

## Gallup-Healthways Monthly U.S. Well-Being Report

April 2009

### **American Well-Being and Optimism Rise: Number of Thriving Individuals Overtakes Number Struggling for First Time Since Early 2008**

In one of the most compelling indications yet that the symptoms of the current economic downturn may be abating, both the Gallup-Healthways Well-Being Index™ (WBI) Composite and Life Evaluation Index scores swung to significant gains in April. The WBI Composite rose 2.3 percent, or 1.5 points, to close April at an absolute score of 65.8, a level not seen since October 2008.

Even more striking, the WBI's Life Evaluation Index jumped an unprecedented 22.1 percent, or 8.3 points, by far the largest monthly sequential increase in the Index's history. The Life Evaluation Index is partially based on the Cantril Self-Anchoring Striving Scale and is an extremely sensitive measure, evaluating a respondent's current life situation and anticipated life situation in five years. The April 2009 absolute Life Evaluation Index score of 45.9 is the second highest monthly score on record and represents a positive life change for more than 19 million Americans.

Life Evaluation improved significantly across virtually all age, ethnic and socioeconomic groups. Additionally in April, the number of Americans considered to be Thriving under the Index's classification system significantly exceeded those considered to be Struggling for the first time since February 2008, a dramatic swing that's important for two reasons. Unlike other measures of national economic health, which ask individuals to characterize their expectations around aggregate national business performance, the Life Evaluation Index asks individuals about their own, personal standard of living. The Index reflects how people are experiencing changes in the national economic climate at the household level.

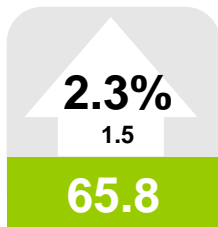
Secondly, with more than 1,000 completed surveys every day, the Gallup-Healthways Well-Being Index is the largest and most comprehensive daily tracking poll of its kind, collecting more responses in 24 hours than other measures do in one or several months. Subtle changes and trends in Well-Being can be identified in real time, which may prove to be a more revealing indicator than traditional measures of consumer confidence. The percentage of Americans worrying about money climbed dramatically in the fourth quarter of 2008 but has since returned to April 2008 levels.

While Gallup and Healthways researchers continue to watch the developing trends to confirm long-term sustainability, the April upswing bodes well for summer 2009.

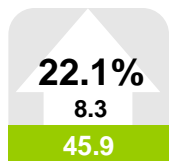
**Kurt Schusterman**  
Healthways, Inc.

**Katie Bell**  
Gallup, Inc.

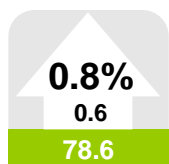
*Left: Values in arrows denote month-to-month value change and percentage change, up or down. Values in boxes denote the month's index scores. A gray box indicates the monthly change was not significant. Red indicates a significant decline. Green indicates significant improvement. Scale for all values is 0-100.*



