

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

December 2009

Well-Being in the U.S. Continues its Downward Trend in December: Five of the Six Sub-Measures Drop Year-Over-Year

The Gallup-Healthways Well-Being Index™ (WBI) continued to decline between November and December 2009, dropping nearly a full percent to close the month at 66.1, the lowest composite score recorded since May of this year and an extension of a negative trend in overall well-being, which began in mid-summer.

The holiday season, as anticipated, took its toll on the health habits of Americans. The single biggest driver of December's composite score decline was a full 3.0 percent drop in the WBI's Healthy Behavior Sub-Index, a measure of whether Americans are eating healthy, exercising and refraining from smoking. The December Healthy Behavior score of 61.1 was the lowest recorded this year, but higher than the 59.7 score measured in December 2008. Americans were regularly consuming fruits and vegetables and exercising less in December than at any point during the year, but overall scores for both these metrics remained higher than in 2008.

Emotional and Physical Health also declined significantly over the holidays, dropping by 1.0 and 0.8 percent, respectively. December was particularly hard on Americans emotionally, with millions of individuals reporting more worry, higher stress and greater sadness than in November. Similar declines in these items were recorded during the same period in 2008, but not nearly of the magnitude seen in 2009. With the onset of cold and flu season, Physical Health predictably dropped and ended the year at an absolute score of 76.5, mirroring the seasonal decline witnessed in 2008.

Overall, 2009 was not a good year for Americans and their well-being. While the Gallup-Healthways Well-Being Index Composite Score remained unchanged from 2008 on a year-over-year basis, there were moderate to significant average declines in five of the six dimensions of well-being measured by the Index: Emotional Health, Physical Health, Healthy Behavior, Work Environment and Basic Access, with the largest drops recorded in the latter two.

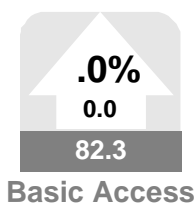
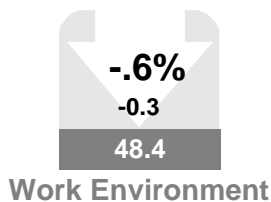
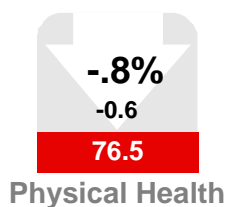
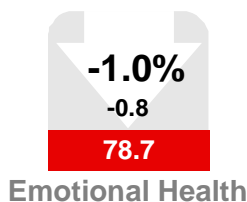
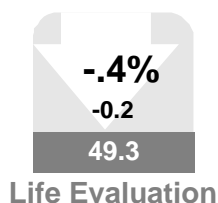
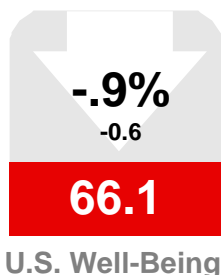
Workplace well-being worsened for more than seven million individuals in 2009 and remained consistently lower throughout the year, with monthly scores unfailingly below 2008 levels. The Work Environment Sub-Index, a measure of the relative satisfaction or dissatisfaction of working individuals on the job and the treatment they receive from supervisors, dropped 2.2 percentage points between 2008 and 2009, the single largest decline of all the WBI's sub-indices. The declines impacted individuals across every region of the country, income level and ethnicity, with Hispanics and those in the highest income brackets disproportionately affected.

Of positive note, Americans were much more optimistic in 2009 than in 2008 about their current life circumstances and opportunities in the future. The drops in the WBI's other sub-indices were fully offset by a 5.0 year-over-year increase in the Life Evaluation Sub-Index, which rebounded over the course of the year to match and then exceed pre-recession levels, a clear indication that, at a grass roots level, the nation has likely begun marching down the path to recovery.

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Healthways, Inc.

