

PUBLIC DEFENDER'S OFFICE

2017 Culture of Health Employee Needs and Program Interest Survey Results



EMPLOYEES RESPONDED



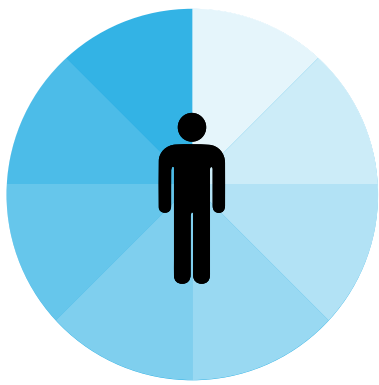
2 individuals "strongly interested" in being Culture of Health ambassadors



More employees are taking their breaks

62% compared to 52% in 2015

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

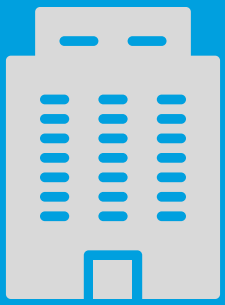


Most reported stress level "slightly high": 33% (a decrease from 2015)

All reported stress levels remained at or about the same as 2015

Top 5 Personal Health Goals

	2015	2017
Manage weight	47%	64%
Improve fitness	41%	47%
Manage stress	21%	20%
Drink more water	25%	14%
Improve sleep	18%	14%



Well-being is highly linked to engagement! Employees reported an increase in how well they feel the Public Defender's Office is encouraging health behaviors.

51% 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!

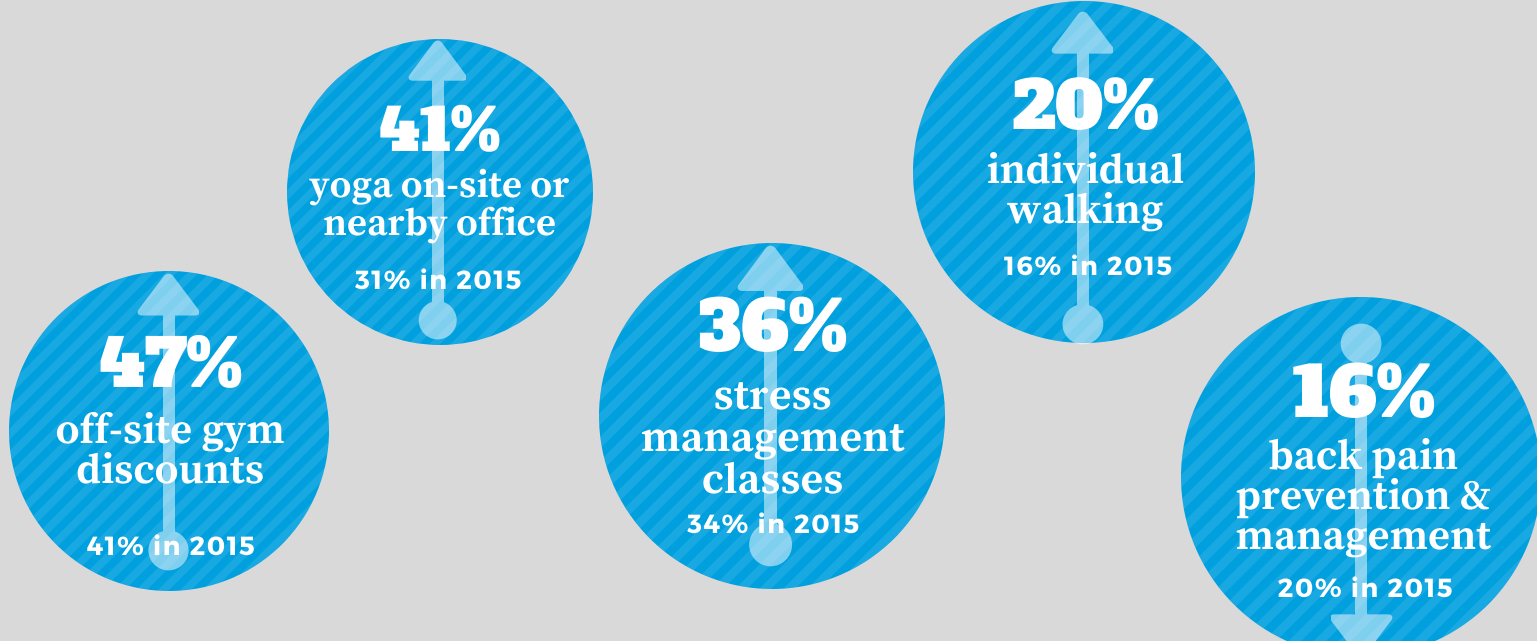
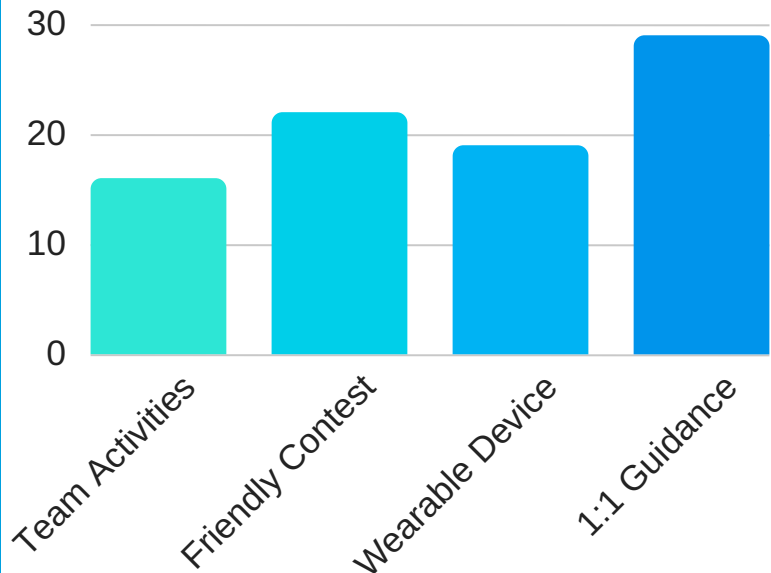
- Healthy Meetings & Activity Guidelines
- Board Policy for Use of County Facilities for Well-Being Activities
- Telemedicine from Amwell
- Farmers Markets

For resources from other County departments, visit Culture of Health's website



Most Appealing Features of a Well-Being Program

in addition to "easy to do/convenient"



Activities You'll Likely Participate In