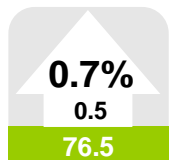
U.S. Well-Being



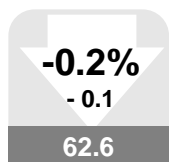
Life Evaluation



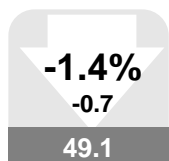
Emotional Health



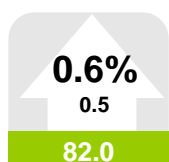
Physical Health



Healthy Behavior



Work Environment



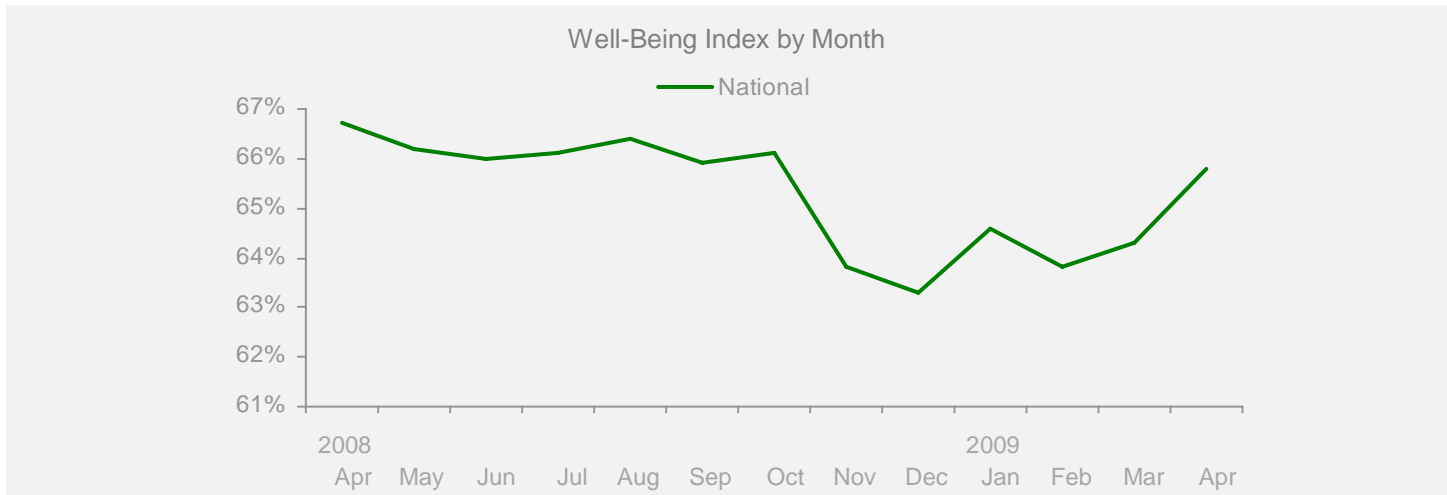
Basic Access

**Gallup-Healthways Monthly U.S. Well-Being Report**

From Gallup-Healthways Well-Being Index Data  
Based on 29,830 surveys completed in April 2009. Total of 474,146 since January 2, 2008.

**U.S. Composite and Life Evaluation Score**

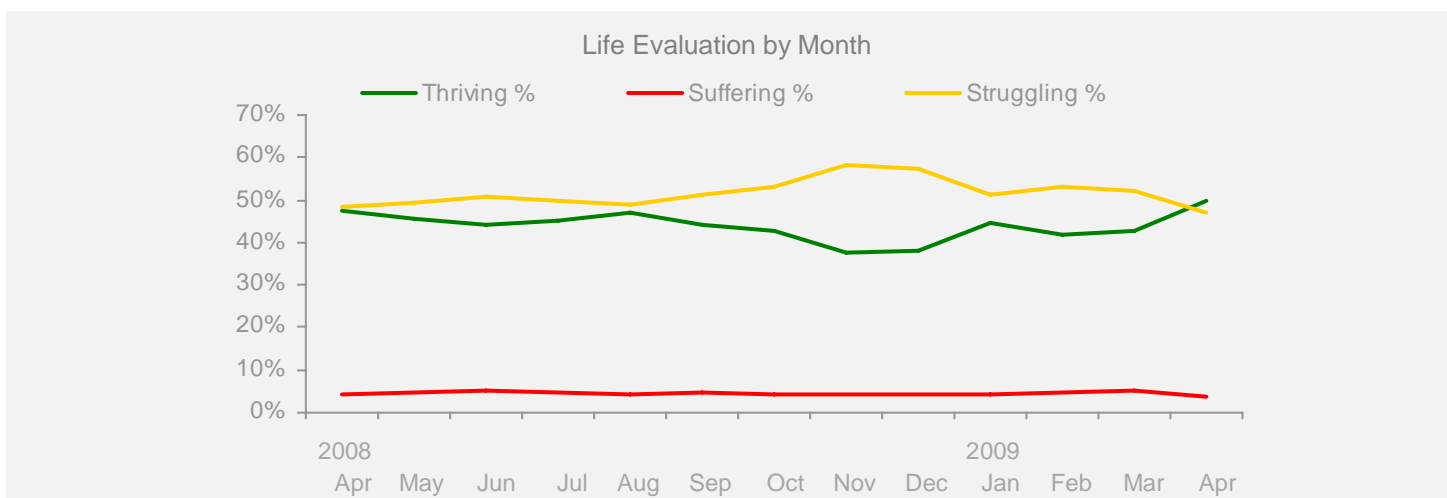
|                         | 2008                       |      |      |      |      |      |      |      |      |      |      |      | 2009 |       | Change |  |
|-------------------------|----------------------------|------|------|------|------|------|------|------|------|------|------|------|------|-------|--------|--|
|                         | Apr                        | May  | Jun  | Jul  | Aug  | Sep  | Oct  | Nov  | Dec  | Jan  | Feb  | Mar  | Apr  | Month | Year   |  |
| <b>Well-Being Index</b> | SCALE 0-100 MoE = +/- 0.2% |      |      |      |      |      |      |      |      |      |      |      |      |       |        |  |
| <b>National</b>         | 66.7                       | 66.2 | 66.0 | 66.1 | 66.4 | 65.9 | 66.1 | 63.8 | 63.3 | 64.6 | 63.8 | 64.3 | 65.8 | +1.5  | -0.9   |  |