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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



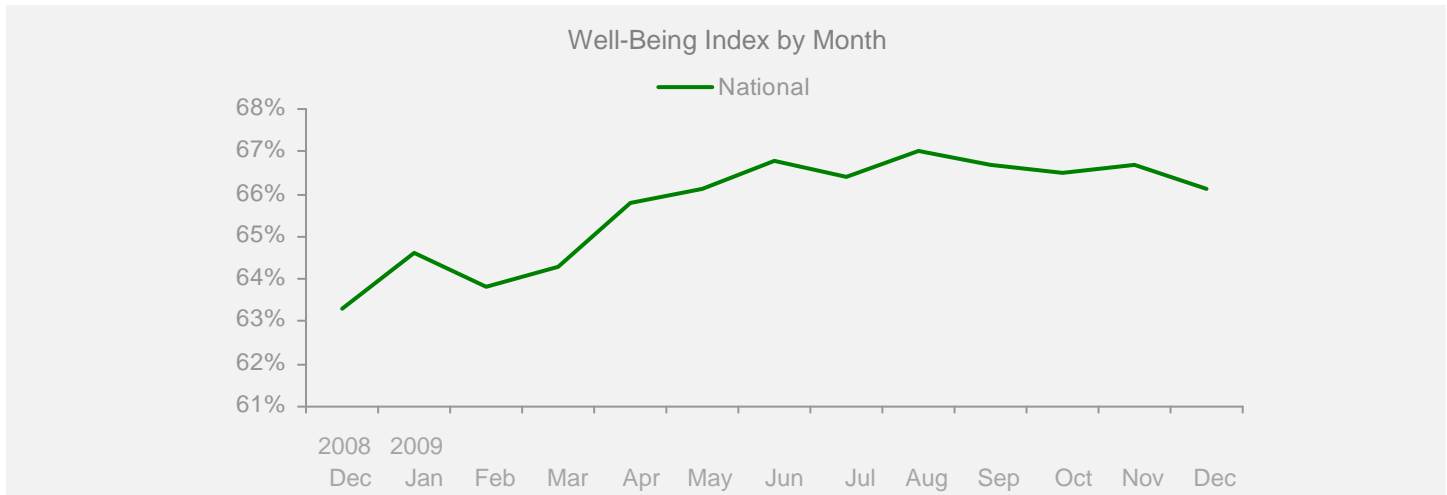
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From Gallup-Healthways Well-Being Index Data

Based on 25,162 surveys completed in December 2009. Total of 709,415 since January 2, 2008.

U.S. Composite and Life Evaluation Score

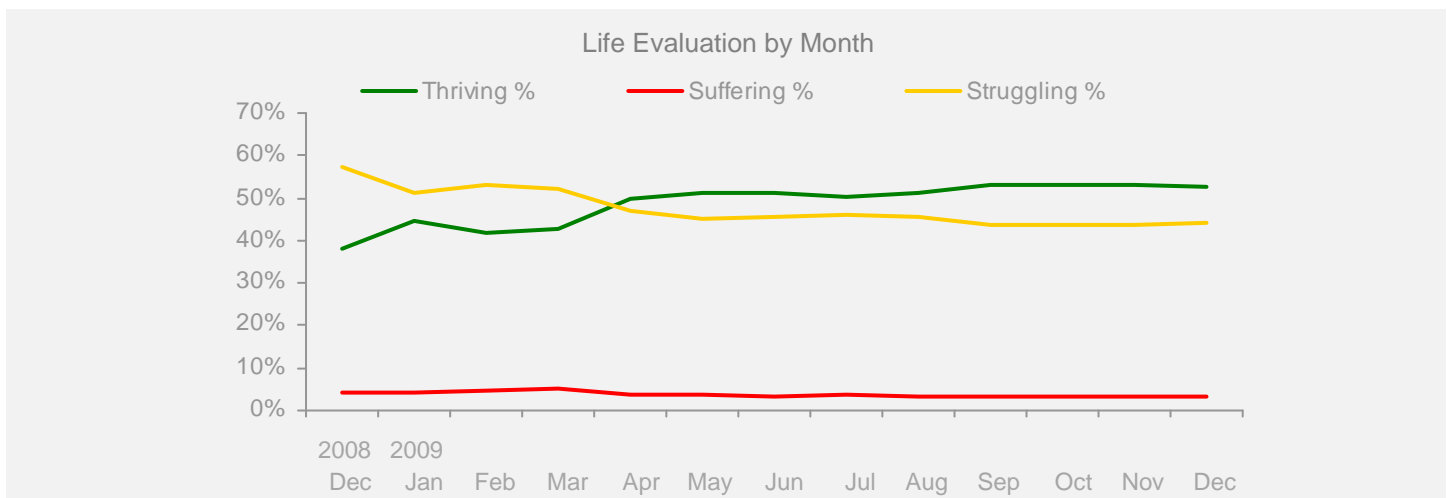
	2008		2009										Change		
	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Month	Year
Well-Being Index	SCALE 0-100 MoE = +/- 0.2%														
National	63.3	64.6	63.8	64.3	65.8	66.1	66.8	66.4	67.0	66.7	66.5	66.7	66.1	-0.6	+2.8



