

REGISTRAR OF VOTERS (ROV)

2017 Culture of Health Employee Needs and Program Interest Survey Results



EMPLOYEES RESPONDED



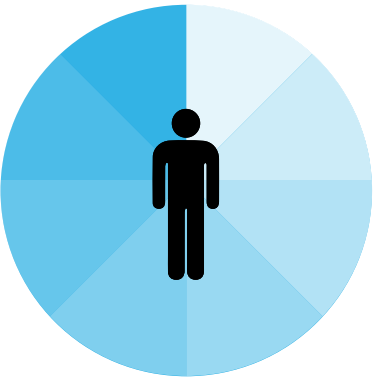
4 individuals "strongly interested" in being Culture of Health ambassadors



More employees are taking their breaks

65% compared to 63% in 2015

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

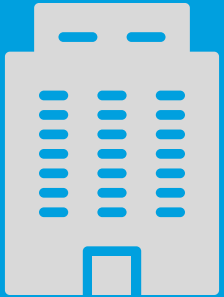


Most reported stress level "slightly high": 45% (an increase from 2015)

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

Top 5 Personal Health Goals

	2015	2017
Manage weight	59%	75%
Drink more water	15%	30%
Manage stress	19%	20%
Learn about exercises & foods that are best for me	11%	15%
Improve sleep	11%	10%



Well-being is highly linked to engagement! Employees reported an increase in how well they feel ROV is encouraging health behaviors.

85% are extremely or highly likely to recommend working at COR

80% are extremely or highly satisfied working at COR

Stay in the Know

The following County resources are here to support your well-being!

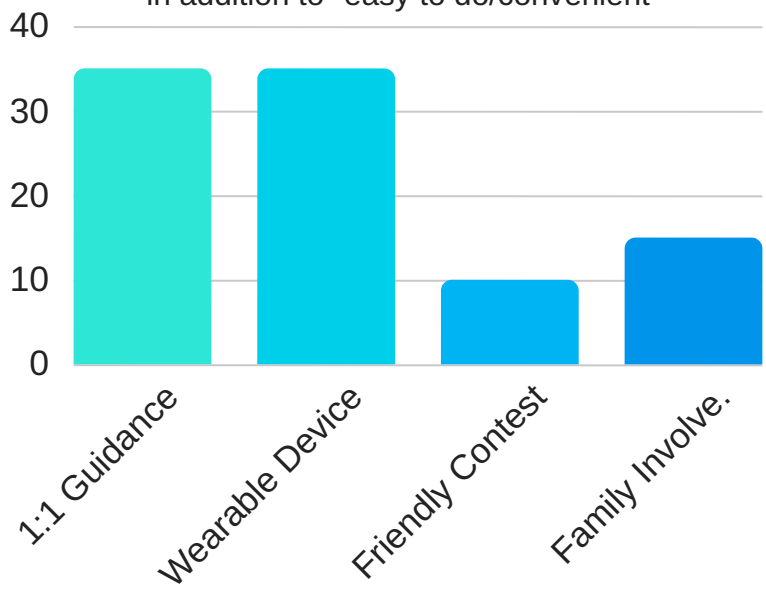
- Healthy Meetings & Activity Guidelines
- Board Policy for Use of County Facilities for Well-Being Activities
- Telemedicine from Amwell
- Farmers Markets

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"



35% anxiety & depression management
15% in 2015

30% healthy cooking class or recipe swap
30% in 2015

30% nutrition education
26% in 2015

30% stress management classes
33% in 2015

40% off-site gym discounts
56% in 2015

Activities You'll Likely Participate In