**Life Evaluation**

SCALE 0-100 MoE = Composite Score +/- 0.7% Each Category +/- 0.6%

|                        |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
|------------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| <b>Life Evaluation</b> | 43.4 | 41.1 | 39.2 | 40.6 | 42.5 | 39.6 | 38.7 | 33.1 | 33.6 | 40.3 | 37.3 | 37.6 | 45.9 | +8.3 | +2.5 |
| Thriving %             | 47.6 | 45.8 | 44.2 | 45.3 | 46.9 | 44.1 | 42.7 | 37.4 | 38.0 | 44.5 | 42.0 | 42.7 | 49.6 | +6.9 | +2.0 |
| Struggling %           | 48.2 | 49.4 | 50.7 | 50.0 | 48.7 | 51.4 | 53.2 | 58.3 | 57.5 | 51.4 | 53.3 | 52.2 | 46.8 | -5.4 | -1.4 |
| Suffering %            | 4.2  | 4.7  | 5.0  | 4.7  | 4.4  | 4.5  | 4.1  | 4.3  | 4.4  | 4.1  | 4.7  | 5.1  | 3.6  | -1.5 | -0.6 |



**Gallup-Healthways Monthly U.S. Well-Being Report**

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**National and Regional Composite Well-Being Scores**

|                         | 2008 |      |      |      |      |      |      |      | 2009 |      |      |      | Change                                    |       |      |
|-------------------------|------|------|------|------|------|------|------|------|------|------|------|------|---|-------|------|
|                         | Apr  | May  | Jun  | Jul  | Aug  | Sep  | Oct  | Nov  | Dec  | Jan  | Feb  | Mar  | Apr                                       | Month | Year |
| <b>Well-Being Index</b> |      |      |      |      |      |      |      |      |      |      |      |      | MoE = National +/- 0.2% Regional +/- 0.4% |       |      |
| <b>National</b>         | 66.7 | 66.2 | 66.0 | 66.1 | 66.4 | 65.9 | 66.1 | 63.8 | 63.3 | 64.6 | 63.8 | 64.3 | 65.8                                      | +1.5  | -0.9 |
| Northeast               | 66.9 | 66.0 | 66.0 | 66.3 | 66.7 | 65.3 | 65.8 | 63.9 | 63.8 | 64.0 | 64.3 | 64.2 | 65.7                                      | +1.5  | -1.2 |
| South                   | 66.5 | 66.1 | 65.8 | 64.9 | 66.5 | 65.9 | 65.8 | 63.2 | 62.6 | 63.8 | 63.1 | 63.7 | 65.8                                      | +2.1  | -0.7 |
| Midwest                 | 65.6 | 64.8 | 65.0 | 66.2 | 65.4 | 64.7 | 65.1 | 62.5 | 62.2 | 64.7 | 63.4 | 64.0 | 65.4                                      | +1.4  | -0.2 |
| West                    | 67.9 | 68.0 | 67.2 | 67.3 | 67.3 | 67.6 | 67.6 | 66.1 | 65.1 | 66.2 | 64.7 | 65.5 | 66.3                                      | +0.8  | -1.6 |
| <b>Life Evaluation</b>  |      |      |      |      |      |      |      |      |      |      |      |      | MoE = National +/- 0.7% Regional +/- 1.4% |       |      |
| <b>National</b>         | 43.4 | 41.1 | 39.2 | 40.6 | 42.5 | 39.6 | 38.7 | 33.1 | 33.6 | 40.3 | 37.3 | 37.6 | 45.9                                      | +8.3  | +2.5 |
| Northeast               | 42.4 | 40.2 | 37.6 | 40.0 | 42.9 | 37.0 | 36.9 | 32.8 | 34.1 | 39.3 | 38.1 | 37.3 | 46.2                                      | +8.9  | +3.8 |
