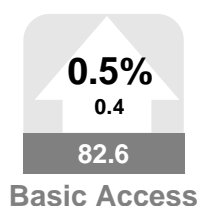
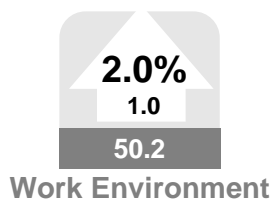
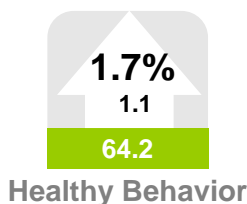
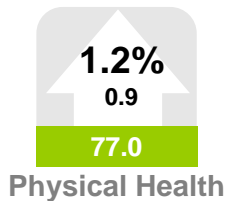
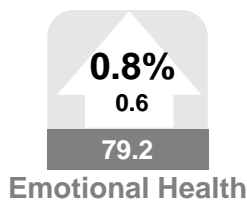
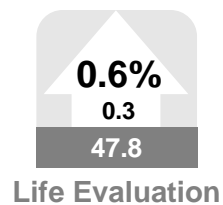
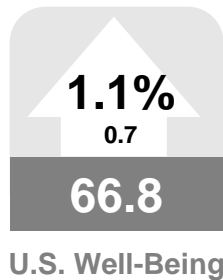


Gallup-Healthways Monthly U.S. Well-Being Report

June 2009



Well-Being in the U.S. on the Rebound; Latest Numbers from Gallup-Healthways Well-Being Index™ Reveal Across-the-Board Improvement for First Time in 2009

After suffering significant setbacks in well-being through the financial crisis of 2008-2009, America, it would appear, is on the mend. In June 2009, the nation's well-being climbed to the second highest level yet recorded, posting a strong 66.8 score for the month. Since earlier this year, Gallup and Healthways have been tracking substantial month-to-month improvement in the Well-Being Index's Life Evaluation sub-index, a measure of the rating Americans assign to their current quality of life and expectations for the future. But the WBI's other five sub-indices, which describe what individuals are experiencing in their lives across various aspects of well-being, have been stagnant.

In June, for the first time this year, the Gallup-Healthways Well-Being Index recorded improvements in all of its sub-indices, perhaps indicating the country has finally turned a corner. While the Life Evaluation Index has stabilized at a record high of 47.8, Emotional Health rebounded to mid-2008 levels after declining to a yearly low in December 2008. June's 0.8 percent rise was the single biggest increase this year. The percentage of people reporting less worry and sadness in their lives improved more than a full point to reach high marks for 2009.

Physical Health jumped nearly a full point to close June at its highest level since October 2008. And more Americans are eating right and exercising, according to the Healthy Behavior sub-index. That score, which fell dramatically through the winter months, rose more than a full point to end June at 64.2. People were even happier at work last month. The Work Environment sub-index cleared the 50 mark for the first time this year, with more than 89 percent of respondents reporting high satisfaction with their jobs and places of work and 85 percent reporting satisfaction with their current supervisor.

As noted, all these increases combined to lift the Gallup-Healthways Well-Being Index composite score to its second highest composite score on record. However, even with these improvements, America has a long way to go when it comes to well-being. June's Healthy Behavior score of 64.2 means that slightly more than 141 million Americans reported engaging in healthy behaviors during the month. Nearly 79 million, a full third of the population, did not.

Kurt Schusterman
Healthways, Inc.

Katie Bell
Gallup, Inc.

