

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

April 2010

0.3%
0.2

67.0

U.S. Well-Being

-0.2%
-0.1

49.7

Life Evaluation

0.8%
0.6

79.8

Emotional Health

0.5%
0.4

76.9

Physical Health

0.5%
0.3

64.9

Healthy Behavior

0.2%
0.1

48.3

Work Environment

0.5%
0.4

82.7

Basic Access

Gallup-Healthways Well-Being Index Ties Historical High; April shows Americans Sustaining Well-Being Recovery

The Gallup-Healthways Well-Being Index™ (WBI) was a tie (67.0) for all-time overall well-being in April, revealing a continued recovery of American well-being despite continuing challenges and high unemployment. The only other time in 28 months of measurement the WBI has reached 67 was in August 2009.

April's score reflects improvement in well-being for more than 8 million Americans since the low (63.3) posted mid-recession in December 2008.

This improvement was created through upticks in five of the six components of well-being, including record highs in the Emotional Health Index and elements of the Work Environment Index. Although the Life Evaluation Index fell a statistically insignificant 0.1 points in April (49.1), it remains less than a point away from its all-time high and is adding to the positive impact.

The Emotional Health Index (EHI) made a statistically significant increase in April to 79.8, tying the high score posted in March of 2008. Individual metrics comprising the EHI rose in April to achieve levels not seen since the summer of 2008, including an all-time high of 85 percent of respondents reporting experiences of enjoyment the day before.

The Healthy Behavior Index (HBI) was slightly up in April, driven almost entirely by the 53.4 percent of Americans reporting they exercised for 30 minutes at least three times in the past week. Seasonal gains in HBI are expected to continue providing buoyancy through the summer months, when good weather leads many people to outdoor activities.

Another bonus for well-being during the spring and summer is the lessening of seasonal influences of cold, flu and headache and the Physical Health Index (PHI) reflects this with a significant uptick of 0.4 points in April. However, data in the PHI reveals Americans continue to struggle with weight, 26.9 percent of respondents report being obese in April, just shy of the record 27 percent posted last month.

Although the Work Environment Index (WEI) was up slightly in April (48.3), it continues to struggle near the low set this February (48.0) and marks the 14th time in the last 16 months the WEI was under 50. However, components of the WEI do show improvement, with the number of workers reporting using their strengths every day at work and working with a supervisor who creates a trusting environment at all-time highs.

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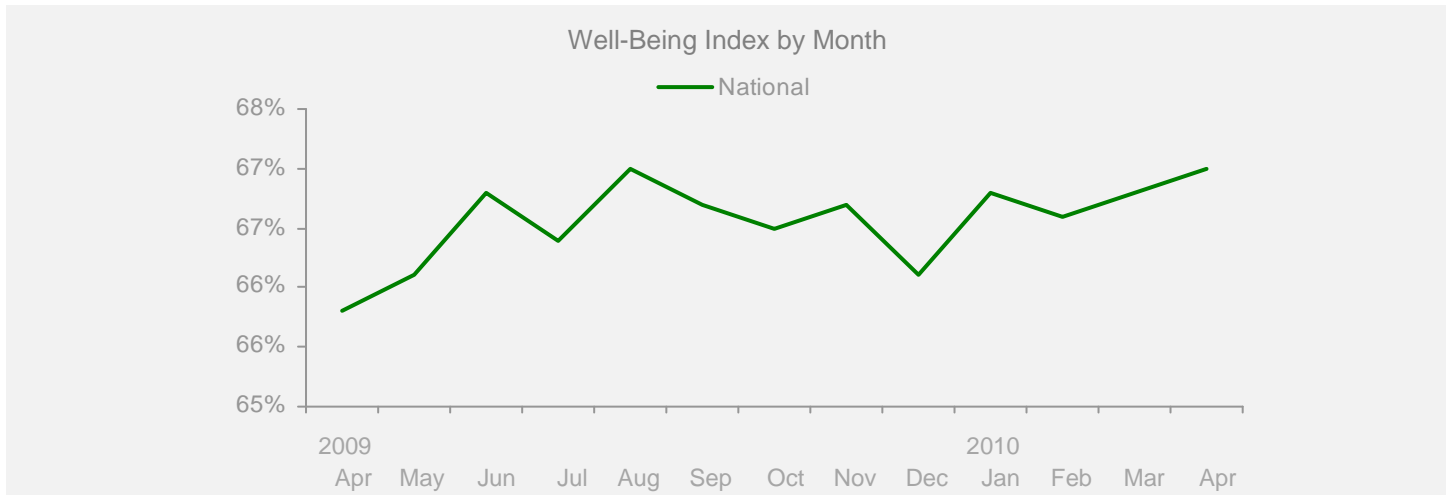
Left: Values in arrows denote month-to-month value change and percentage change, up or down. Values in boxes denote the month's index scores. A gray box indicates the monthly change was not significant. Red indicates a significant decline. Green indicates significant improvement. Scale for all values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