| South                   | 45.0 | 42.6 | 40.6 | 40.2 | 43.8 | 41.0 | 39.5 | 32.1 | 32.8 | 39.6 | 36.2 | 37.4 | 46.1                                      | +8.7  | +1.1 |
| Midwest                 | 39.9 | 36.5 | 36.2 | 39.4 | 39.3 | 36.4 | 35.9 | 29.7 | 29.8 | 39.6 | 34.4 | 35.7 | 44.6                                      | +8.9  | +4.7 |
| West                    | 45.6 | 44.6 | 41.6 | 43.0 | 43.5 | 43.5 | 41.9 | 38.0 | 38.0 | 43.1 | 41.0 | 40.2 | 46.8                                      | +6.6  | +1.2 |
| <b>Emotional Health</b> |      |      |      |      |      |      |      |      |      |      |      |      | MoE = National +/- 0.3% Regional +/- 0.5% |       |      |
| <b>National</b>         | 79.5 | 79.6 | 79.7 | 79.4 | 79.2 | 78.6 | 78.8 | 78.1 | 77.5 | 78.0 | 77.7 | 78.0 | 78.6                                      | +0.6  | -0.9 |
| Northeast               | 79.0 | 79.2 | 79.3 | 79.5 | 79.3 | 78.1 | 78.6 | 77.2 | 77.4 | 77.3 | 77.3 | 77.5 | 78.1                                      | +0.6  | -0.9 |
| South                   | 79.8 | 79.4 | 79.8 | 79.0 | 79.3 | 79.0 | 78.7 | 78.1 | 77.3 | 77.8 | 77.7 | 78.0 | 78.8                                      | +0.8  | -1.0 |
| Midwest                 | 79.1 | 79.5 | 79.7 | 80.1 | 79.4 | 78.1 | 78.8 | 77.9 | 77.4 | 78.3 | 78.1 | 78.4 | 78.7                                      | +0.3  | -0.4 |
| West                    | 80.0 | 80.2 | 80.1 | 79.4 | 79.1 | 78.9 | 79.2 | 79.2 | 78.0 | 78.6 | 77.7 | 77.9 | 78.6                                      | +0.7  | -1.4 |
| <b>Physical Health</b>  |      |      |      |      |      |      |      |      |      |      |      |      | MoE = National +/- 0.2% Regional +/- 0.3% |       |      |
| <b>National</b>         | 76.8 | 76.7 | 77.2 | 77.3 | 77.5 | 77.4 | 77.9 | 76.5 | 75.7 | 76.5 | 75.8 | 76.0 | 76.5                                      | +0.5  | -0.3 |
| Northeast               | 76.9 | 76.9 | 77.5 | 78.1 | 78.3 | 77.6 | 78.1 | 76.6 | 76.1 | 76.6 | 76.0 | 76.3 | 76.2                                      | -0.1  | -0.7 |
| South                   | 76.5 | 76.1 | 76.5 | 76.1 | 77.0 | 77.0 | 77.4 | 75.1 | 74.3 | 75.7 | 75.5 | 75.1 | 76.2                                      | +1.1  | -0.3 |
| Midwest                 | 76.5 | 76.5 | 77.5 | 78.1 | 77.5 | 77.1 | 77.8 | 76.6 | 76.7 | 77.0 | 75.5 | 76.3 | 76.7                                      | +0.4  | +0.2 |
| West                    | 77.4 | 77.7 | 77.6 | 77.5 | 77.4 | 78.2 | 78.4 | 78.2 | 76.4 | 77.3 | 76.3 | 76.5 | 77.0                                      | +0.5  | -0.4 |
| <b>Healthy Behavior</b> |      |      |      |      |      |      |      |      |      |      |      |      | MoE = National +/- 0.2% Regional +/- 0.4% |       |      |
