

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

February 2009

### ***Economic Downturn Continues to Jeopardize U.S. Well-Being; February 2009 Third Lowest Month on Record***

The Gallup-Healthways Well-Being Index™ (WBI) dropped 0.8 point, or 1.2 percent, between January and February 2009 to close the month at an absolute score of 63.8. That's 4.5 percent lower than the February 2008 score of 66.8, the highest WBI monthly score of the past 14 months. The Index reached an all time low in December 2008 with a score of 63.1.

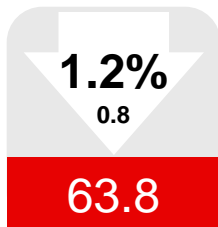
The January to February 2009 month-to-month decline was driven primarily by a significant drop in the Life Evaluation Sub-Index, which fell 3.0 points, or 7.4 percent, to 37.3. Life Evaluation in February was off 10.0 points year-over-year, a 21.1 percent decline. The Life Evaluation Sub-Index, which categorizes Americans as Thriving, Struggling or Suffering based on their self-reported evaluation of current and anticipated life circumstances, began to diverge dramatically in August 2008. By December of last year, 57.5 percent of Americans were classified as Struggling versus 38 percent Thriving, a negative life change from January 2008 for approximately 24 million people. At the daily measurement level, the Struggling-Thriving gap closed for the only time since September 2008 during the three day period between Jan. 18 and Jan. 20, 2009, coinciding with the inauguration of President Barack Obama. The three day rolling average encompassing Inauguration Day revealed 49 percent of Americans Thriving and 47 percent Struggling. But the January uptick was short lived.

Ongoing analysis reveals a decline in Life Evaluation and mood for persons in all U.S. income groups coinciding with the economic downturn. The period has been particularly difficult for those occupying the highest and lowest household income brackets. Small business owners, managers and executives disproportionately transitioned from Thriving to Struggling. Individuals in the lowest income groups disproportionately transitioned to Suffering.

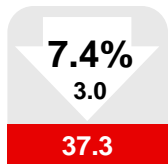
The WBI's Basic Access Sub-Index declined 1.2 points year-over-year and 0.9 point between January and February 2009, a 1.1 percent month-to-month drop. The Emotional Health, Physical Health and Work Environment Sub-Indices trended downward, but with declines within the survey's margin or error. The Healthy Behavior Sub-Index dropped 3.6 points during 2008, a 2.5 percent decrease. Healthy behavior has trended upward in 2009, but the 0.6 point change between January and February was not statistically significant.