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

From Gallup-Healthways Well-Being Index Data
Based on 29,247 surveys completed in April 2010. Total of 826,340 since January 2, 2008.

U.S. Composite and Life Evaluation Score

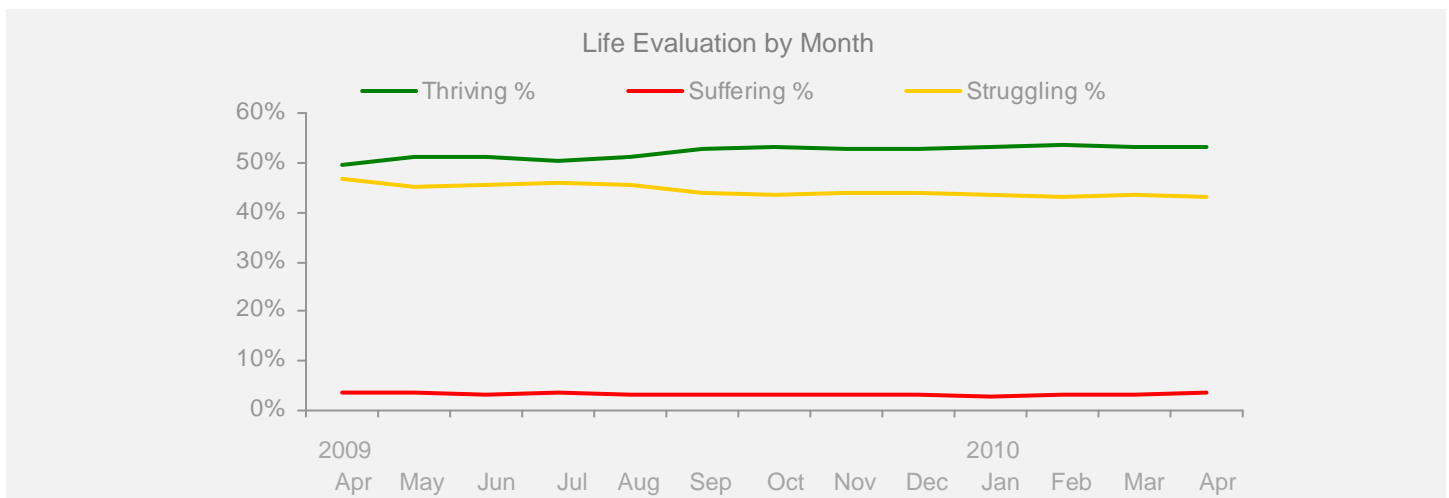
	2009												2010		Change	
	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	Month	Year	
Well-Being Index	SCALE 0-100 MoE = +/- 0.2%															
National	65.8	66.1	66.8	66.4	67.0	66.7	66.5	66.7	66.1	66.8	66.6	66.8	67.0	+0.2	+1.2	