| <b>National</b>         | 65.0 | 65.0 | 64.5 | 64.8 | 64.8 | 63.7 | 63.6 | 61.4 | 59.7 | 61.2 | 61.8 | 62.7 | 62.6                                      | -0.1  | -2.4 |
| Northeast               | 66.5 | 65.9 | 64.8 | 65.5 | 65.8 | 64.6 | 64.3 | 61.5 | 60.2 | 61.3 | 62.2 | 63.0 | 63.6                                      | +0.6  | -2.9 |
| South                   | 64.3 | 64.1 | 63.6 | 63.3 | 64.1 | 62.7 | 62.6 | 60.6 | 59.4 | 60.3 | 60.9 | 61.9 | 62.1                                      | +0.2  | -2.2 |
| Midwest                 | 62.8 | 62.9 | 62.3 | 63.5 | 62.5 | 61.7 | 61.6 | 59.1 | 57.1 | 59.2 | 60.0 | 61.0 | 60.0                                      | -1.0  | -2.8 |
| West                    | 66.8 | 67.5 | 67.5 | 67.7 | 67.0 | 66.4 | 66.3 | 64.8 | 62.0 | 64.2 | 64.5 | 65.4 | 65.0                                      | -0.4  | -1.8 |
| <b>Work Environment</b> |      |      |      |      |      |      |      |      |      |      |      |      | MoE = National +/- 0.6% Regional +/- 1.2% |       |      |
| <b>National</b>         | 51.9 | 51.3 | 51.7 | 50.6 | 51.0 | 51.8 | 53.3 | 50.8 | 50.6 | 49.1 | 48.7 | 49.8 | 49.1                                      | -0.7  | -2.8 |
| Northeast               | 50.6 | 48.3 | 50.7 | 48.7 | 48.9 | 49.2 | 50.3 | 49.8 | 50.3 | 45.4 | 49.0 | 48.0 | 46.4                                      | -1.6  | -4.2 |
| South                   | 51.4 | 52.1 | 51.8 | 49.4 | 52.1 | 52.5 | 54.1 | 51.8 | 50.7 | 48.8 | 48.5 | 49.3 | 50.7                                      | +1.4  | -0.7 |
| Midwest                 | 50.9 | 49.4 | 50.3 | 51.1 | 48.6 | 50.4 | 52.2 | 47.6 | 48.1 | 50.7 | 49.6 | 50.1 | 49.6                                      | -0.5  | -1.3 |
| West                    | 54.9 | 55.1 | 53.8 | 53.8 | 54.0 | 54.7 | 56.3 | 53.7 | 53.4 | 51.7 | 47.7 | 52.0 | 49.0                                      | -3.0  | -5.9 |
| <b>Basic Access</b>     |      |      |      |      |      |      |      |      |      |      |      |      | MoE = National +/- 0.2% Regional +/- 0.4% |       |      |
| <b>National</b>         | 83.6 | 83.5 | 83.6 | 83.5 | 83.7 | 84.1 | 84.1 | 83.1 | 82.9 | 82.4 | 81.5 | 81.5 | 82.0                                      | +0.5  | -1.6 |
| Northeast               | 85.8 | 85.4 | 85.8 | 85.7 | 85.4 | 85.5 | 86.3 | 85.3 | 85.0 | 84.2 | 83.2 | 83.0 | 83.5                                      | +0.5  | -2.3 |
| South                   | 82.2 | 82.2 | 82.3 | 81.7 | 82.5 | 83.1 | 82.7 | 81.3 | 80.9 | 80.6 | 80.1 | 80.3 | 80.8                                      | +0.5  | -1.4 |
| Midwest                 | 84.5 | 84.1 | 84.2 | 84.8 | 84.8 | 84.6 | 84.3 | 83.8 | 84.2 | 83.3 | 82.5 | 82.6 | 82.9                                      | +0.3  | -1.6 |
| West                    | 82.7 | 82.8 | 82.7 | 82.5 | 82.6 | 83.7 | 83.7 | 82.7 | 82.6 | 82.1 | 81.0 | 80.9 | 81.3                                      | +0.4  | -1.4 |