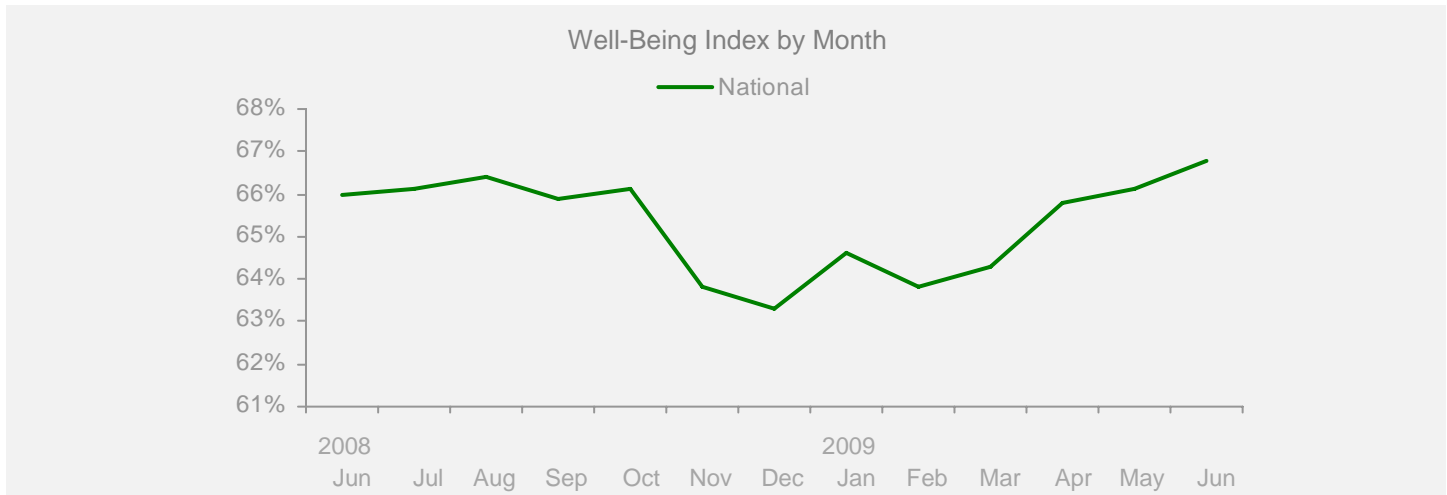
Left: Values in arrows denote month-to-month value change and percentage change, up or down. Values in boxes denote the month's index scores. A gray box indicates the monthly change was not significant. Red indicates a significant decline. Green indicates significant improvement. Scale for all values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

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

From Gallup-Healthways Well-Being Index Data
Based on 29,352 surveys completed in June 2009. Total of 533,878 since January 2, 2008.

U.S. Composite and Life Evaluation Score

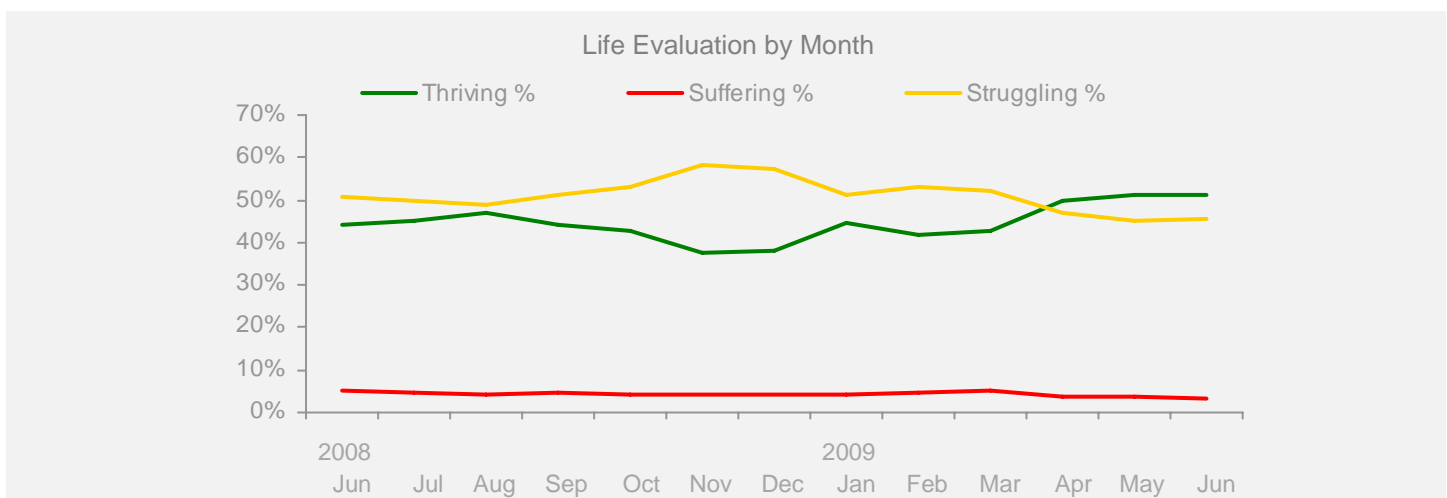
	2008						2009						Change		
	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Month	Year
Well-Being Index	SCALE 0-100 MoE = +/- 0.2%														
National	66.0	66.1	66.4	65.9	66.1	63.8	63.3	64.6	63.8	64.3	65.8	66.1	66.8	+0.7	+0.8



