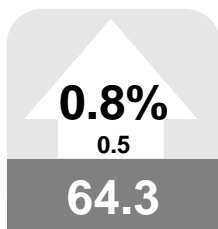
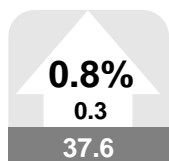


Gallup-Healthways Monthly U.S. Well-Being Report

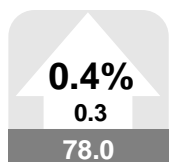
March 2009



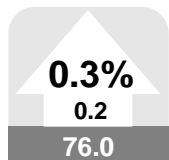
U.S. Well-Being



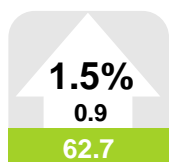
Life Evaluation



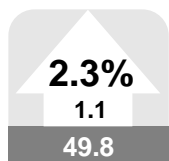
Emotional Health



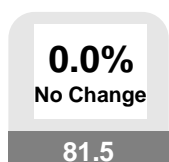
Physical Health



Healthy Behavior



Work Environment



Basic Access

Well-Being Continues Stabilizing Trend; All Measures Remain Significantly Lower Compared to 2008

The Gallup-Healthways Well-Being Index™ (WBI) remained stable in March 2009 ending at 64.3, an increase of 0.5 points or 0.8 percent from February to March, but still 3 percent lower (down 2.2 points) than March 2008. The Well-Being Index Composite score shows national well-being is recovering from a sharp fall from September to December 2008 with variation of less than a point during the first quarter of 2009. The Well-Being Composite and all six WBI sub-indices, however, are significantly lower in the first three months of 2009 than in the prior year, revealing that despite steadying recently a noticeable shift has occurred in people's overall well-being in the last year.

The Healthy Behavior Sub-Index continued its upward tick in 2009, showing the only significant change among the sub-indices with an increase of .9 point, or 1.5 percent, to 62.7. The Healthy Behavior Sub-Index has improved 5 percent since its all time low of 59.7 in December 2008. Movement up mirrors trends in the first quarter of 2008, but is significantly below 2008 numbers. The Healthy Behavior Sub-Index was up significantly in all regions of the U.S. except for the Midwest, where the movement up was not statistically significant.

Life Evaluation reveals the majority of the nation (52.2 percent) continues to be Struggling. The February to March change of .3 point, or .8 percent, was not statistically significant. The Life Evaluation Sub-Index captures an individual's perception of their life to-date and belief for the future, then labels them as Thriving, Struggling or Suffering. It is down 7 points, or 16 percent, over March 2008 when the majority of Americans were considered Thriving.

The Emotional Health, Physical Health and Work Environment sub-indices all trended up in March, but the increase was not significant. The Basic Access Sub-Index did not change, remaining at 81.5 for both February and March.

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.

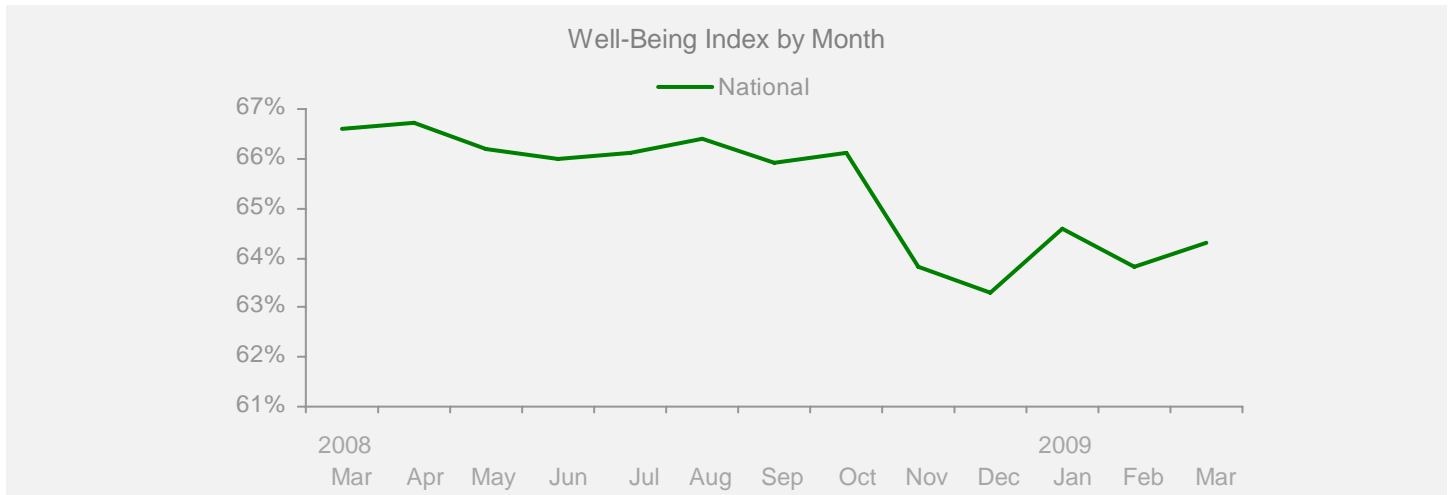
Gallup-Healthways Monthly U.S. Well-Being Report