Regions: EAST: ME, NH, VT, MA, RI, CT, NY, NJ, PA, MD, DE, WV, DC. MIDWEST: OH, MI, IN, IL, WI, MN, IA, MO, ND, SD, NE, KS. SOUTH: VA, NC, SC, GA, FL, KY, TN, AL, MS, AR, LA, OK, TX. WEST: MT, AZ, CO, ID, WY, UT, NV, NM, CA, OR, WA, HI, AK.

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**National Well-Being Scores by Demographic**

|                         | 2008 |      |      |      |      | 2009 |      |      |      |      |      |      |      | Change |  |  |
|-------------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|--------|--|--|
|                         | Apr  | May  | Jun  | Jul  | Aug  | Sep  | Oct  | Nov  | Dec  | Jan  | Feb  | Mar  | Apr  | Month  | Year   |  |
| <b>Gender</b>           |      |      |      |      |      |      |      |      |      |      |      |      |      |        | MoE = +/- 0.3%   |  |
| Male                    | 67.1 | 66.6 | 66.3 | 66.6 | 66.9 | 66.4 | 66.5 | 64.6 | 63.9 | 65.1 | 64.2 | 64.7 | 65.9 | +1.2   | -1.2   |  |
| Female                  | 66.4 | 65.8 | 65.6 | 65.6 | 66.0 | 65.4 | 65.7 | 63.1 | 62.8 | 64.1 | 63.4 | 63.9 | 65.7 | +1.8   | -0.7   |  |
| <b>Age</b>              |      |      |      |      |      |      |      |      |      |      |      |      |      |        | MoE = 18 to 29 +/- 0.7% 30 to 44 +/- 0.5% 45 to 64 and 65+ +/- 0.3%                                    |  |
| 18 to 29                | 67.2 | 66.1 | 66.2 | 66.2 | 66.4 | 65.5 | 66.0 | 63.5 | 63.1 | 65.6 | 65.1 | 64.5 | 66.0 | +1.5   | -1.2   |  |
| 30 to 44                | 66.7 | 66.3 | 66.4 | 66.6 | 66.4 | 66.1 | 65.6 | 64.0 | 63.6 | 64.7 | 63.9 | 64.7 | 66.2 | +1.5   | -0.5   |  |
| 45 to 64                | 65.7 | 65.2 | 64.9 | 65.0 | 65.6 | 64.8 | 65.0 | 62.7 | 62.3 | 63.4 | 62.4 | 63.1 | 64.6 | +1.5   | -1.1   |  |
| 65 and older            | 69.4 | 70.2 | 68.7 | 68.3 | 69.8 | 69.0 | 70.4 | 67.6 | 66.2 | 66.6 | 66.4 | 66.4 | 68.7 | +2.3   | -0.7   |  |
| <b>Family Status</b>    |      |      |      |      |      |      |      |      |      |      |      |      |      |        | MoE = Married +/- 0.3% Widowed, Single, Divorced +/- 0.6% Separated +/- 1.7% Domestic Partner +/- 1.3% |  |
| Married                 | 69.5 | 68.9 | 68.7 | 69.2 | 69.9 | 69.1 | 69.2 | 66.8 | 66.5 | 67.5 | 66.7 | 67.1 | 68.9 | +1.8   | -0.6   |  |
| Single                  | 64.9 | 64.3 | 64.1 | 64.2 | 64.0 | 63.4 | 63.2 | 61.9 | 61.1 | 62.9 | 62.2 | 62.2 | 63.6 | +1.4   | -1.3   |  |
| Divorced                | 58.6 | 59.7 | 59.3 | 60.3 | 60.9 | 59.0 | 60.3 | 58.5 | 57.7 | 59.1 | 57.4 | 59.0 | 60.5 | +1.5   | +1.9   |  |
