

# REGIONAL PARK & OPEN SPACE DISTRICT (PARKS)

2017 Culture of Health Employee Needs and Program Interest Survey Results



**EMPLOYEES RESPONDED**



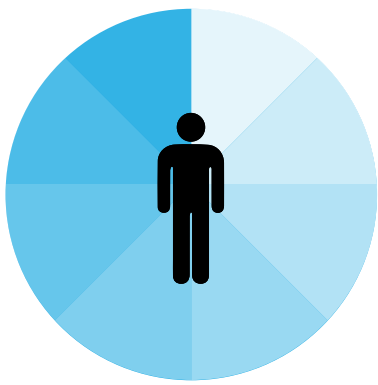
**4** individuals "strongly interested" in being Culture of Health ambassadors



**More employees are taking their breaks**

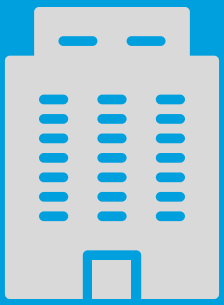
55% compared to 52% in 2015

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



**Most reported stress level "slightly high": 49%** (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 Parks is encouraging health behaviors.

**40% are extremely or highly likely to recommend working at COR**

**45% 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

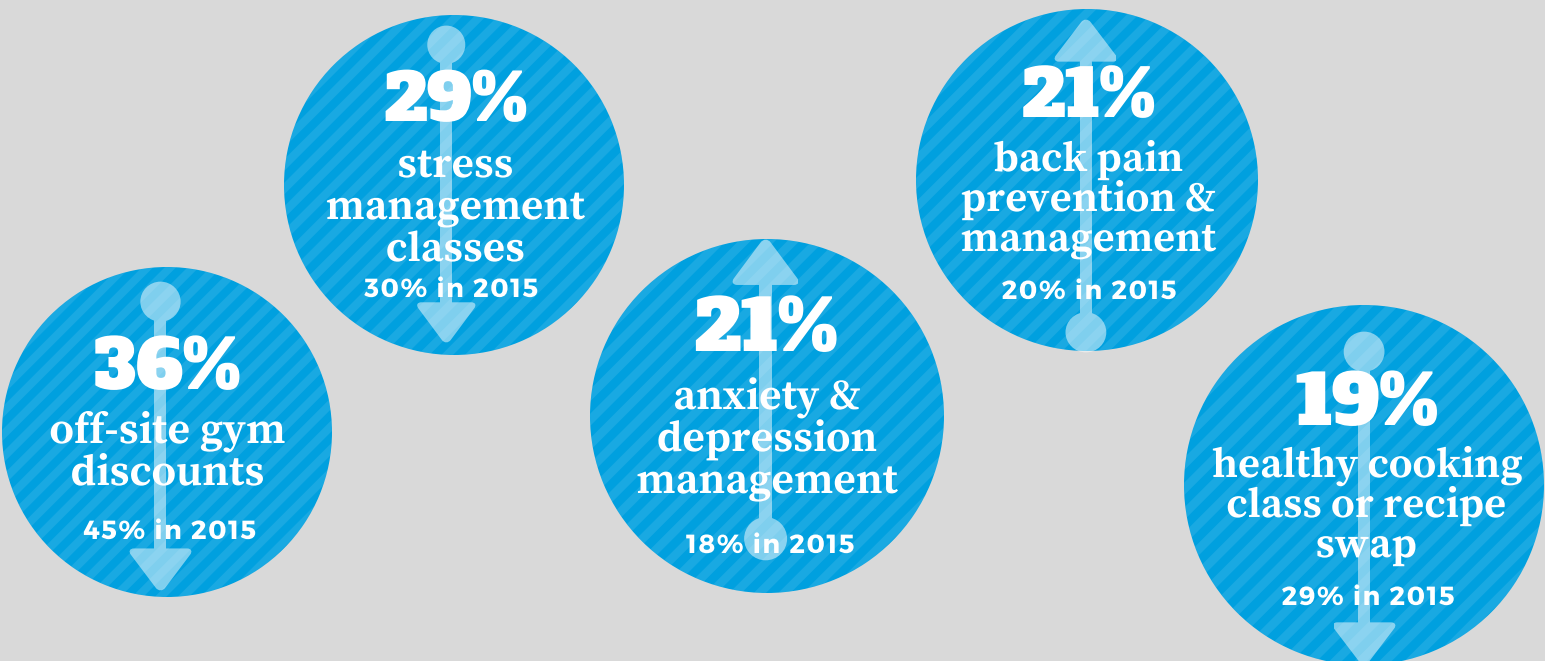
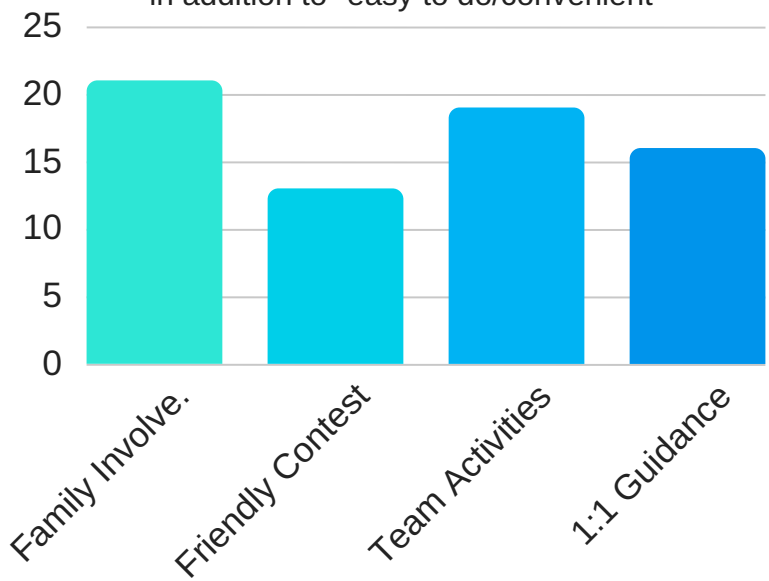


**Top 5 Personal Health Goals**

	2015	2017
Manage weight	45%	53%
Improve fitness	38%	35%
Drink more water	32%	33%
Manage stress	23%	16%
Improve sleep	22%	12%

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

in addition to "easy to do/convenient"



**Activities You'll Likely Participate In**