Life Evaluation

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

Life Evaluation	2008 Dec	2009 Jan	2009 Feb	2009 Mar	2009 Apr	2009 May	2009 Jun	2009 Jul	2009 Aug	2009 Sep	2009 Oct	2009 Nov	2009 Dec	Change Month	Change Year
Life Evaluation	33.6	40.3	37.3	37.6	45.9	47.5	47.8	46.8	47.8	49.5	50.0	49.5	49.3	-0.2	+15.7
Thriving %	38.0	44.5	42.0	42.7	49.6	51.2	51.2	50.4	51.1	52.9	53.2	52.9	52.6	-0.3	+14.6
Struggling %	57.5	51.4	53.3	52.2	46.8	45.1	45.5	45.9	45.6	43.8	43.6	43.7	44.0	+0.3	-13.5
Suffering %	4.4	4.1	4.7	5.1	3.6	3.7	3.4	3.6	3.3	3.4	3.2	3.4	3.4	+0.0	-1.0



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National and Regional Composite Well-Being Scores

	2008	2009												Change		
	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Month	Year	
Well-Being Index													MoE = National +/- 0.2% Regional +/- 0.4%			
National	63.3	64.6	63.8	64.3	65.8	66.1	66.8	66.4	67.0	66.7	66.5	66.7	66.1	-0.6	+2.8	
Northeast	63.8	64.0	64.3	64.2	65.7	66.1	66.4	67.0	67.2	66.4	66.5	67.0	66.3	-0.7	+2.5	
South	62.6	63.8	63.1	63.7	65.8	65.7	66.7	65.7	66.1	66.0	65.9	65.9	65.5	-0.4	+2.9	
Midwest	62.2	64.7	63.4	64.0	65.4	65.1	66.7	65.8	66.6	66.9	66.6	66.3	65.8	-0.5	+3.6	
West	65.1	66.2	64.7	65.5	66.3	67.6	67.6	67.3	68.5	67.9	67.1	68.0	66.8	-1.2	+1.7	
Life Evaluation													MoE = National +/- 0.7% Regional +/- 1.4%			
National	33.6	40.3	37.3	37.6	45.9	47.5	47.8	46.8	47.8	49.5	50.0	49.5	49.3	-0.2	+15.7	
Northeast	34.1	39.3	38.1	37.3	46.2	47.5	47.3	47.8	48.2	49.3	49.2	50.5	49.9	-0.6	+15.8	
South	32.8	39.6	36.2	37.4	46.1	48.9	48.1	46.1	46.7	48.6	50.1	48.5	48.3	-0.2	+15.5	
Midwest	29.8	39.6	34.4	35.7	44.6	44.0	46.1	44.5	46.2	48.3	49.7	48.3	48.0	-0.3	+18.2	
West	38.0	43.1	41.0	40.2	46.8	49.1	49.5	48.9	50.8	51.9	50.8	51.2	51.3	+0.1	+13.3	
Emotional Health													MoE = National +/- 0.3% Regional +/- 0.5%			
National	77.5	78.0	77.7	78.0	78.6	78.6	79.2	78.9	79.1	78.9	78.8	79.5	78.7	-0.8	+1.2	
Northeast	77.4	77.3	77.3	77.5	78.1	78.3	78.6	79.2	79.3	78.1	78.7	79.5	78.2	-1.3	+0.8	
South	77.3	77.8	77.7	78.0	78.8	78.5	79.1	78.5	78.4	78.9	78.7	79.2	78.7	-0.5	+1.4	