| Widowed                 | 65.0 | 64.7 | 65.2 | 64.2 | 65.2 | 64.5 | 65.9 | 63.0 | 62.2 | 63.4 | 62.4 | 63.1 | 65.3 | +2.2   | +0.3   |  |
| Separated               | 56.9 | 56.6 | 55.3 | 56.3 | 55.5 | 56.7 | 54.4 | 52.5 | 54.0 | 53.0 | 54.3 | 54.2 | 55.2 | +1.0   | -1.7   |  |
| Domestic Partner        | 62.5 | 62.3 | 61.2 | 61.2 | 61.3 | 61.0 | 61.5 | 59.7 | 59.6 | 61.9 | 60.9 | 62.0 | 60.7 | -1.3   | -1.8   |  |
| <b>Ethnicity</b>        |      |      |      |      |      |      |      |      |      |      |      |      |      |        | MoE = White +/- 0.2% Black, Hispanic +/- 0.8% Asian +/- 1.6% Other +/- 1.2%                            |  |
| White                   | 67.5 | 67.0 | 66.7 | 66.8 | 67.2 | 66.8 | 67.0 | 64.8 | 64.2 | 65.2 | 64.5 | 64.8 | 66.6 | +1.8   | -0.9   |  |
| Black                   | 63.3 | 62.6 | 63.0 | 62.5 | 63.1 | 61.5 | 62.1 | 60.0 | 59.0 | 62.3 | 60.6 | 61.2 | 62.8 | +1.6   | -0.5   |  |
| Hispanic                | 66.3 | 63.9 | 63.7 | 64.5 | 64.8 | 64.0 | 63.9 | 62.2 | 61.6 | 63.7 | 62.2 | 63.7 | 64.0 | +0.3   | -2.3   |  |
| Asian                   | 69.3 | 70.5 | 70.2 | 69.4 | 70.2 | 68.3 | 70.0 | 64.4 | 67.8 | 67.9 | 65.0 | 67.5 | 69.2 | +1.7   | -0.1   |  |
| Other                   | 60.0 | 64.5 | 63.7 | 62.8 | 63.1 | 62.0 | 63.2 | 60.4 | 61.0 | 60.3 | 61.4 | 61.0 | 61.3 | +0.3   | +1.3   |  |
| <b>Household Income</b> |      |      |      |      |      |      |      |      |      |      |      |      |      |        | MoE = Under \$1,000 +/- 0.9% All other categories +/- 0.6%   |  |
| Under \$1,000           | 55.1 | 54.7 | 54.9 | 52.9 | 52.0 | 53.3 | 54.4 | 51.6 | 51.6 | 53.1 | 51.5 | 51.9 | 54.0 | +2.1   | -1.1   |  |
| \$1,000-\$1,999         | 58.6 | 57.7 | 57.0 | 57.3 | 58.6 | 57.4 | 56.8 | 55.9 | 54.4 | 56.1 | 55.9 | 57.1 | 58.0 | +0.9   | -0.6   |  |
| \$2,000-\$2,999         | 61.7 | 62.1 | 61.0 | 61.8 | 62.8 | 60.8 | 61.9 | 59.2 | 59.9 | 61.0 | 60.1 | 60.9 | 63.4 | +2.5   | +1.7   |  |
| \$3,000-\$3,999         | 66.3 | 64.6 | 65.2 | 65.5 | 65.9 | 65.1 | 65.0 | 62.6 | 63.2 | 64.7 | 63.8 | 63.9 | 65.4 | +1.5   | -0.9   |  |
| \$4,000-\$4,999         | 68.5 | 67.4 | 67.8 | 68.2 | 68.3 | 68.0 | 67.8 | 66.4 | 66.2 | 66.1 | 66.4 | 66.6 | 67.9 | +1.3   | -0.6   |  |
| \$5,000-\$7,499         | 70.4 | 70.6 | 70.5 | 70.8 | 71.6 | 70.2 | 70.4 | 68.8 | 68.1 | 69.8 | 68.1 | 69.5 | 70.7 | +1.2   | +0.3   |  |
| \$7,500-\$9,999         | 74.4 | 73.3 | 72.9 | 73.1 | 74.1 | 72.8 | 74.2 | 71.4 | 71.2 | 71.1 | 70.8 | 71.5 | 73.2 | +1.7   | -1.2   |  |
| \$10,000 +              | 74.4 | 74.3 | 74.0 | 74.9 | 74.6 | 74.6 | 74.2 | 72.7 | 72.0 | 72.8 | 73.0 | 72.8 | 73.9 | +1.1   | -0.5   |  |