Life Evaluation

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

Life Evaluation	39.2	40.6	42.5	39.6	38.7	33.1	33.6	40.3	37.3	37.6	45.9	47.5	47.8	+0.3	+8.6
Thriving %	44.2	45.3	46.9	44.1	42.7	37.4	38.0	44.5	42.0	42.7	49.6	51.2	51.2	+0.0	+7.0
Struggling %	50.7	50.0	48.7	51.4	53.2	58.3	57.5	51.4	53.3	52.2	46.8	45.1	45.5	+0.4	-5.2
Suffering %	5.0	4.7	4.4	4.5	4.1	4.3	4.4	4.1	4.7	5.1	3.6	3.7	3.4	-0.3	-1.6



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

From Gallup-Healthways Well-Being Index Data

Based on 29,352 surveys completed in June 2009. Total of 533,878 since January 2, 2008.

National and Regional Composite Well-Being Scores

	2008					2009					Change				
	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Month	Year
Well-Being Index													MoE = National +/- 0.2% Regional +/- 0.4%		
National	66.0	66.1	66.4	65.9	66.1	63.8	63.3	64.6	63.8	64.3	65.8	66.1	66.8	+0.7	+0.8
Northeast	66.0	66.3	66.7	65.3	65.8	63.9	63.8	64.0	64.3	64.2	65.7	66.1	66.4	+0.3	+0.4
South	65.8	64.9	66.5	65.9	65.8	63.2	62.6	63.8	63.1	63.7	65.8	65.7	66.7	+1.0	+0.9
Midwest	65.0	66.2	65.4	64.7	65.1	62.5	62.2	64.7	63.4	64.0	65.4	65.1	66.7	+1.6	+1.7
West	67.2	67.3	67.3	67.6	67.6	66.1	65.1	66.2	64.7	65.5	66.3	67.6	67.6	+0.0	+0.4
Life Evaluation													MoE = National +/- 0.7% Regional +/- 1.4%		
National	39.2	40.6	42.5	39.6	38.7	33.1	33.6	40.3	37.3	37.6	45.9	47.5	47.8	+0.3	+8.6
Northeast	37.6	40.0	42.9	37.0	36.9	32.8	34.1	39.3	38.1	37.3	46.2	47.5	47.3	-0.2	+9.7
South	40.6	40.2	43.8	41.0	39.5	32.1	32.8	39.6	36.2	37.4	46.1	48.9	48.1	-0.8	+7.5
Midwest	36.2	39.4	39.3	36.4	35.9	29.7	29.8	39.6	34.4	35.7	44.6	44.0	46.1	+2.1	+9.9
West	41.6	43.0	43.5	43.5	41.9	38.0	38.0	43.1	41.0	40.2	46.8	49.1	49.5	+0.4	+7.9
Emotional Health													MoE = National +/- 0.3% Regional +/- 0.5%		
National	79.7	79.4	79.2	78.6	78.8	78.1	77.5	78.0	77.7	78.0	78.6	78.6	79.2	+0.6	-0.5
Northeast	79.3	79.5	79.3	78.1	78.6	77.2	77.4	77.3	77.3	77.5	78.1	78.3	78.6	+0.3	-0.7
South	79.8	79.0	79.3	79.0	78.7	78.1	77.3	77.8	77.7	78.0	78.8	78.5	79.1	+0.6	-0.7
Midwest	79.7	80.1	79.4	78.1	78.8	77.9	77.4	78.3	78.1	78.4	78.7	78.2	79.9	+1.7	+0.2
West	80.1	79.4	79.1	78.9	79.2	79.2	78.0	78.6	77.7	77.9	78.6	79.3	79.1	-0.2	-1.0
