

TRANSPORTATION & LAND MANAGEMENT AGENCY (TLMA)

COUNTY OF RIVERSIDE



2017 Culture of Health Employee Needs and Program Interest Survey Results



EMPLOYEES RESPONDED



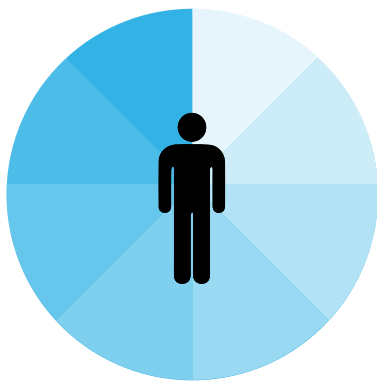
6 individuals "strongly interested" in being Culture of Health ambassadors



Fewer employees are taking their breaks

53% compared to 54% in 2015

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

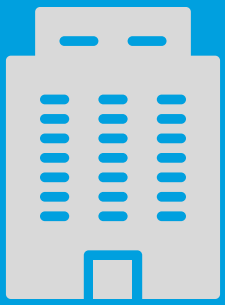


Most reported stress level "slightly high": 38%
(a decrease from 2015)

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

Top 5 Personal Health Goals

	2015	2017
Manage weight	53%	57%
Improve fitness	44%	36%
Drink more water	18%	24%
Improve sleep	20%	24%
Manage stress	13%	15%



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

44% are extremely or highly likely to recommend working at COR

57% are extremely or highly satisfied working at COR

Stay in the Know

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

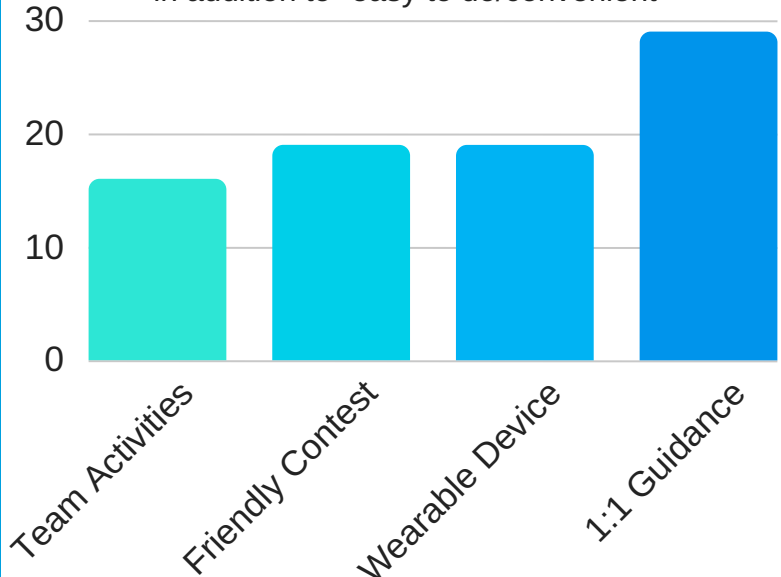
- Healthy Meetings & Activity Guidelines
- Board Policy for Use of County Facilities for Well-Being Activities
- Telemedicine from Amwell
- Farmers Markets

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"



21%

yoga on-site or nearby office

16% in 2015

18%

stress management classes

23% in 2015

36%

off-site gym discounts

36% in 2015

19%

individual walking

23% in 2015

15%

healthy cooking class or recipe swap

26% in 2015

Activities You'll Likely Participate In