Midwest	77.4	78.3	78.1	78.4	78.7	78.2	79.9	79.2	79.6	79.3	79.8	79.7	79.0	-0.7	+1.6	
West	78.0	78.6	77.7	77.9	78.6	79.3	79.1	78.9	79.2	79.1	78.2	79.9	78.8	-1.1	+0.8	
Physical Health													MoE = National +/- 0.2% Regional +/- 0.3%			
National	75.7	76.5	75.8	76.0	76.5	76.1	77.0	77.1	77.3	76.6	76.4	77.1	76.5	-0.6	+0.8	
Northeast	76.1	76.6	76.0	76.3	76.2	76.3	77.3	77.4	78.1	76.6	76.8	77.4	76.8	-0.6	+0.7	
South	74.3	75.7	75.5	75.1	76.2	75.3	76.0	75.9	76.3	75.8	75.8	75.9	75.8	-0.1	+1.5	
Midwest	76.7	77.0	75.5	76.3	76.7	75.8	77.4	77.8	77.6	77.0	76.5	77.5	76.9	-0.6	+0.2	
West	76.4	77.3	76.3	76.5	77.0	77.1	77.8	78.0	77.8	77.2	77.0	78.0	76.9	-1.1	+0.5	
Healthy Behavior													MoE = National +/- 0.2% Regional +/- 0.4%			
National	59.7	61.2	61.8	62.7	62.6	63.1	64.2	64.3	64.8	64.0	63.3	63.0	61.1	-1.9	+1.4	
Northeast	60.2	61.3	62.2	63.0	63.6	63.9	64.6	65.3	65.2	64.4	64.4	63.5	61.7	-1.8	+1.5	
South	59.4	60.3	60.9	61.9	62.1	61.5	63.5	63.1	63.3	62.8	62.6	61.7	60.2	-1.5	+0.8	
Midwest	57.1	59.2	60.0	61.0	60.0	61.5	62.2	62.6	63.1	62.8	60.6	61.4	58.8	-2.6	+1.7	
West	62.0	64.2	64.5	65.4	65.0	65.9	66.6	66.8	68.0	66.7	66.0	65.9	64.0	-1.9	+2.0	
Work Environment													MoE = National +/- 0.6% Regional +/- 1.2%			
National	50.6	49.1	48.7	49.8	49.1	49.2	50.2	48.9	50.5	49.1	48.1	48.7	48.4	-0.3	-2.2	
Northeast	50.3	45.4	49.0	48.0	46.4	46.0	46.3	47.8	47.6	46.2	46.2	46.7	47.6	+0.9	-2.7	
South	50.7	48.8	48.5	49.3	50.7	49.5	52.2	50.0	51.3	49.8	47.8	49.4	48.9	-0.5	-1.8	
Midwest	48.1	50.7	49.6	50.1	49.6	48.6	51.0	48.0	49.5	49.8	49.3	47.5	48.7	+1.2	+0.6	
West	53.4	51.7	47.7	52.0	49.0	52.3	50.6	49.5	53.3	50.3	49.2	50.8	48.4	-2.4	-5.0	
Basic Access													MoE = National +/- 0.2% Regional +/- 0.4%			
National	82.9	82.4	81.5	81.5	82.0	82.2	82.6	82.1	82.6	82.3	82.1	82.3	82.3	+0.0	-0.6	
Northeast	85.0	84.2	83.2	83.0	83.5	84.2	84.3	84.2	84.9	83.8	84.0	84.2	83.9	-0.3	-1.1	
South	80.9	80.6	80.1	80.3	80.8	80.7	81.2	80.5	80.7	80.2	80.3	80.4	80.9	+0.5	+0.0	
Midwest	84.2	83.3	82.5	82.6	82.9	82.5	83.8	82.9	83.6	83.9	83.7	83.6	83.5	-0.1	-0.7	
West	82.6	82.1	81.0	80.9	81.3	81.9	81.7	81.5	82.1	82.0	81.4	81.9	81.7	-0.2	-0.9	

