

RUHS BEHAVIORAL HEALTH

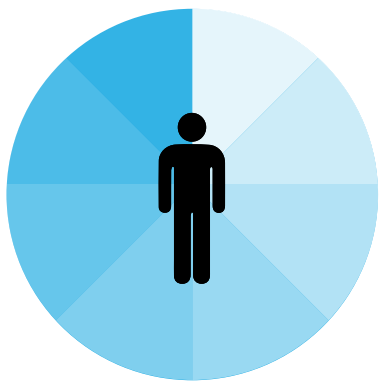
2017 Culture of Health Employee Needs and Program Interest Survey Results



EMPLOYEES RESPONDED

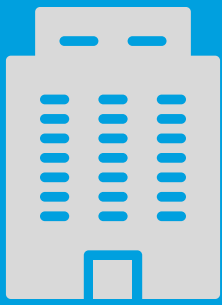


45 individuals "strongly interested" in being Culture of Health ambassadors



Most reported stress level "slightly high": 41% (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 RUHS Behavioral Health is encouraging health behaviors.

51% are extremely or highly likely to recommend working at COR

56% 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

57% compared to 53% in 2015

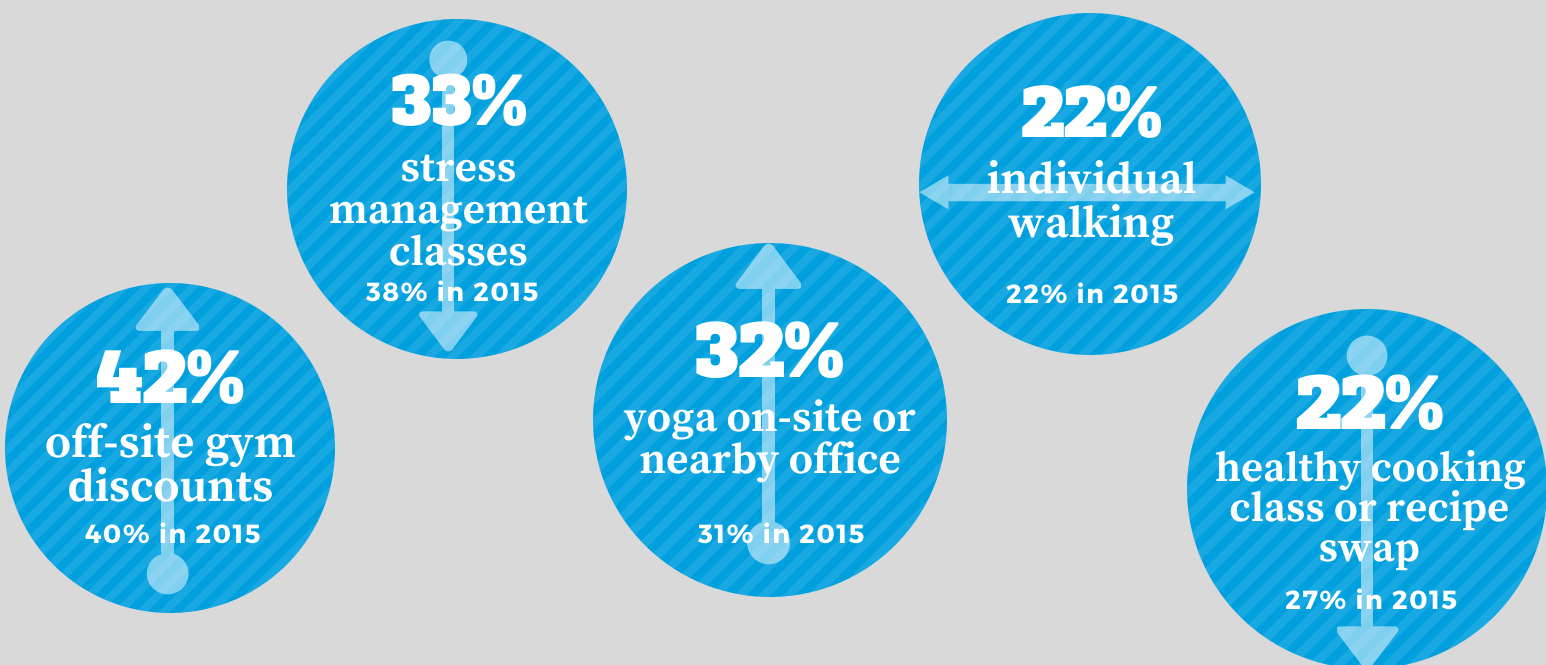
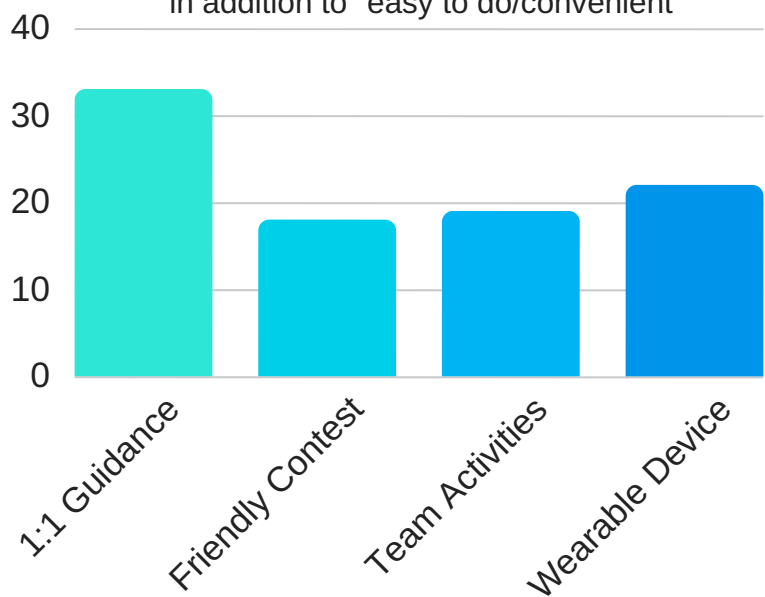
Taking breaks helps us stay focused, increase creativity, feel recharged, and prevent fatigue!

Top 5 Personal Health Goals

	2015	2017
Manage weight	57%	60%
Improve fitness	41%	33%
Drink more water	21%	20%
Manage stress	18%	18%
Improve sleep	14%	14%

Most Appealing Features of a Well-Being Program

in addition to "easy to do/convenient"



Activities You'll Likely Participate In