

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

February 2010

U.S. Workers Report an All-Time Low for Work Environment; Overall Well-Being of Nation Above Same Time Last Year

The Gallup-Healthways Well-Being Index™ (WBI) fell slightly in February 2010, dropping a statistically insignificant 0.2 percentage points to close the month at 66.8, still among the highest scores yet recorded. Year-over-year, the overall index increased 2.8 percentage points, representing an improvement in overall well-being for more than nine million Americans.

While the majority of the six sub-indices that comprise the WBI's Composite Score experienced only minor changes during February, the Work Environment Sub-Index (WEI) dropped a further 0.9 percentage points to 48.0, an all-time low for this key measure of one of the primary components of quality of life within the U.S.

After continually posting scores above 50.0 throughout 2008, the Work Environment Sub-Index began trending downward significantly in January 2009. February 2010's record low score of 48.0 is more than 5.0 percentage points below the WEI's all time high score of 53.3, recorded on October 2008, a decline in workplace well-being and on-the-job satisfaction for more than 17 million people.

The WEI is based on a series of four questions, specifically designed to gauge the feelings and perceptions of U.S. workers about their work environment. While the WEI does not measure all the elements of a quality workplace, it does tap into areas of experience that extensive research has found to be indicators of healthy, productive places of employment. Positive workplaces are characterized as those where workers express satisfaction with their work, report using their strengths in their area of responsibility and work in a culture of trust and partnership. Conversely, negative work environments lack satisfying work and are characterized by poor supervision.

The percentage of respondents reporting high satisfaction with their jobs dropped by nearly a full percentage point to 87.3 between January and February of this year, the second lowest job satisfaction percentage yet posted.

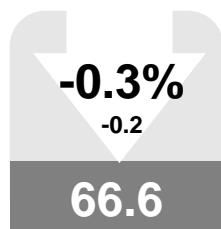
Positively, Americans continue to remain optimistic about their current overall life circumstances and prospects for a better future. The WBI's Life Evaluation Sub-Index (LEI), which asks respondents to rate their current lives and future outlook, inched upward in February to 50.4, a new high. The percentage of Americans considered to be Thriving under the LEI's classification system also reached all time high levels, with nearly 54 percent of Americans being classified as Thriving.

The Physical Health Sub-Index (PHI) and Healthy Behaviors Sub-Index (HBI) are up 1.0 and 1.3 percentage points respectively over the same time last year. This represents increases in PHI for 3.3 million people and HBI for 4.29 million. The PHI declined by 0.3 percentage points in February. Healthy Behaviors, on the other hand, inched up slightly, by 0.2 percentage points, with millions of Americans reporting increased amounts of exercise over the reporting period.

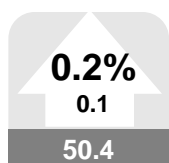
Allison London Brown
Healthways, Inc.

Katie Bell
Gallup, Inc.

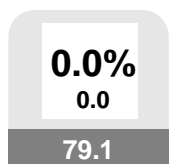
Left: Values in arrows denote month-to-month value change and percentage change, up or down. Values in boxes denote the month's index scores. A gray box indicates the monthly change was not significant. Red indicates a significant decline. Green indicates significant improvement. Scale for all values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



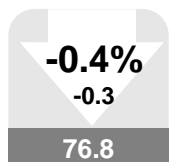
U.S. Well-Being



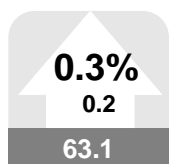
Life Evaluation



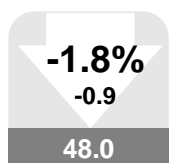
Emotional Health



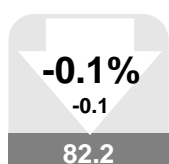
Physical Health



Healthy Behavior



Work Environment



Basic Access

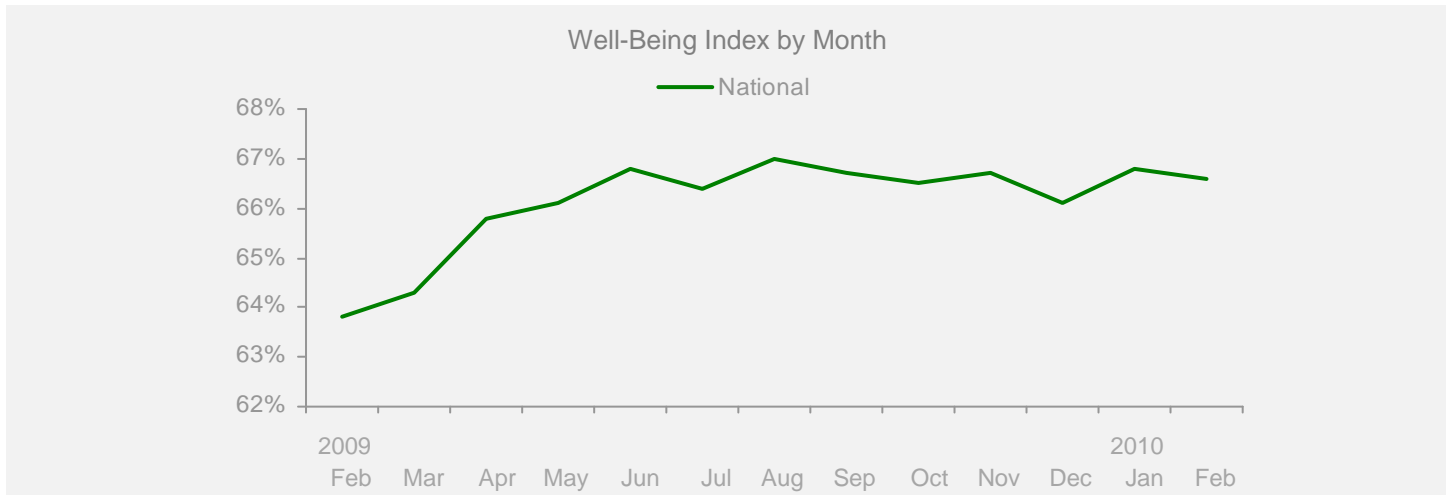
Gallup-Healthways Monthly U.S. Well-Being Report