*Kurt Schusterman  
Healthways, Inc.*

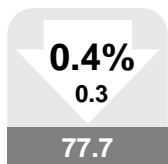
*Katie Bell  
Gallup, Inc.*



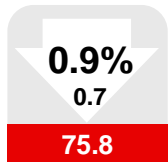
U.S. Well-Being



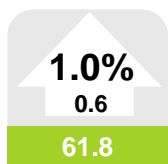
Life Evaluation



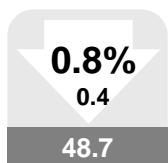
Emotional Health



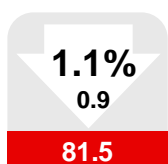
Physical Health



Healthy Behavior



Work Environment



Basic Access

*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.*

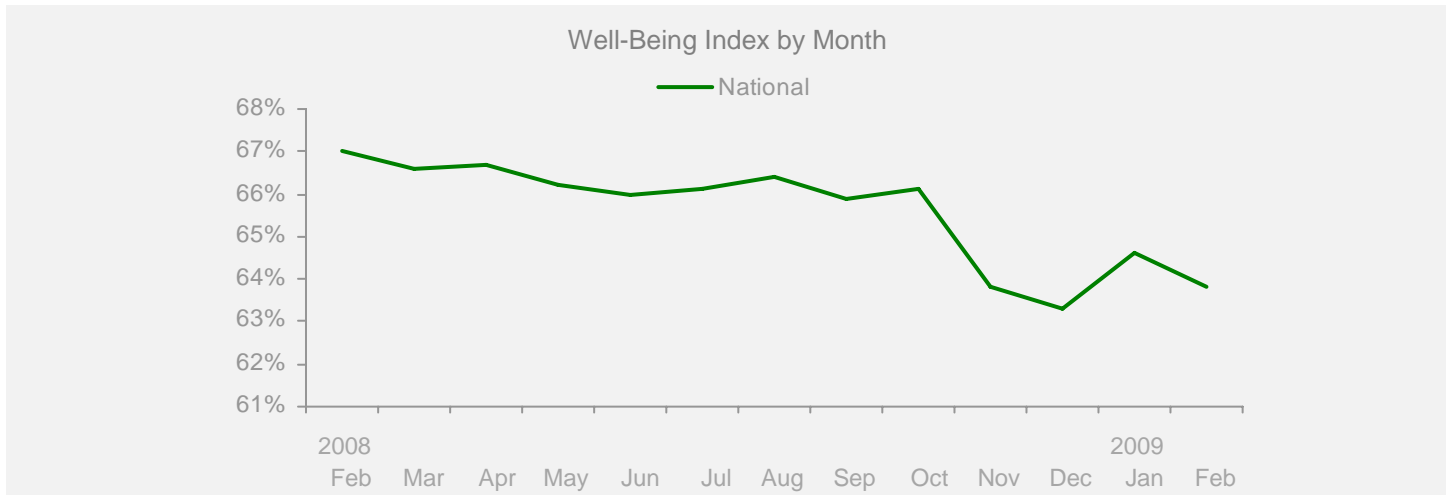
**Gallup-Healthways Monthly U.S. Well-Being Report**

From Gallup-Healthways Well-Being Index Data

Based on 27,444 surveys completed in February 2009. Total of 413,338 since January 2, 2008.

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

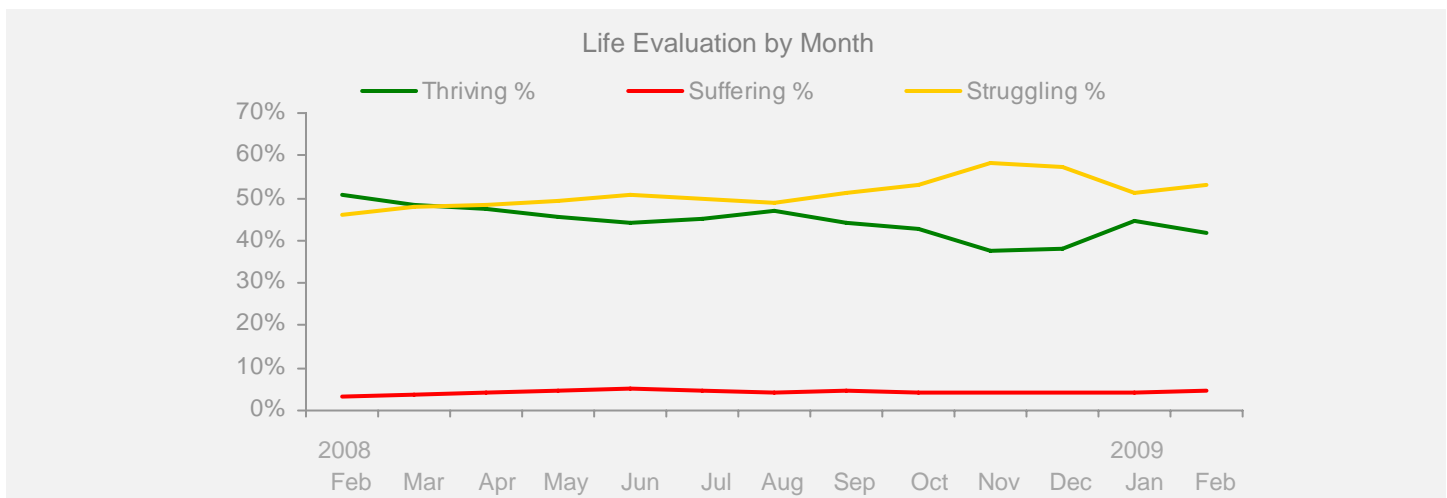
	2008											2009		Change	
	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Month	Year
<b>Well-Being Index</b>	SCALE 0-100 MoE = +/- 0.2%														
<b>National</b>	67.0	66.6	66.7	66.2	66.0	66.1	66.4	65.9	66.1	63.8	63.3	64.6	63.8	-0.8	-3.2