Physical Health													MoE = National +/- 0.2% Regional +/- 0.3%		
National	77.2	77.3	77.5	77.4	77.9	76.5	75.7	76.5	75.8	76.0	76.5	76.1	77.0	+0.9	-0.2
Northeast	77.5	78.1	78.3	77.6	78.1	76.6	76.1	76.6	76.0	76.3	76.2	76.3	77.3	+1.0	-0.2
South	76.5	76.1	77.0	77.0	77.4	75.1	74.3	75.7	75.5	75.1	76.2	75.3	76.0	+0.7	-0.5
Midwest	77.5	78.1	77.5	77.1	77.8	76.6	76.7	77.0	75.5	76.3	76.7	75.8	77.4	+1.6	-0.1
West	77.6	77.5	77.4	78.2	78.4	78.2	76.4	77.3	76.3	76.5	77.0	77.1	77.8	+0.7	+0.2
Healthy Behavior													MoE = National +/- 0.2% Regional +/- 0.4%		
National	64.5	64.8	64.8	63.7	63.6	61.4	59.7	61.2	61.8	62.7	62.6	63.1	64.2	+1.1	-0.3
Northeast	64.8	65.5	65.8	64.6	64.3	61.5	60.2	61.3	62.2	63.0	63.6	63.9	64.6	+0.7	-0.2
South	63.6	63.3	64.1	62.7	62.6	60.6	59.4	60.3	60.9	61.9	62.1	61.5	63.5	+2.0	-0.1
Midwest	62.3	63.5	62.5	61.7	61.6	59.1	57.1	59.2	60.0	61.0	60.0	61.5	62.2	+0.7	-0.1
West	67.5	67.7	67.0	66.4	66.3	64.8	62.0	64.2	64.5	65.4	65.0	65.9	66.6	+0.7	-0.9
Work Environment													MoE = National +/- 0.6% Regional +/- 1.2%		
National	51.7	50.6	51.0	51.8	53.3	50.8	50.6	49.1	48.7	49.8	49.1	49.2	50.2	+1.0	-1.5
Northeast	50.7	48.7	48.9	49.2	50.3	49.8	50.3	45.4	49.0	48.0	46.4	46.0	46.3	+0.3	-4.4
South	51.8	49.4	52.1	52.5	54.1	51.8	50.7	48.8	48.5	49.3	50.7	49.5	52.2	+2.7	+0.4
Midwest	50.3	51.1	48.6	50.4	52.2	47.6	48.1	50.7	49.6	50.1	49.6	48.6	51.0	+2.4	+0.7
West	53.8	53.8	54.0	54.7	56.3	53.7	53.4	51.7	47.7	52.0	49.0	52.3	50.6	-1.7	-3.2
Basic Access													MoE = National +/- 0.2% Regional +/- 0.4%		
National	83.6	83.5	83.7	84.1	84.1	83.1	82.9	82.4	81.5	81.5	82.0	82.2	82.6	+0.4	-1.0
Northeast	85.8	85.7	85.4	85.5	86.3	85.3	85.0	84.2	83.2	83.0	83.5	84.2	84.3	+0.1	-1.5
South	82.3	81.7	82.5	83.1	82.7	81.3	80.9	80.6	80.1	80.3	80.8	80.7	81.2	+0.5	-1.1
Midwest	84.2	84.8	84.8	84.6	84.3	83.8	84.2	83.3	82.5	82.6	82.9	82.5	83.8	+1.3	-0.4
West	82.7	82.5	82.6	83.7	83.7	82.7	82.6	82.1	81.0	80.9	81.3	81.9	81.7	-0.2	-1.0

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

From Gallup-Healthways Well-Being Index Data

Based on 29,352 surveys completed in June 2009. Total of 533,878 since January 2, 2008.

