

VETERANS' SERVICES OFFICE

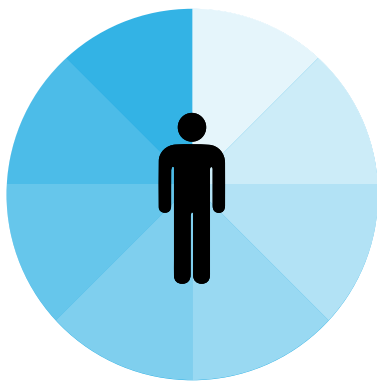
2017 Culture of Health Employee Needs and Program Interest Survey Results



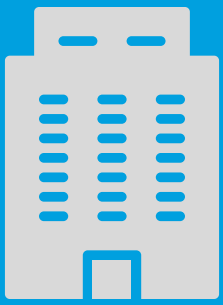
EMPLOYEES RESPONDED



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



Most reported stress levels tie at 33% between "high", "slightly high", and "slight low"



Well-being is highly linked to engagement! Employees reported an increase in how well they feel the Veterans' Services Office is encouraging health behaviors.

33% are extremely or highly likely to recommend working at COR

66% 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



Fewer employees are taking their breaks

0% compared to 36% in 2015

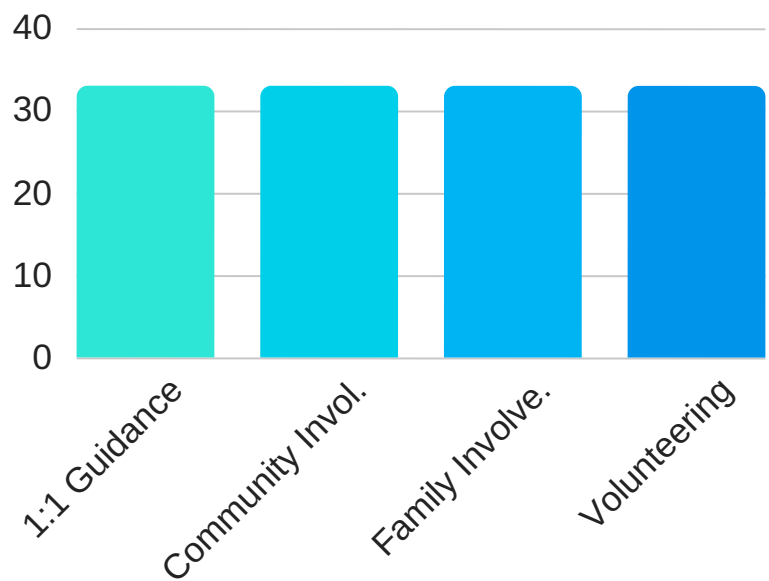
Taking breaks helps us stay focused, increase creativity, feel recharged, and prevent fatigue!

Top 5 Personal Health Goals

	2015	2017
Drink more water	21%	33%
Improve fitness	43%	33%
Manage stress	36%	33%
Improve sleep	14%	33%
Manage chronic pain	7%	33%

Most Appealing Features of a Well-Being Program

in addition to easy to do/convenient.



67% yoga on-site or nearby office

29% in 2015

33% anxiety & depression management

21% in 2015

67% healthy cooking class or recipe swap

21% in 2015

33% back pain prevention & management

14% in 2015

33% education on work-life balance

21% in 2015

Activities You'll Likely Participate In