Life Evaluation

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

Life Evaluation	45.9	47.5	47.8	46.8	47.8	49.5	50.0	49.5	49.3	50.3	50.4	49.8	49.7	-0.1	+3.8
Thriving %	49.6	51.2	51.2	50.4	51.1	52.9	53.2	52.9	52.6	53.3	53.7	53.1	53.3	+0.2	+3.7
Struggling %	46.8	45.1	45.5	45.9	45.6	43.8	43.6	43.7	44.0	43.6	42.9	43.6	43.1	-0.5	-3.7
Suffering %	3.6	3.7	3.4	3.6	3.3	3.4	3.2	3.4	3.4	3.0	3.4	3.3	3.6	+0.3	+0.0



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National and Regional Composite Well-Being Scores

	2009					2010					Change				
	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	Month	Year
Well-Being Index													MoE = National +/- 0.2% Regional +/- 0.4%		
National	65.8	66.1	66.8	66.4	67.0	66.7	66.5	66.7	66.1	66.8	66.6	66.8	67.0	+0.2	+1.2
Northeast	65.7	66.1	66.4	67.0	67.2	66.4	66.5	67.0	66.3	67.1	66.5	66.8	67.3	+0.5	+1.6
South	65.8	65.7	66.7	65.7	66.1	66.0	65.9	65.9	65.5	66.0	65.8	66.0	66.4	+0.4	+0.6
Midwest	65.4	65.1	66.7	65.8	66.6	66.9	66.6	66.3	65.8	66.5	66.6	66.8	66.7	-0.1	+1.3
West	66.3	67.6	67.6	67.3	68.5	67.9	67.1	68.0	66.8	67.8	67.8	67.9	68.0	+0.1	+1.7
Life Evaluation													MoE = National +/- 0.7% Regional +/- 1.4%		
National	45.9	47.5	47.8	46.8	47.8	49.5	50.0	49.5	49.3	50.3	50.4	49.8	49.7	-0.1	+3.8
Northeast	46.2	47.5	47.3	47.8	48.2	49.3	49.2	50.5	49.9	51.7	51.2	48.7	49.1	+0.4	+2.9
South	46.1	48.9	48.1	46.1	46.7	48.6	50.1	48.5	48.3	49.4	50.8	49.2	49.6	+0.4	+3.5
Midwest	44.6	44.0	46.1	44.5	46.2	48.3	49.7	48.3	48.0	49.2	48.6	50.5	48.3	-2.2	+3.7
West	46.8	49.1	49.5	48.9	50.8	51.9	50.8	51.2	51.3	51.2	50.8	51.1	51.6	+0.5	+4.8
Emotional Health													MoE = National +/- 0.3% Regional +/- 0.5%		
National	78.6	78.6	79.2	78.9	79.1	78.9	78.8	79.5	78.7	79.1	79.1	79.2	79.8	+0.6	+1.2
Northeast	78.1	78.3	78.6	79.2	79.3	78.1	78.7	79.5	78.2	78.8	78.1	78.3	79.3	+1.0	+1.2
South	78.8	78.5	79.1	78.5	78.4	78.9	78.7	79.2	78.7	78.8	78.5	79.4	79.9	+0.5	+1.1
Midwest	78.7	78.2	79.9	79.2	79.6	79.3	79.8	79.7	79.0	79.2	79.7	79.3	79.9	+0.6	+1.2
West	78.6	79.3	79.1	78.9	79.2	79.1	78.2	79.9	78.8	79.7	80.4	79.5	80.1	+0.6	+1.5