National Well-Being Scores by Demographic

	2008						2009						Change		
	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Month	Year
Gender MoE = +/- 0.3%															
Male	66.3	66.6	66.9	66.4	66.5	64.6	63.9	65.1	64.2	64.7	65.9	66.6	67.0	+0.4	+0.7
Female	65.6	65.6	66.0	65.4	65.7	63.1	62.8	64.1	63.4	63.9	65.7	65.6	66.7	+1.1	+1.1
Age MoE = 18 to 29 +/- 0.7% 30 to 44 +/- 0.5% 45 to 64 and 65+/- 0.3%															
18 to 29	66.2	66.2	66.4	65.5	66.0	63.5	63.1	65.6	65.1	64.5	66.0	67.1	67.2	+0.1	+1.0
30 to 44	66.4	66.6	66.4	66.1	65.6	64.0	63.6	64.7	63.9	64.7	66.2	66.5	67.8	+1.3	+1.4
45 to 64	64.9	65.0	65.6	64.8	65.0	62.7	62.3	63.4	62.4	63.1	64.6	64.8	65.7	+0.9	+0.8
65 and older	68.7	68.3	69.8	69.0	70.4	67.6	66.2	66.6	66.4	66.4	68.7	68.4	67.6	-0.8	-1.1
Family Status MoE = Married +/- 0.3% Widowed, Single, Divorced +/- 0.6% Separated +/- 1.7% Domestic Partner +/- 1.3%															
Married	68.7	69.2	69.9	69.1	69.2	66.8	66.5	67.5	66.7	67.1	68.9	69.2	69.4	+0.2	+0.7
Single	64.1	64.2	64.0	63.4	63.2	61.9	61.1	62.9	62.2	62.2	63.6	64.5	65.0	+0.5	+0.9
Divorced	59.3	60.3	60.9	59.0	60.3	58.5	57.7	59.1	57.4	59.0	60.5	60.3	60.6	+0.3	+1.3
Widowed	65.2	64.2	65.2	64.5	65.9	63.0	62.2	63.4	62.4	63.1	65.3	63.7	64.1	+0.4	-1.1
Separated	55.3	56.3	55.5	56.7	54.4	52.5	54.0	53.0	54.3	54.2	55.2	57.1	59.4	+2.3	+4.1
Domestic Partner	61.2	61.2	61.3	61.0	61.5	59.7	59.6	61.9	60.9	62.0	60.7	63.9	63.6	-0.3	+2.4
Ethnicity MoE = White +/- 0.2% Black, Hispanic +/- 0.8% Asian +/- 1.6% Other +/- 1.2%															
White	66.7	66.8	67.2	66.8	67.0	64.8	64.2	65.2	64.5	64.8	66.6	66.6	67.4	+0.8	+0.7
Black	63.0	62.5	63.1	61.5	62.1	60.0	59.0	62.3	60.6	61.2	62.8	63.7	64.2	+0.5	+1.2
Hispanic	63.7	64.5	64.8	64.0	63.9	62.2	61.6	63.7	62.2	63.7	64.0	65.0	65.7	+0.7	+2.0
Asian	70.2	69.4	70.2	68.3	70.0	64.4	67.8	67.9	65.0	67.5	69.2	68.6	70.9	+2.3	+0.7
Other	63.7	62.8	63.1	62.0	63.2	60.4	61.0	60.3	61.4	61.0	61.3	64.3	63.3	-1.0	-0.4
Household Income MoE = Under \$1,000 +/- 0.9% All other categories +/- 0.6%															
Under \$1,000	54.9	52.9	52.0	53.3	54.4	51.6	51.6	53.1	51.5	51.9	54.0	53.3	54.1	+0.8	-0.8
\$1,000-\$1,999	57.0	57.3	58.6	57.4	56.8	55.9	54.4	56.1	55.9	57.1	58.0	58.9	59.7	+0.8	+2.7
\$2,000-\$2,999	61.0	61.8	62.8	60.8	61.9	59.2	59.9	61.0	60.1	60.9	63.4	63.3	63.6	+0.3	+2.6
\$3,000-\$3,999	65.2	65.5	65.9	65.1	65.0	62.6	63.2	64.7	63.8	63.9	65.4	66.8	66.4	-0.4	+1.2
\$4,000-\$4,999	67.8	68.2	68.3	68.0	67.8	66.4	66.2	66.1	66.4	66.6	67.9	68.1	67.9	-0.2	+0.1
\$5,000-\$7,499	70.5	70.8	71.6	70.2	70.4	68.8	68.1	69.8	68.1	69.5	70.7	71.0	71.2	+0.2	+0.7
\$7,500-\$9,999	72.9	73.1	74.1	72.8	74.2	71.4	71.2	71.1	70.8	71.5	73.2	73.9	74.6	+0.7	+1.7
\$10,000 +	74.0	74.9	74.6	74.6	74.2	72.7	72.0	72.8	73.0	72.8	73.9	74.7	74.4	-0.3	+0.4

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.