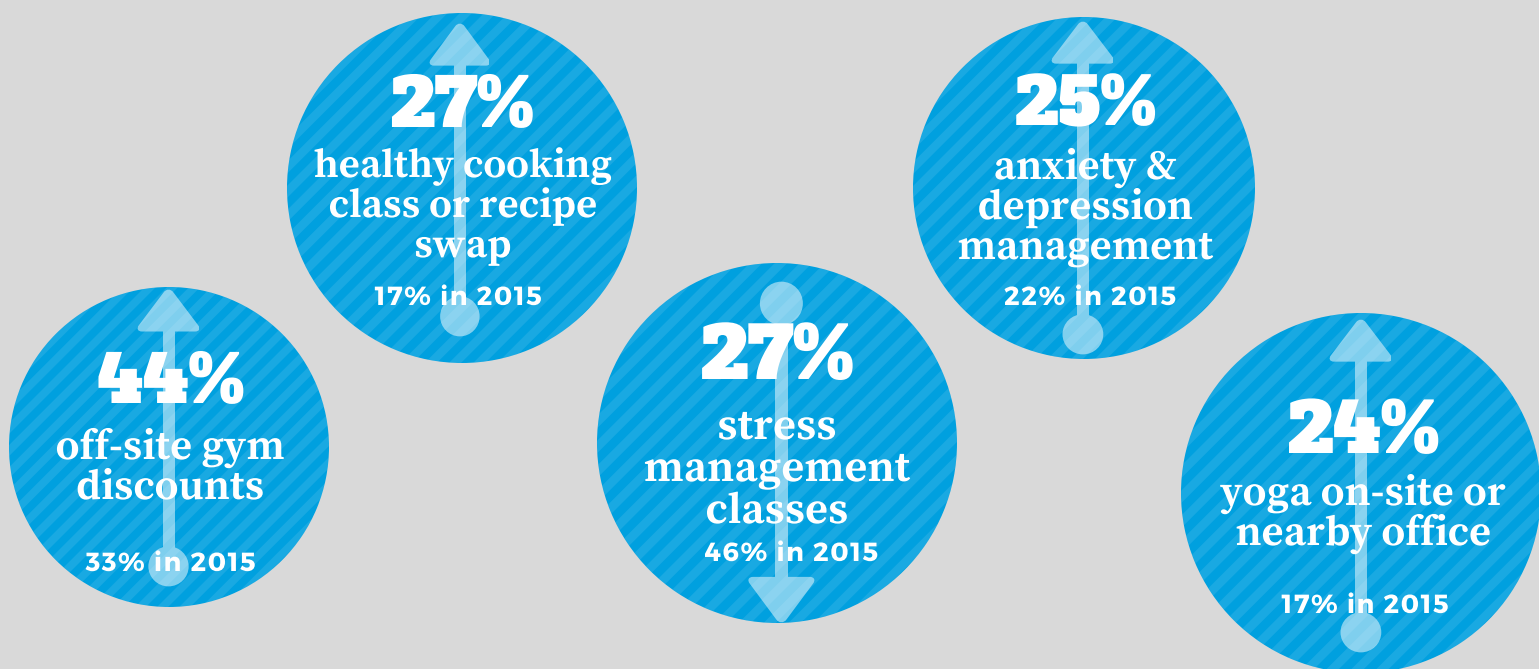
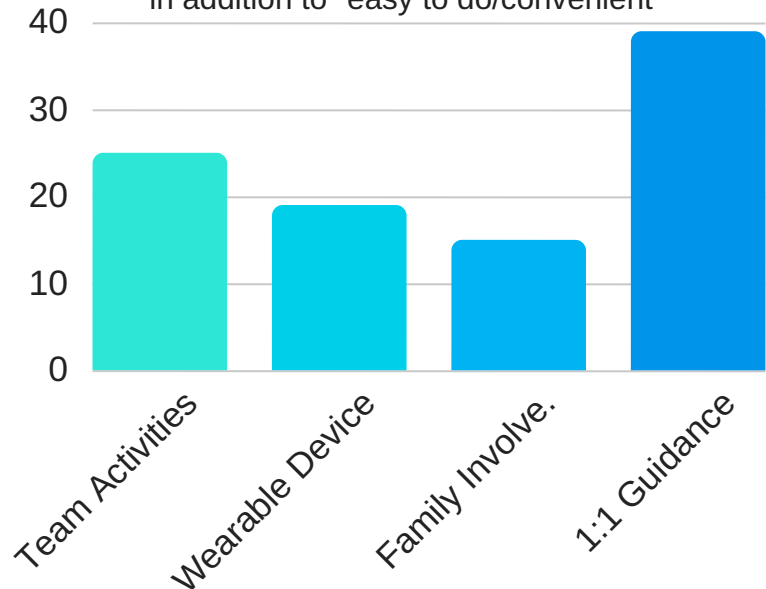
Taking breaks helps us stay  
focused, increase creativity, feel  
recharged, and prevent fatigue!

### Top 5 Personal Health Goals

	2015	2017
Manage weight	59%	51%
Improve fitness	41%	44%
Manage stress	20%	20%
Improve sleep	30%	19%
Drink more water	20%	17%

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

in addition to "easy to do/convenient"



### Activities You'll Likely Participate In