

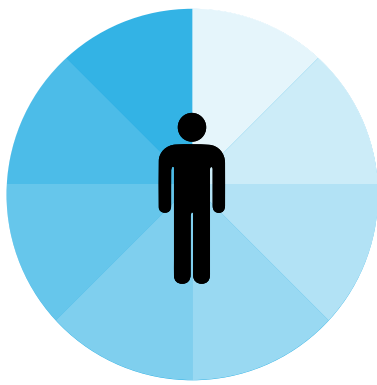
2017 Culture of Health Employee Needs and Program Interest Survey Results



**EMPLOYEES
RESPONDED**

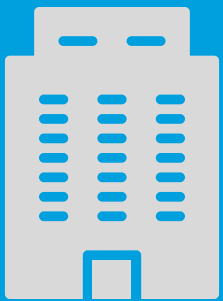


27
individuals
"strongly interested"
in being
Culture of Health
ambassadors



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 the Probation Dept is
encouraging health
behaviors.

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

**54% 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**

45% compared to 39% in 2015

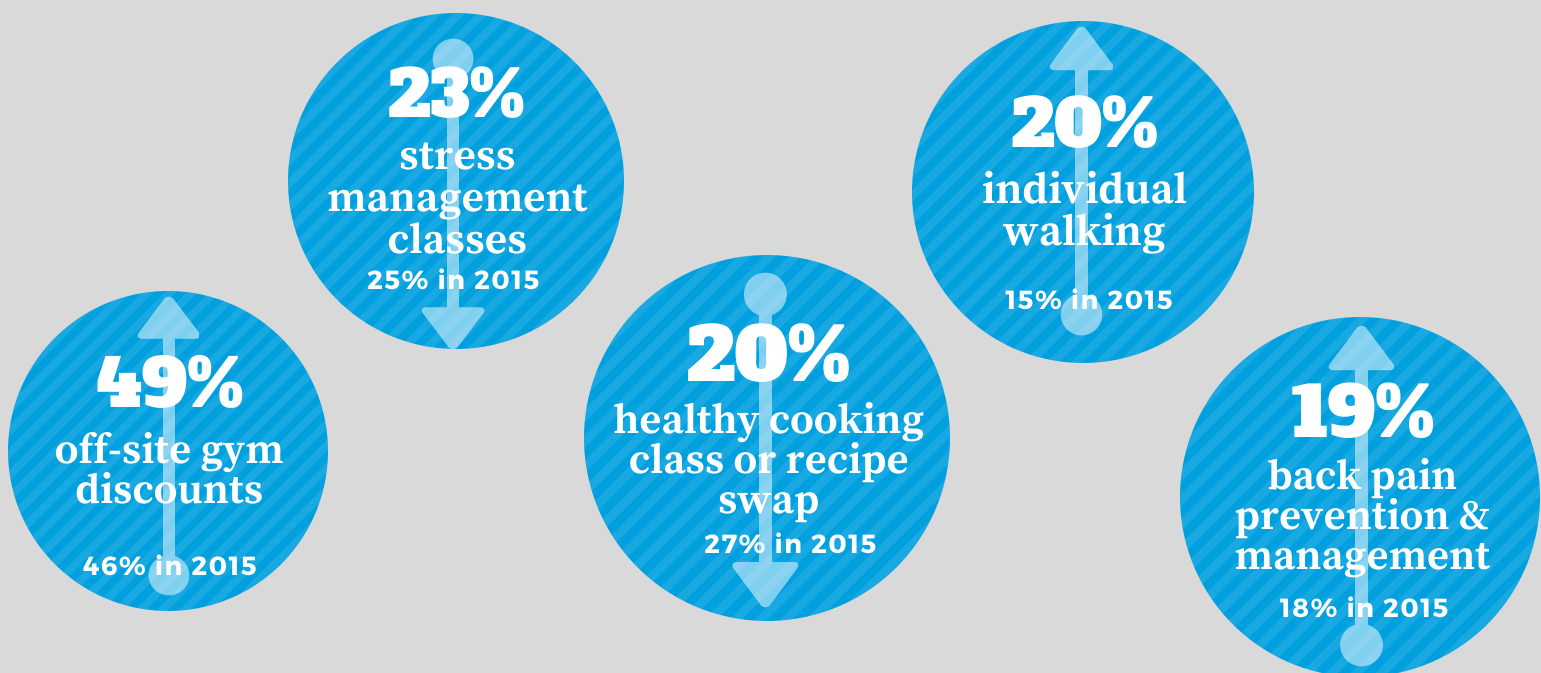
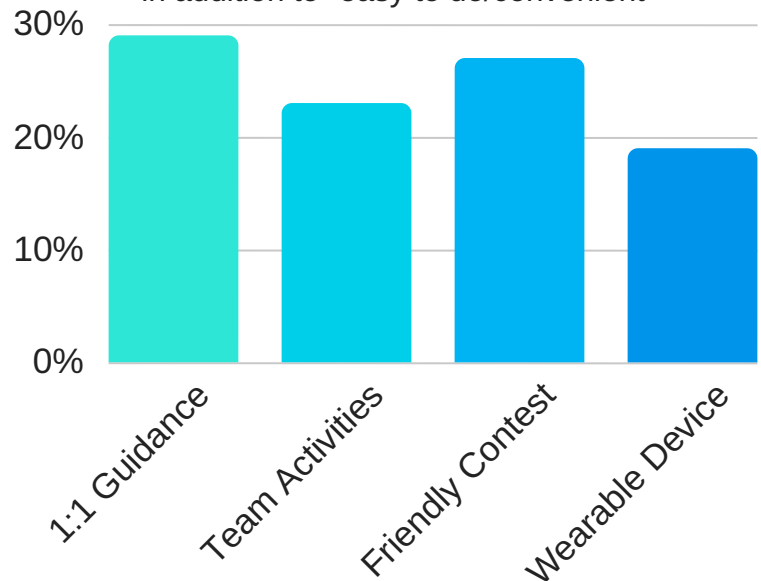
Taking breaks helps us stay
focused, increase creativity, feel
recharged, and prevent fatigue!

Top 5 Personal Health Goals

	2015	2017
Manage weight	55%	62%
Improve fitness	44%	38%
Drink more water	29%	26%
Improve sleep	17%	17%
Manage stress	13%	15%

Most Appealing Features of a Well-Being Program

in addition to "easy to do/convenient"



Activities You'll Likely Participate In