Physical Health													MoE = National +/- 0.2% Regional +/- 0.3%		
National	76.5	76.1	77.0	77.1	77.3	76.6	76.4	77.1	76.5	77.1	76.8	76.5	76.9	+0.4	+0.4
Northeast	76.2	76.3	77.3	77.4	78.1	76.6	76.8	77.4	76.8	77.4	76.8	77.2	77.3	+0.1	+1.1
South	76.2	75.3	76.0	75.9	76.3	75.8	75.8	75.9	75.8	76.1	75.8	75.6	76.2	+0.6	+0.0
Midwest	76.7	75.8	77.4	77.8	77.6	77.0	76.5	77.5	76.9	77.9	77.0	76.8	76.8	+0.0	+0.1
West	77.0	77.1	77.8	78.0	77.8	77.2	77.0	78.0	76.9	77.7	78.1	77.0	77.7	+0.7	+0.7
Healthy Behavior													MoE = National +/- 0.2% Regional +/- 0.4%		
National	62.6	63.1	64.2	64.3	64.8	64.0	63.3	63.0	61.1	62.9	63.1	64.6	64.9	+0.3	+2.3
Northeast	63.6	63.9	64.6	65.3	65.2	64.4	64.4	63.5	61.7	63.3	63.5	65.0	65.6	+0.6	+2.0
South	62.1	61.5	63.5	63.1	63.3	62.8	62.6	61.7	60.2	62.0	61.7	63.3	63.6	+0.3	+1.5
Midwest	60.0	61.5	62.2	62.6	63.1	62.8	60.6	61.4	58.8	61.0	61.6	63.0	63.7	+0.7	+3.7
West	65.0	65.9	66.6	66.8	68.0	66.7	66.0	65.9	64.0	65.5	66.3	67.4	67.1	-0.3	+2.1
Work Environment													MoE = National +/- 0.6% Regional +/- 1.2%		
National	49.1	49.2	50.2	48.9	50.5	49.1	48.1	48.7	48.4	48.9	48.0	48.2	48.3	+0.1	-0.8
Northeast	46.4	46.0	46.3	47.8	47.6	46.2	46.2	46.7	47.6	47.1	45.7	47.4	48.0	+0.6	+1.6
South	50.7	49.5	52.2	50.0	51.3	49.8	47.8	49.4	48.9	48.9	47.3	47.5	48.0	+0.5	-2.7
Midwest	49.6	48.6	51.0	48.0	49.5	49.8	49.3	47.5	48.7	48.4	49.0	47.7	48.2	+0.5	-1.4
West	49.0	52.3	50.6	49.5	53.3	50.3	49.2	50.8	48.4	51.3	50.1	50.6	48.9	-1.7	-0.1
Basic Access													MoE = National +/- 0.2% Regional +/- 0.4%		
National	82.0	82.2	82.6	82.1	82.6	82.3	82.1	82.3	82.3	82.3	82.2	82.3	82.7	+0.4	+0.7
Northeast	83.5	84.2	84.3	84.2	84.9	83.8	84.0	84.2	83.9	84.5	84.0	84.3	84.4	+0.1	+0.9
South	80.8	80.7	81.2	80.5	80.7	80.2	80.3	80.4	80.9	80.8	80.5	80.8	81.2	+0.4	+0.4
Midwest	82.9	82.5	83.8	82.9	83.6	83.9	83.7	83.6	83.5	83.2	83.6	83.4	83.5	+0.1	+0.6
West	81.3	81.9	81.7	81.5	82.1	82.0	81.4	81.9	81.7	81.4	81.4	81.7	82.3	+0.6	+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.

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National Well-Being Scores by Demographic