From Gallup-Healthways Well-Being Index Data

Based on 31,428 surveys completed in March 2009. Total of 460,959 since January 2, 2008.

U.S. Composite and Life Evaluation Score

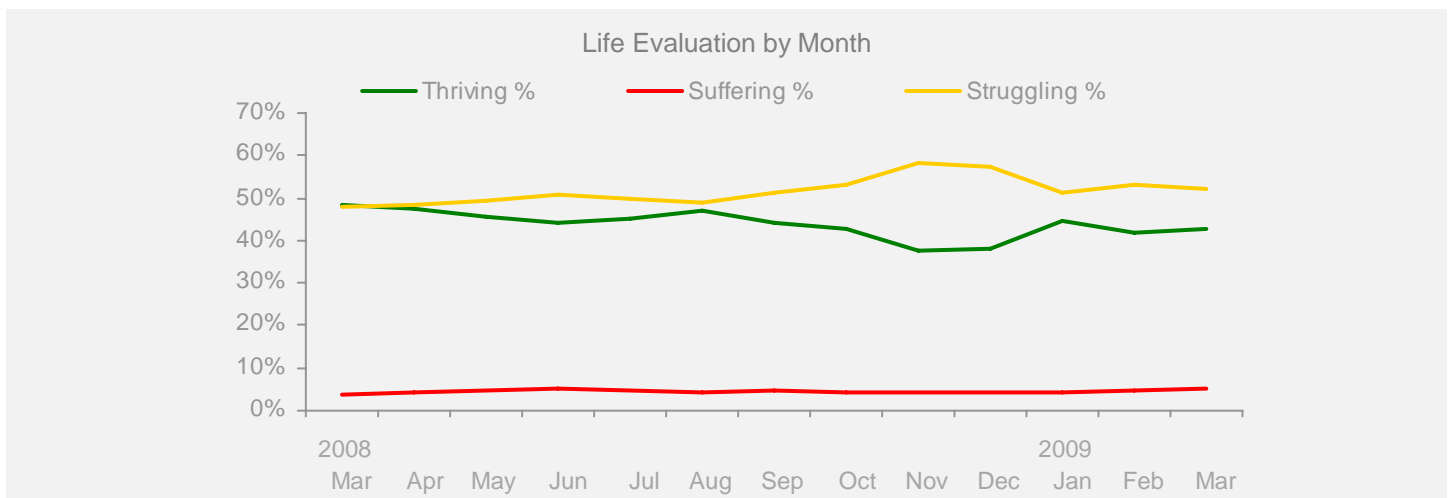
	2008					2009					Change				
	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Month	Year
Well-Being Index	SCALE 0-100 MoE = +/- 0.2%														
National	66.6	66.7	66.2	66.0	66.1	66.4	65.9	66.1	63.8	63.3	64.6	63.8	64.3	+0.5	-2.3



