

RIVERSIDE COUNTY INFORMATION TECHNOLOGY (RCIT)

COUNTY OF RIVERSIDE



2017 Culture of Health Employee Needs and Program Interest Survey Results



EMPLOYEES RESPONDED



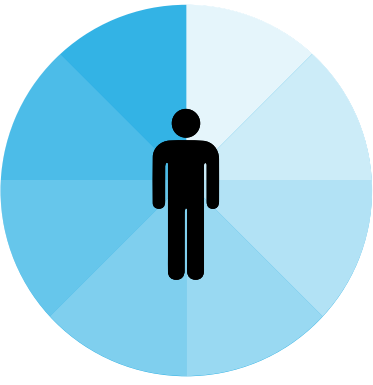
3 individuals "strongly interested" in being Culture of Health ambassadors



Fewer employees are taking their breaks

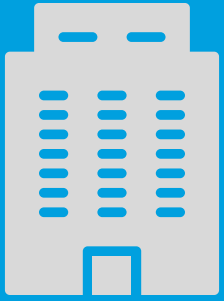
51% compared to 57% in 2015

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



Most reported stress level "slightly high": 37%
(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 RCIT is encouraging health behaviors.

55% are extremely or highly likely to recommend working at COR

64% 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

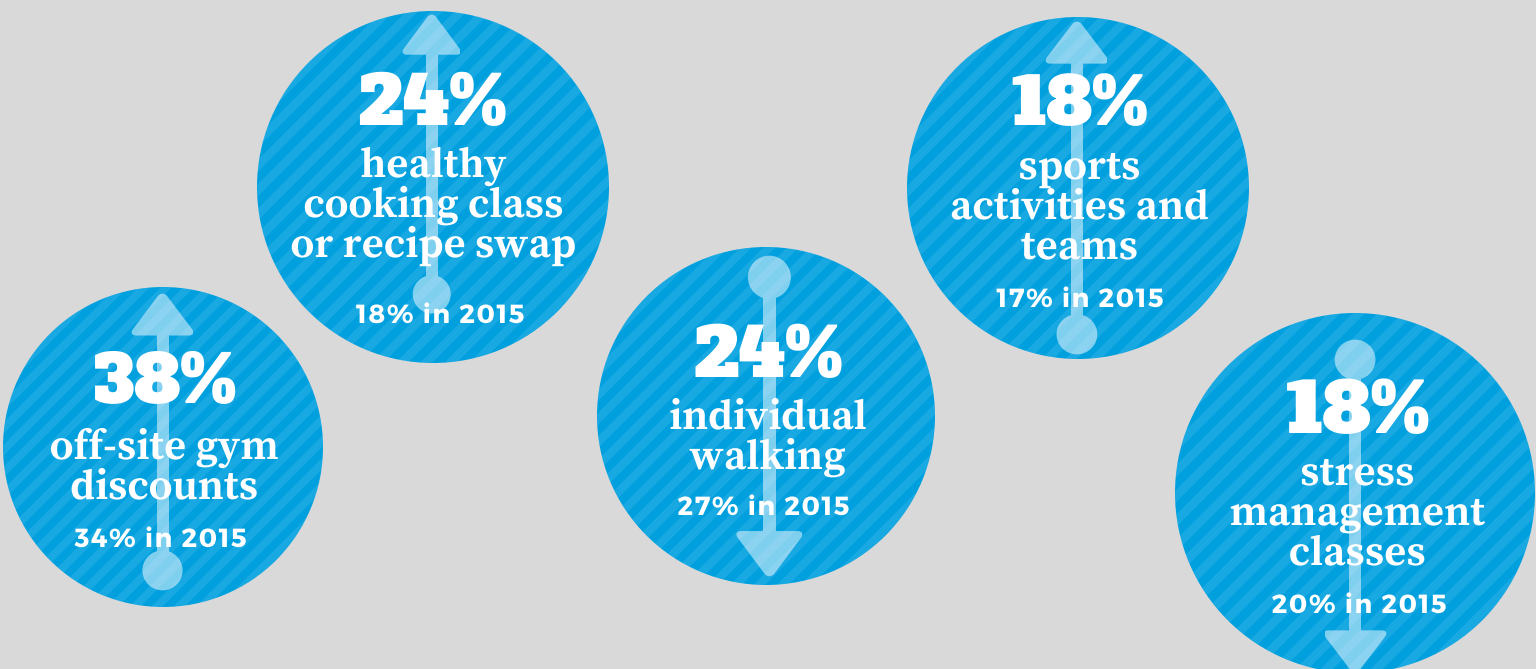
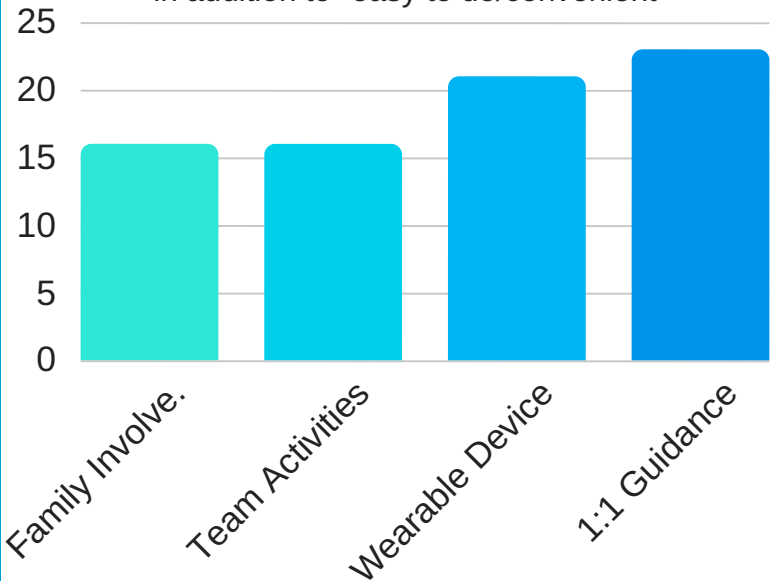


Top 5 Personal Health Goals

	2015	2017
Manage weight	54%	55%
Improve fitness	45%	38%
Drink more water	18%	28%
Improve sleep	22%	18%
Manage stress	15%	12%

Most Appealing Features of a Well-Being Program

in addition to "easy to do/convenient"



Activities You'll Likely Participate In