	2009								2010				Change		
	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	Month	Year
Gender															
Male	65.9	66.6	67.0	66.5	67.2	66.9	66.8	66.9	66.3	66.7	66.8	67.2	66.9	-0.3	+1.0
Female	65.7	65.6	66.7	66.2	66.8	66.5	66.1	66.4	65.8	66.8	66.4	66.3	67.2	+0.9	+1.5
Age															
18 to 29	66.0	67.1	67.2	66.9	68.0	67.5	66.7	67.0	67.0	68.0	68.1	67.6	69.0	+1.4	+3.0
30 to 44	66.2	66.5	67.8	66.9	67.7	66.9	66.9	66.8	66.3	67.0	66.8	67.7	67.3	-0.4	+1.1
45 to 64	64.6	64.8	65.7	65.3	65.5	65.8	65.5	65.8	64.9	65.6	65.3	65.5	65.6	+0.1	+1.0
65 and older	68.7	68.4	67.6	68.0	68.9	68.3	68.6	68.8	67.8	68.3	69.0	68.2	68.2	+0.0	-0.5
Family Status															
Married	68.9	69.2	69.4	69.0	69.4	69.1	69.4	69.3	68.5	69.3	69.1	69.6	69.4	-0.2	+0.5
Single	63.6	64.5	65.0	64.5	65.6	65.3	64.4	64.3	64.6	65.2	65.0	65.0	65.5	+0.5	+1.9
Divorced	60.5	60.3	60.6	60.0	60.5	60.9	59.8	60.9	60.4	60.8	60.8	60.0	60.8	+0.8	+0.3
Widowed	65.3	63.7	64.1	64.2	64.8	64.8	63.6	63.7	64.5	64.1	63.2	64.0	65.5	+1.5	+0.2
Separated	55.2	57.1	59.4	56.9	56.2	57.7	56.3	58.0	54.9	54.7	57.8	56.5	56.1	-0.4	+0.9
Domestic Partner	60.7	63.9	63.6	62.9	63.3	62.7	62.9	63.1	62.9	64.1	63.9	62.4	65.9	+3.5	+5.2
Ethnicity															
White	66.6	66.6	67.4	66.8	67.7	67.5	67.2	67.5	66.7	67.3	67.2	67.3	67.4	+0.1	+0.8
Black	62.8	63.7	64.2	64.8	64.4	63.8	63.8	63.8	63.9	64.9	64.4	65.1	65.1	+0.0	+2.3
Hispanic	64.0	65.0	65.7	64.7	64.7	64.6	64.9	65.3	64.7	65.4	65.3	65.4	66.6	+1.2	+2.6
Asian	69.2	68.6	70.9	70.7	71.0	69.3	70.2	70.2	68.3	70.6	69.9	71.3	71.0	-0.3	+1.8
Other	61.3	64.3	63.3	64.2	64.5	65.1	63.2	62.7	62.0	62.5	63.5	64.2	64.3	+0.1	+3.0
Household Income															
Under \$1,000	54.0	53.3	54.1	53.7	55.3	54.2	52.4	55.3	54.8	54.2	54.3	56.6	56.0	-0.6	+2.0
\$1,000-\$1,999	58.0	58.9	59.7	58.3	57.3	58.9	58.5	58.5	58.3	59.4	58.0	58.3	58.5	+0.2	+0.5
\$2,000-\$2,999	63.4	63.3	63.6	62.3	63.1	62.2	62.7	63.7	62.6	63.7	63.7	63.6	63.7	+0.1	+0.3
\$3,000-\$3,999	65.4	66.8	66.4	65.7	67.2	65.8	65.0	65.7	65.4	65.5	66.1	66.3	66.1	-0.2	+0.7
\$4,000-\$4,999	67.9	68.1	67.9	68.5	68.7	68.1	68.1	68.9	67.7	68.9	68.3	68.3	68.8	+0.5	+0.9
\$5,000-\$7,499	70.7	71.0	71.2	71.0	71.8	70.8	70.8	70.8	70.7	71.2	70.8	71.1	71.6	+0.5	+0.9
\$7,500-\$9,999	73.2	73.9	74.6	73.7	74.0	72.7	72.6	73.3	72.6	73.1	72.7	72.7	74.2	+1.5	+1.0
\$10,000 +	73.9	74.7	74.4	74.2	74.9	75.3	75.3	74.4	73.6	74.3	74.9	74.6	74.7	+0.1	+0.8

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.