**About the Sub-Indices and Methodology**

To compile the Gallup-Healthways Well-Being Index, Gallup obtains completed interviews from 1,000 U.S. adults nationally, seven days a week, excluding only major holidays. The survey methods rely on live interviewers, dual-frame random-digit-dial (RDD) sampling – which includes landlines as well as wireless phone sampling – and a random selection method for choosing respondents within a household. Daily tracking includes Spanish-language interviews and interviews in all 50 states. The data are weighted daily to compensate for disproportionalities in selection probabilities and nonresponse. The data are weighted to match targets from the U.S. Census Bureau by age, sex, region, gender, education, ethnicity, and race. For results based on each monthly sample, one can say with 95% confidence that the maximum margins of sampling error are as shown. Demographic results will have a higher level of sampling error. In addition to sampling error, question wording and practical difficulties in conducting surveys can introduce error or bias into the findings of public opinion polls.

The Gallup-Healthways Well-Being Index Composite Score is comprised of six sub-indices: Life Evaluation, Emotional Health, Physical Health, Healthy Behavior, Work Environment and Basic Access. The Life Evaluation Sub-Index is partially based on the Cantril Self-Anchoring Striving Scale and combines the evaluation of one's present life situation with one's anticipated life situation five years from now. The Emotional Health Sub-Index is primarily a composite of respondents' daily experiences, asking respondents to think about how they felt yesterday along nine dimensions. The Physical Health Sub-Index is comprised of questions related to: Body Mass Index, disease burden, sick days, physical pain, daily energy, history of disease and daily health experiences. The Healthy Behavior Sub-Index includes items measuring life style habits with established relationships to health outcomes. The Work Environment Sub-Index surveys workers on several factors to gauge their feelings and perceptions about their work environment. The Basic Access Sub-Index is based on thirteen items measuring resident's access to food, shelter, healthcare and a safe and satisfying place to live.