

SHERIFF DEPARTMENT

2017 Culture of Health Employee Needs and Program Interest Survey Results

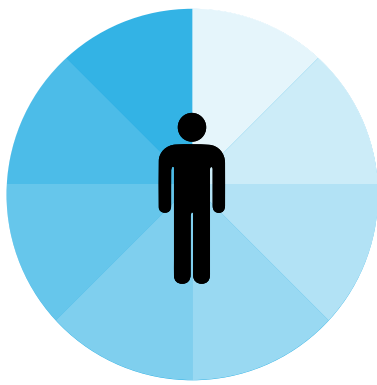
COUNTY OF RIVERSIDE



**EMPLOYEES
RESPONDED**

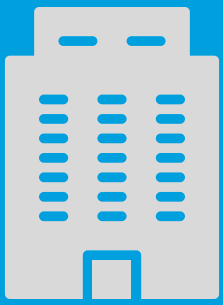


33
individuals
"strongly interested"
in being
Culture of Health
ambassadors



**Most reported stress level
"slightly high": 39%**
(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 the Sheriff Dept is
encouraging health
behaviors.

**41% are extremely or highly likely
to recommend working at COR**

**52% 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**

61% compared to 56% in 2015

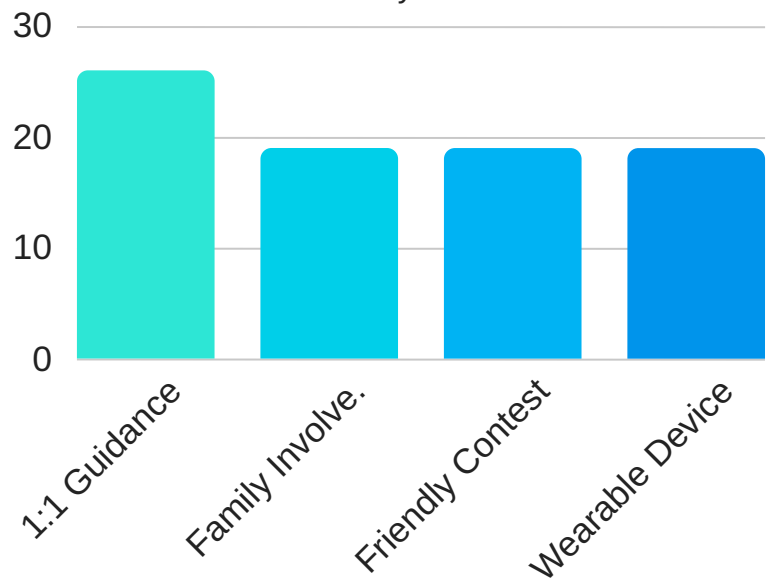
Taking breaks helps us stay
focused, increase creativity, feel
recharged, and prevent fatigue!

Top 5 Personal Health Goals

	2015	2017
Manage weight	52%	53%
Improve fitness	46%	43%
Drink more water	26%	26%
Improve sleep	19%	19%
Learn about foods that are best for me	13%	11%

Most Appealing Features of a Well-Being Program

in addition to "easy to do/convenient"



21%
back pain
prevention &
management
21% in 2015

18%
stress
management
classes
18% in 2015

39%
off-site gym
discounts
43% in 2015

20%
healthy cooking
class or recipe
swap
24% in 2015

17%
nutrition
classes
19% in 2015

Activities You'll Likely Participate In