

WASTE RESOURCES

2017 Culture of Health
Employee Needs and Program
Interest Survey Results



EMPLOYEES RESPONDED



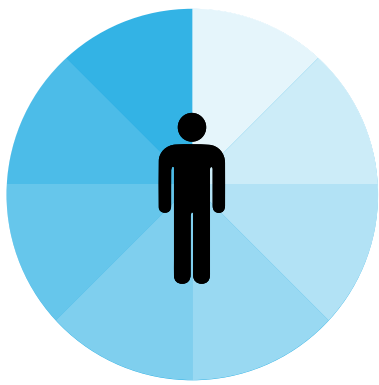
2 individuals "strongly interested" in being Culture of Health ambassadors



More employees are taking their breaks

59% compared to 57% in 2015

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

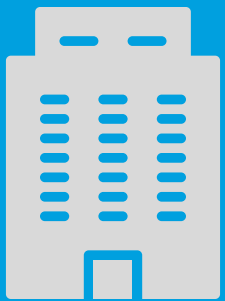


Most reported stress level "slightly high": 41%
(an increase from 2015)

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

Top 5 Personal Health Goals

| | 2015 | 2017 |
|------------------|------|------|
| Manage weight | 68% | 63% |
| Improve fitness | 49% | 46% |
| Drink more water | 17% | 20% |
| Manage stress | 15% | 17% |
| Improve sleep | 16% | 13% |



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

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

41% are extremely or highly satisfied working at COR

Stay in the Know

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

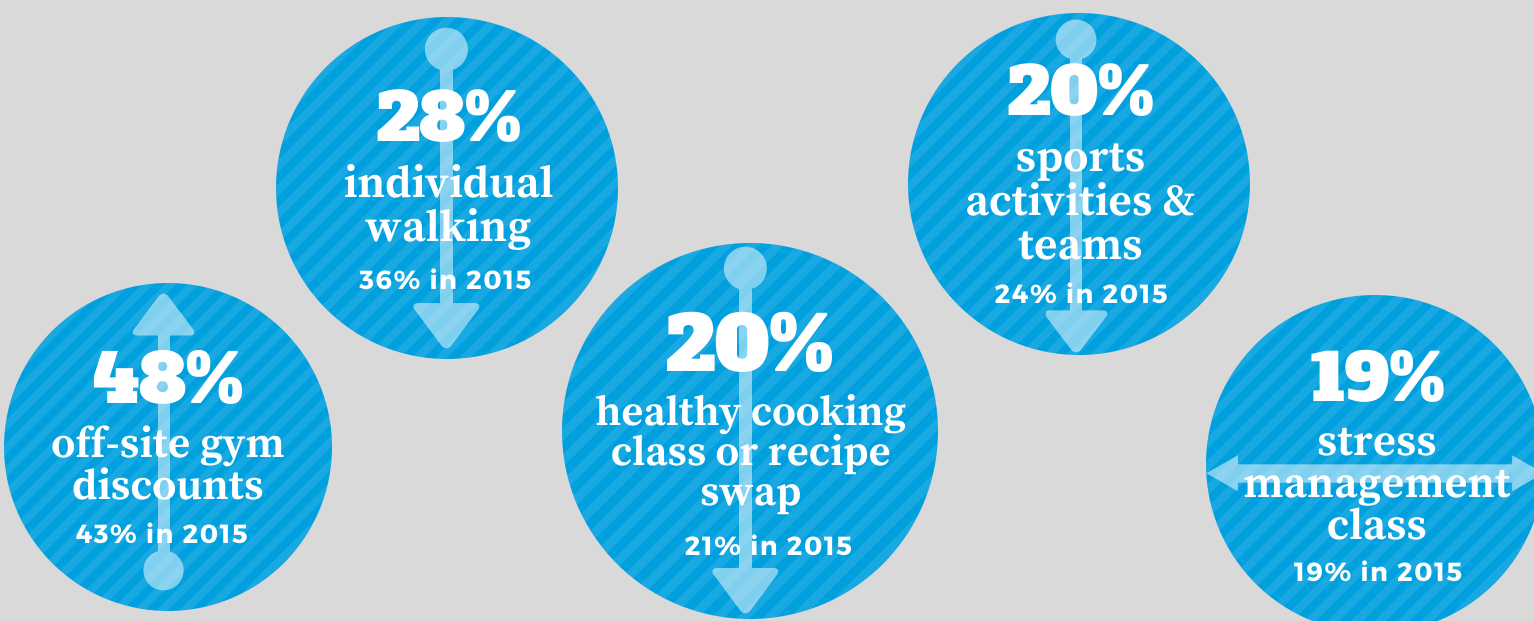
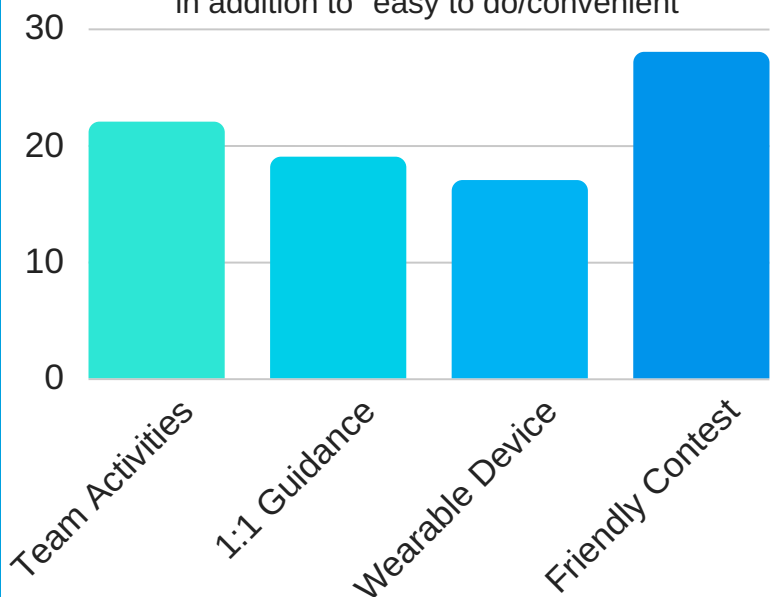
- Healthy Meetings & Activity Guidelines
- Board Policy for Use of County Facilities for Well-Being Activities
- Telemedicine from Amwell
- Farmers Markets

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"



Activities You'll Likely Participate In