**Life Evaluation**

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

Life Evaluation	2008 Feb	2008 Mar	2008 Apr	2008 May	2008 Jun	2008 Jul	2008 Aug	2008 Sep	2008 Oct	2008 Nov	2008 Dec	2009 Jan	2009 Feb	Change Month	Change Year
<b>Life Evaluation</b>	47.3	44.6	43.4	41.1	39.2	40.6	42.5	39.6	38.7	33.1	33.6	40.3	37.3	-3.0	-10.0
Thriving %	50.7	48.4	47.6	45.8	44.2	45.3	46.9	44.1	42.7	37.4	38.0	44.5	42.0	-2.5	-8.7
Struggling %	46.0	47.8	48.2	49.4	50.7	50.0	48.7	51.4	53.2	58.3	57.5	51.4	53.3	+1.9	+7.3
Suffering %	3.3	3.8	4.2	4.7	5.0	4.7	4.4	4.5	4.1	4.3	4.4	4.1	4.7	+0.6	+1.4



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

From Gallup-Healthways Well-Being Index Data

Based on 27,444 surveys completed in February 2009. Total of 413,338 since January 2, 2008.

## National and Regional Composite Well-Being Scores

	2008										2009		Change		
	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Month	Year
<b>Well-Being Index</b>											MoE = National +/- 0.2% Regional +/- 0.4%				
<b>National</b>	67.0	66.6	66.7	66.2	66.0	66.1	66.4	65.9	66.1	63.8	63.3	64.6	63.8	-0.8	-3.2
Northeast	66.5	67.1	66.9	66.0	66.0	66.3	66.7	65.3	65.8	63.9	63.8	64.0	64.3	+0.3	-2.2
South	66.6	66.5	66.5	66.1	65.8	64.9	66.5	65.9	65.8	63.2	62.6	63.8	63.1	-0.7	-3.5
Midwest	67.0	65.2	65.6	64.8	65.0	66.2	65.4	64.7	65.1	62.5	62.2	64.7	63.4	-1.3	-3.6
West	68.1	67.7	67.9	68.0	67.2	67.3	67.3	67.6	67.6	66.1	65.1	66.2	64.7	-1.5	-3.4
<b>Life Evaluation</b>											MoE = National +/- 0.7% Regional +/- 1.4%				
<b>National</b>	47.3	44.6	43.4	41.1	39.2	40.6	42.5	39.6	38.7	33.1	33.6	40.3	37.3	-3.0	-10.0
Northeast	45.0	43.9	42.4	40.2	37.6	40.0	42.9	37.0	36.9	32.8	34.1	39.3	38.1	-1.2	-6.9
South	48.1	45.3	45.0	42.6	40.6	40.2	43.8	41.0	39.5	32.1	32.8	39.6	36.2	-3.4	-11.9
Midwest	46.2	40.7	39.9	36.5	36.2	39.4	39.3	36.4	35.9	29.7	29.8	39.6	34.4	-5.2	-11.8
West	49.6	48.0	45.6	44.6	41.6	43.0	43.5	43.5	41.9	38.0	38.0	43.1	41.0	-2.1	-8.6
<b>Emotional Health</b>											MoE = National +/- 0.3% Regional +/- 0.5%				
<b>National</b>	79.6	79.8	79.5	79.6	79.7	79.4	79.2	78.6	78.8	78.1	77.5	78.0	77.7	-0.3	-1.9
Northeast	79.1	79.9	79.0	79.2	79.3	79.5	79.3	78.1	78.6	77.2	77.4	77.3	77.3	+0.0	-1.8
South	79.3	80.3	79.8	79.4	79.8	79.0	79.3	79.0	78.7	78.1	77.3	77.8	77.7	-0.1	-1.6
Midwest	79.8	78.8	79.1	79.5	79.7	80.1	79.4	78.1	78.8	77.9	77.4	78.3	78.1	-0.2	-1.7