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 Dec	2009 Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Change Month	Year
Gender MoE = +/- 0.3%															
Male	63.9	65.1	64.2	64.7	65.9	66.6	67.0	66.5	67.2	66.9	66.8	66.9	66.3	-0.6	+2.4
Female	62.8	64.1	63.4	63.9	65.7	65.6	66.7	66.2	66.8	66.5	66.1	66.4	65.8	-0.6	+3.0
Age MoE = 18 to 29 +/- 0.7% 30 to 44 +/- 0.5% 45 to 64 and 65+ +/- 0.3%															
18 to 29	63.1	65.6	65.1	64.5	66.0	67.1	67.2	66.9	68.0	67.5	66.7	67.0	67.0	+0.0	+3.9
30 to 44	63.6	64.7	63.9	64.7	66.2	66.5	67.8	66.9	67.7	66.9	66.9	66.8	66.3	-0.5	+2.7
45 to 64	62.3	63.4	62.4	63.1	64.6	64.8	65.7	65.3	65.5	65.8	65.5	65.8	64.9	-0.9	+2.6
65 and older	66.2	66.6	66.4	66.4	68.7	68.4	67.6	68.0	68.9	68.3	68.6	68.8	67.8	-1.0	+1.6
Family Status MoE = Married +/- 0.3% Widowed, Single, Divorced +/- 0.6% Separated +/- 1.7% Domestic Partner +/- 1.3%															
Married	66.5	67.5	66.7	67.1	68.9	69.2	69.4	69.0	69.4	69.1	69.4	69.3	68.5	-0.8	+2.0
Single	61.1	62.9	62.2	62.2	63.6	64.5	65.0	64.5	65.6	65.3	64.4	64.3	64.6	+0.3	+3.5
Divorced	57.7	59.1	57.4	59.0	60.5	60.3	60.6	60.0	60.5	60.9	59.8	60.9	60.4	-0.5	+2.7
Widowed	62.2	63.4	62.4	63.1	65.3	63.7	64.1	64.2	64.8	64.8	63.6	63.7	64.5	+0.8	+2.3
Separated	54.0	53.0	54.3	54.2	55.2	57.1	59.4	56.9	56.2	57.7	56.3	58.0	54.9	-3.1	+0.9
Domestic Partner	59.6	61.9	60.9	62.0	60.7	63.9	63.6	62.9	63.3	62.7	62.9	63.1	62.9	-0.2	+3.3
Ethnicity MoE = White +/- 0.2% Black, Hispanic +/- 0.8% Asian +/- 1.6% Other +/- 1.2%															
White	64.2	65.2	64.5	64.8	66.6	66.6	67.4	66.8	67.7	67.5	67.2	67.5	66.7	-0.8	+2.5
Black	59.0	62.3	60.6	61.2	62.8	63.7	64.2	64.8	64.4	63.8	63.8	63.8	63.9	+0.1	+4.9
Hispanic	61.6	63.7	62.2	63.7	64.0	65.0	65.7	64.7	64.7	64.6	64.9	65.3	64.7	-0.6	+3.1
Asian	67.8	67.9	65.0	67.5	69.2	68.6	70.9	70.7	71.0	69.3	70.2	70.2	68.3	-1.9	+0.5
Other	61.0	60.3	61.4	61.0	61.3	64.3	63.3	64.2	64.5	65.1	63.2	62.7	62.0	-0.7	+1.0
Household Income MoE = Under \$1,000 +/- 0.9% All other categories +/- 0.6%															
Under \$1,000	51.6	53.1	51.5	51.9	54.0	53.3	54.1	53.7	55.3	54.2	52.4	55.3	54.8	-0.5	+3.2
\$1,000-\$1,999	54.4	56.1	55.9	57.1	58.0	58.9	59.7	58.3	57.3	58.9	58.5	58.5	58.3	-0.2	+3.9
\$2,000-\$2,999	59.9	61.0	60.1	60.9	63.4	63.3	63.6	62.3	63.1	62.2	62.7	63.7	62.6	-1.1	+2.7
\$3,000-\$3,999	63.2	64.7	63.8	63.9	65.4	66.8	66.4	65.7	67.2	65.8	65.0	65.7	65.4	-0.3	+2.2
\$4,000-\$4,999	66.2	66.1	66.4	66.6	67.9	68.1	67.9	68.5	68.7	68.1	68.1	68.9	67.7	-1.2	+1.5
\$5,000-\$7,499	68.1	69.8	68.1	69.5	70.7	71.0	71.2	71.0	71.8	70.8	70.8	70.8	70.7	-0.1	+2.6
\$7,500-\$9,999	71.2	71.1	70.8	71.5	73.2	73.9	74.6	73.7	74.0	72.7	72.6	73.3	72.6	-0.7	+1.4
\$10,000 +	72.0	72.8	73.0	72.8	73.9	74.7	74.4	74.2	74.9	75.3	75.3	74.4	73.6	-0.8	+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.