Life Evaluation

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

Life Evaluation	44.6	43.4	41.1	39.2	40.6	42.5	39.6	38.7	33.1	33.6	40.3	37.3	37.6	+0.3	-7.0
Thriving %	48.4	47.6	45.8	44.2	45.3	46.9	44.1	42.7	37.4	38.0	44.5	42.0	42.7	+0.7	-5.7
Struggling %	47.8	48.2	49.4	50.7	50.0	48.7	51.4	53.2	58.3	57.5	51.4	53.3	52.2	-1.1	+4.4
Suffering %	3.8	4.2	4.7	5.0	4.7	4.4	4.5	4.1	4.3	4.4	4.1	4.7	5.1	+0.4	+1.3



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

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National and Regional Composite Well-Being Scores

	2008										2009			Change	
	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Month	Year
Well-Being Index											MoE = National +/- 0.2% Regional +/- 0.4%				
National	66.6	66.7	66.2	66.0	66.1	66.4	65.9	66.1	63.8	63.3	64.6	63.8	64.3	+0.5	-2.3
Northeast	67.1	66.9	66.0	66.0	66.3	66.7	65.3	65.8	63.9	63.8	64.0	64.3	64.2	-0.1	-2.9
South	66.5	66.5	66.1	65.8	64.9	66.5	65.9	65.8	63.2	62.6	63.8	63.1	63.7	+0.6	-2.8
Midwest	65.2	65.6	64.8	65.0	66.2	65.4	64.7	65.1	62.5	62.2	64.7	63.4	64.0	+0.6	-1.2
West	67.7	67.9	68.0	67.2	67.3	67.3	67.6	67.6	66.1	65.1	66.2	64.7	65.5	+0.8	-2.2
Life Evaluation											MoE = National +/- 0.7% Regional +/- 1.4%				
National	44.6	43.4	41.1	39.2	40.6	42.5	39.6	38.7	33.1	33.6	40.3	37.3	37.6	+0.3	-7.0
Northeast	43.9	42.4	40.2	37.6	40.0	42.9	37.0	36.9	32.8	34.1	39.3	38.1	37.3	-0.8	-6.6
South	45.3	45.0	42.6	40.6	40.2	43.8	41.0	39.5	32.1	32.8	39.6	36.2	37.4	+1.2	-7.9
Midwest	40.7	39.9	36.5	36.2	39.4	39.3	36.4	35.9	29.7	29.8	39.6	34.4	35.7	+1.3	-5.0
West	48.0	45.6	44.6	41.6	43.0	43.5	43.5	41.9	38.0	38.0	43.1	41.0	40.2	-0.8	-7.8
Emotional Health											MoE = National +/- 0.3% Regional +/- 0.5%				
National	79.8	79.5	79.6	79.7	79.4	79.2	78.6	78.8	78.1	77.5	78.0	77.7	78.0	+0.3	-1.8
Northeast	79.9	79.0	79.2	79.3	79.5	79.3	78.1	78.6	77.2	77.4	77.3	77.3	77.5	+0.2	-2.4
South	80.3	79.8	79.4	79.8	79.0	79.3	79.0	78.7	78.1	77.3	77.8	77.7	78.0	+0.3	-2.3
Midwest	78.8	79.1	79.5	79.7	80.1	79.4	78.1	78.8	77.9	77.4	78.3	78.1	78.4	+0.3	-0.4