West	80.2	80.0	80.0	80.2	80.1	79.4	79.1	78.9	79.2	79.2	78.0	78.6	77.7	-0.9	-2.5
<b>Physical Health</b>											MoE = National +/- 0.2% Regional +/- 0.3%				
<b>National</b>	76.1	76.6	76.8	76.7	77.2	77.3	77.5	77.4	77.9	76.5	75.7	76.5	75.8	-0.7	-0.3
Northeast	76.5	76.8	76.9	76.9	77.5	78.1	78.3	77.6	78.1	76.6	76.1	76.6	76.0	-0.6	-0.5
South	75.1	76.3	76.5	76.1	76.5	76.1	77.0	77.0	77.4	75.1	74.3	75.7	75.5	-0.2	+0.4
Midwest	76.7	76.0	76.5	76.5	77.5	78.1	77.5	77.1	77.8	76.6	76.7	77.0	75.5	-1.5	-1.2
West	76.6	77.2	77.4	77.7	77.6	77.5	77.4	78.2	78.4	78.2	76.4	77.3	76.3	-1.0	-0.3
<b>Healthy Behavior</b>											MoE = National +/- 0.2% Regional +/- 0.4%				
<b>National</b>	63.4	64.0	65.0	65.0	64.5	64.8	64.8	63.7	63.6	61.4	59.7	61.2	61.8	+0.6	-1.6
Northeast	63.3	64.9	66.5	65.9	64.8	65.5	65.8	64.6	64.3	61.5	60.2	61.3	62.2	+0.9	-1.1
South	63.0	63.2	64.3	64.1	63.6	63.3	64.1	62.7	62.6	60.6	59.4	60.3	60.9	+0.6	-2.1
Midwest	61.7	62.3	62.8	62.9	62.3	63.5	62.5	61.7	61.6	59.1	57.1	59.2	60.0	+0.8	-1.7
West	65.7	66.2	66.8	67.5	67.5	67.7	67.0	66.4	66.3	64.8	62.0	64.2	64.5	+0.3	-1.2
<b>Work Environment</b>											MoE = National +/- 0.6% Regional +/- 1.2%				
<b>National</b>	51.6	51.1	51.9	51.3	51.7	50.6	51.0	51.8	53.3	50.8	50.6	49.1	48.7	-0.4	-2.9
Northeast	48.8	50.7	50.6	48.3	50.7	48.7	48.9	49.2	50.3	49.8	50.3	45.4	49.0	+3.6	+0.2
South	51.5	52.3	51.4	52.1	51.8	49.4	52.1	52.5	54.1	51.8	50.7	48.8	48.5	-0.3	-3.0
Midwest	52.7	48.9	50.9	49.4	50.3	51.1	48.6	50.4	52.2	47.6	48.1	50.7	49.6	-1.1	-3.1
West	53.2	51.8	54.9	55.1	53.8	53.8	54.0	54.7	56.3	53.7	53.4	51.7	47.7	-4.0	-5.5
<b>Basic Access</b>											MoE = National +/- 0.2% Regional +/- 0.4%				
<b>National</b>	84.0	83.7	83.6	83.5	83.6	83.5	83.7	84.1	84.1	83.1	82.9	82.4	81.5	-0.9	-2.5
Northeast	86.0	86.4	85.8	85.4	85.8	85.7	85.4	85.5	86.3	85.3	85.0	84.2	83.2	-1.0	-2.8
South	82.3	81.8	82.2	82.2	82.3	81.7	82.5	83.1	82.7	81.3	80.9	80.6	80.1	-0.5	-2.2
Midwest	85.1	84.4	84.5	84.1	84.2	84.8	84.8	84.6	84.3	83.8	84.2	83.3	82.5	-0.8	-2.6
West	83.4	83.0	82.7	82.8	82.7	82.5	82.6	83.7	83.7	82.7	82.6	82.1	81.0	-1.1	-2.4

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.

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

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**National Well-Being Scores by Demographic**