West	80.0	80.0	80.2	80.1	79.4	79.1	78.9	79.2	79.2	78.0	78.6	77.7	77.9	+0.2	-2.1
Physical Health											MoE = National +/- 0.2% Regional +/- 0.3%				
National	76.6	76.8	76.7	77.2	77.3	77.5	77.4	77.9	76.5	75.7	76.5	75.8	76.0	+0.2	-0.6
Northeast	76.8	76.9	76.9	77.5	78.1	78.3	77.6	78.1	76.6	76.1	76.6	76.0	76.3	+0.3	-0.5
South	76.3	76.5	76.1	76.5	76.1	77.0	77.0	77.4	75.1	74.3	75.7	75.5	75.1	-0.4	-1.2
Midwest	76.0	76.5	76.5	77.5	78.1	77.5	77.1	77.8	76.6	76.7	77.0	75.5	76.3	+0.8	+0.3
West	77.2	77.4	77.7	77.6	77.5	77.4	78.2	78.4	78.2	76.4	77.3	76.3	76.5	+0.2	-0.7
Healthy Behavior											MoE = National +/- 0.2% Regional +/- 0.4%				
National	64.0	65.0	65.0	64.5	64.8	64.8	63.7	63.6	61.4	59.7	61.2	61.8	62.7	+0.9	-1.3
Northeast	64.9	66.5	65.9	64.8	65.5	65.8	64.6	64.3	61.5	60.2	61.3	62.2	63.0	+0.8	-1.9
South	63.2	64.3	64.1	63.6	63.3	64.1	62.7	62.6	60.6	59.4	60.3	60.9	61.9	+1.0	-1.3
Midwest	62.3	62.8	62.9	62.3	63.5	62.5	61.7	61.6	59.1	57.1	59.2	60.0	61.0	+1.0	-1.3
West	66.2	66.8	67.5	67.5	67.7	67.0	66.4	66.3	64.8	62.0	64.2	64.5	65.4	+0.9	-0.8
Work Environment											MoE = National +/- 0.6% Regional +/- 1.2%				
National	51.1	51.9	51.3	51.7	50.6	51.0	51.8	53.3	50.8	50.6	49.1	48.7	49.8	+1.1	-1.3
Northeast	50.7	50.6	48.3	50.7	48.7	48.9	49.2	50.3	49.8	50.3	45.4	49.0	48.0	-1.0	-2.7
South	52.3	51.4	52.1	51.8	49.4	52.1	52.5	54.1	51.8	50.7	48.8	48.5	49.3	+0.8	-3.0
Midwest	48.9	50.9	49.4	50.3	51.1	48.6	50.4	52.2	47.6	48.1	50.7	49.6	50.1	+0.5	+1.2
West	51.8	54.9	55.1	53.8	53.8	54.0	54.7	56.3	53.7	53.4	51.7	47.7	52.0	+4.3	+0.2
Basic Access											MoE = National +/- 0.2% Regional +/- 0.4%				
National	83.7	83.6	83.5	83.6	83.5	83.7	84.1	84.1	83.1	82.9	82.4	81.5	81.5	+0.0	-2.2
Northeast	86.4	85.8	85.4	85.8	85.7	85.4	85.5	86.3	85.3	85.0	84.2	83.2	83.0	-0.2	-3.4
South	81.8	82.2	82.2	82.3	81.7	82.5	83.1	82.7	81.3	80.9	80.6	80.1	80.3	+0.2	-1.5
Midwest	84.4	84.5	84.1	84.2	84.8	84.8	84.6	84.3	83.8	84.2	83.3	82.5	82.6	+0.1	-1.8
West	83.0	82.7	82.8	82.7	82.5	82.6	83.7	83.7	82.7	82.6	82.1	81.0	80.9	-0.1	-2.1