	2008										2009		Change		
	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Month	Year
<b>Gender</b> <span style="float: right;">MoE = +/- 0.3%</span>															
Male	67.3	66.8	67.1	66.6	66.3	66.6	66.9	66.4	66.5	64.6	63.9	65.1	64.2	-0.9	-3.1
Female	66.7	66.5	66.4	65.8	65.6	65.6	66.0	65.4	65.7	63.1	62.8	64.1	63.4	-0.7	-3.3
<b>Age</b> <span style="float: right;">MoE = 18 to 29 +/- 0.7% 30 to 44 +/- 0.5% 45 to 64 and 65+ +/- 0.3%</span>															
18 to 29	66.4	66.0	67.2	66.1	66.2	66.2	66.4	65.5	66.0	63.5	63.1	65.6	65.1	-0.5	-1.3
30 to 44	67.7	67.1	66.7	66.3	66.4	66.6	66.4	66.1	65.6	64.0	63.6	64.7	63.9	-0.8	-3.8
45 to 64	66.1	65.9	65.7	65.2	64.9	65.0	65.6	64.8	65.0	62.7	62.3	63.4	62.4	-1.0	-3.7
65 and older	69.8	69.6	69.4	70.2	68.7	68.3	69.8	69.0	70.4	67.6	66.2	66.6	66.4	-0.2	-3.4
<b>Family Status</b> <span style="float: right;">MoE = Married +/- 0.3% Widowed, Single, Divorced +/- 0.6% Separated +/- 1.7% Domestic Partner +/- 1.3%</span>															
Married	69.8	69.4	69.5	68.9	68.7	69.2	69.9	69.1	69.2	66.8	66.5	67.5	66.7	-0.8	-3.1
Single	64.6	63.5	64.9	64.3	64.1	64.2	64.0	63.4	63.2	61.9	61.1	62.9	62.2	-0.7	-2.4
Divorced	60.2	60.0	58.6	59.7	59.3	60.3	60.9	59.0	60.3	58.5	57.7	59.1	57.4	-1.7	-2.8
Widowed	65.5	64.5	65.0	64.7	65.2	64.2	65.2	64.5	65.9	63.0	62.2	63.4	62.4	-1.0	-3.1
Separated	55.7	57.6	56.9	56.6	55.3	56.3	55.5	56.7	54.4	52.5	54.0	53.0	54.3	+1.3	-1.4
Domestic Partner	62.7	64.5	62.5	62.3	61.2	61.2	61.3	61.0	61.5	59.7	59.6	61.9	60.9	-1.0	-1.8
<b>Ethnicity</b> <span style="float: right;">MoE = White +/- 0.2% Black, Hispanic +/- 0.8% Asian +/- 1.6% Other +/- 1.2%</span>															
White	67.8	67.2	67.5	67.0	66.7	66.8	67.2	66.8	67.0	64.8	64.2	65.2	64.5	-0.7	-3.3
Black	64.1	64.2	63.3	62.6	63.0	62.5	63.1	61.5	62.1	60.0	59.0	62.3	60.6	-1.7	-3.5
Hispanic	64.7	65.4	66.3	63.9	63.7	64.5	64.8	64.0	63.9	62.2	61.6	63.7	62.2	-1.5	-2.5
Asian	69.9	70.1	69.3	70.5	70.2	69.4	70.2	68.3	70.0	64.4	67.8	67.9	65.0	-2.9	-4.9
Other	64.5	62.3	60.0	64.5	63.7	62.8	63.1	62.0	63.2	60.4	61.0	60.3	61.4	+1.1	-3.1
<b>Household Income</b> <span style="float: right;">MoE = Under \$1,000 +/- 0.9% All other categories +/- 0.6%</span>															
Under \$1,000	55.4	54.7	55.1	54.7	54.9	52.9	52.0	53.3	54.4	51.6	51.6	53.1	51.5	-1.6	-3.9
\$1,000-\$1,999	58.9	59.5	58.6	57.7	57.0	57.3	58.6	57.4	56.8	55.9	54.4	56.1	55.9	-0.2	-3.0
\$2,000-\$2,999	62.6	62.1	61.7	62.1	61.0	61.8	62.8	60.8	61.9	59.2	59.9	61.0	60.1	-0.9	-2.5
\$3,000-\$3,999	66.1	65.4	66.3	64.6	65.2	65.5	65.9	65.1	65.0	62.6	63.2	64.7	63.8	-0.9	-2.3
\$4,000-\$4,999	68.1	67.9	68.5	67.4	67.8	68.2	68.3	68.0	67.8	66.4	66.2	66.1	66.4	+0.3	-1.7
\$5,000-\$7,499	71.1	71.0	70.4	70.6	70.5	70.8	71.6	70.2	70.4	68.8	68.1	69.8	68.1	-1.7	-3.0
\$7,500-\$9,999	73.2	74.1	74.4	73.3	72.9	73.1	74.1	72.8	74.2	71.4	71.2	71.1	70.8	-0.3	-2.4
\$10,000 +	74.6	73.7	74.4	74.3	74.0	74.9	74.6	74.6	74.2	72.7	72.0	72.8	73.0	+0.2	-1.6

**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.