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 31,428 surveys completed in March 2009. Total of 460,959 since January 2, 2008.

National Well-Being Scores by Demographic

	2008					2009					Change				
	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Month	Year
Gender MoE = +/- 0.3%															
Male	66.8	67.1	66.6	66.3	66.6	66.9	66.4	66.5	64.6	63.9	65.1	64.2	64.7	+0.5	-2.1
Female	66.5	66.4	65.8	65.6	65.6	66.0	65.4	65.7	63.1	62.8	64.1	63.4	63.9	+0.5	-2.6
Age MoE = 18 to 29 +/- 0.7% 30 to 44 +/- 0.5% 45 to 64 and 65+ +/- 0.3%															
18 to 29	66.0	67.2	66.1	66.2	66.2	66.4	65.5	66.0	63.5	63.1	65.6	65.1	64.5	-0.6	-1.5
30 to 44	67.1	66.7	66.3	66.4	66.6	66.4	66.1	65.6	64.0	63.6	64.7	63.9	64.7	+0.8	-2.4
45 to 64	65.9	65.7	65.2	64.9	65.0	65.6	64.8	65.0	62.7	62.3	63.4	62.4	63.1	+0.7	-2.8
65 and older	69.6	69.4	70.2	68.7	68.3	69.8	69.0	70.4	67.6	66.2	66.6	66.4	66.4	+0.0	-3.2
Family Status MoE = Married +/- 0.3% Widowed, Single, Divorced +/- 0.6% Separated +/- 1.7% Domestic Partner +/- 1.3%															
Married	69.4	69.5	68.9	68.7	69.2	69.9	69.1	69.2	66.8	66.5	67.5	66.7	67.1	+0.4	-2.3
Single	63.5	64.9	64.3	64.1	64.2	64.0	63.4	63.2	61.9	61.1	62.9	62.2	62.2	+0.0	-1.3
Divorced	60.0	58.6	59.7	59.3	60.3	60.9	59.0	60.3	58.5	57.7	59.1	57.4	59.0	+1.6	-1.0
Widowed	64.5	65.0	64.7	65.2	64.2	65.2	64.5	65.9	63.0	62.2	63.4	62.4	63.1	+0.7	-1.4
Separated	57.6	56.9	56.6	55.3	56.3	55.5	56.7	54.4	52.5	54.0	53.0	54.3	54.2	-0.1	-3.4
Domestic Partner	64.5	62.5	62.3	61.2	61.2	61.3	61.0	61.5	59.7	59.6	61.9	60.9	62.0	+1.1	-2.5
Ethnicity MoE = White +/- 0.2% Black, Hispanic +/- 0.8% Asian +/- 1.6% Other +/- 1.2%															
White	67.2	67.5	67.0	66.7	66.8	67.2	66.8	67.0	64.8	64.2	65.2	64.5	64.8	+0.3	-2.4
Black	64.2	63.3	62.6	63.0	62.5	63.1	61.5	62.1	60.0	59.0	62.3	60.6	61.2	+0.6	-3.0
Hispanic	65.4	66.3	63.9	63.7	64.5	64.8	64.0	63.9	62.2	61.6	63.7	62.2	63.7	+1.5	-1.7
Asian	70.1	69.3	70.5	70.2	69.4	70.2	68.3	70.0	64.4	67.8	67.9	65.0	67.5	+2.5	-2.6
Other	62.3	60.0	64.5	63.7	62.8	63.1	62.0	63.2	60.4	61.0	60.3	61.4	61.0	-0.4	-1.3
Household Income MoE = Under \$1,000 +/- 0.9% All other categories +/- 0.6%															
Under \$1,000	54.7	55.1	54.7	54.9	52.9	52.0	53.3	54.4	51.6	51.6	53.1	51.5	51.9	+0.4	-2.8
\$1,000-\$1,999	59.5	58.6	57.7	57.0	57.3	58.6	57.4	56.8	55.9	54.4	56.1	55.9	57.1	+1.2	-2.4
\$2,000-\$2,999	62.1	61.7	62.1	61.0	61.8	62.8	60.8	61.9	59.2	59.9	61.0	60.1	60.9	+0.8	-1.2
\$3,000-\$3,999	65.4	66.3	64.6	65.2	65.5	65.9	65.1	65.0	62.6	63.2	64.7	63.8	63.9	+0.1	-1.5
\$4,000-\$4,999	67.9	68.5	67.4	67.8	68.2	68.3	68.0	67.8	66.4	66.2	66.1	66.4	66.6	+0.2	-1.3
\$5,000-\$7,499	71.0	70.4	70.6	70.5	70.8	71.6	70.2	70.4	68.8	68.1	69.8	68.1	69.5	+1.4	-1.5
\$7,500-\$9,999	74.1	74.4	73.3	72.9	73.1	74.1	72.8	74.2	71.4	71.2	71.1	70.8	71.5	+0.7	-2.6
\$10,000 +	73.7	74.4	74.3	74.0	74.9	74.6	74.6	74.2	72.7	72.0	72.8	73.0	72.8	-0.2	-0.9

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.