From Gallup-Healthways Well-Being Index Data

Based on 28,226 surveys completed in February 2010. Total of 766,892 since January 2, 2008.

U.S. Composite and Life Evaluation Score

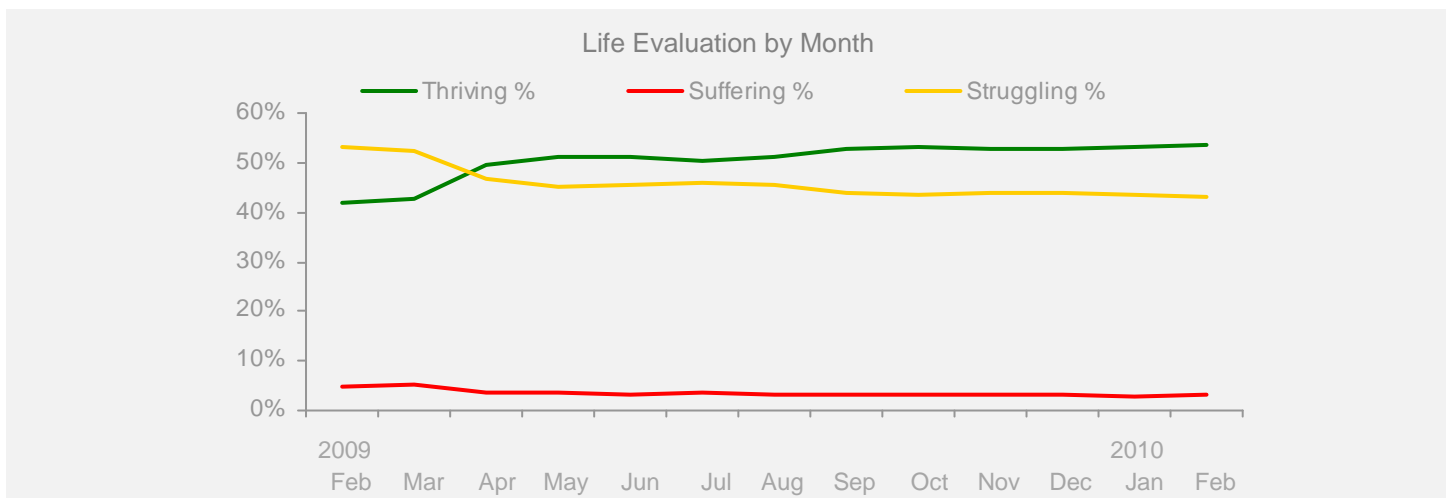
	2009											2010		Change	
	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Month	Year
Well-Being Index	SCALE 0-100 MoE = +/- 0.2%														
National	63.8	64.3	65.8	66.1	66.8	66.4	67.0	66.7	66.5	66.7	66.1	66.8	66.6	-0.2	+2.8



Life Evaluation

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

Life Evaluation	37.3	37.6	45.9	47.5	47.8	46.8	47.8	49.5	50.0	49.5	49.3	50.3	50.4	+0.1	+13.1
Thriving %	42.0	42.7	49.6	51.2	51.2	50.4	51.1	52.9	53.2	52.9	52.6	53.3	53.7	+0.4	+11.7
Struggling %	53.3	52.2	46.8	45.1	45.5	45.9	45.6	43.8	43.6	43.7	44.0	43.6	42.9	-0.7	-10.4
Suffering %	4.7	5.1	3.6	3.7	3.4	3.6	3.3	3.4	3.2	3.4	3.4	3.0	3.4	+0.4	-1.3



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National and Regional Composite Well-Being Scores

	2009										2010		Change		
	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Month	Year
Well-Being Index											MoE = National +/- 0.2% Regional +/- 0.4%				
National	63.8	64.3	65.8	66.1	66.8	66.4	67.0	66.7	66.5	66.7	66.1	66.8	66.6	-0.2	+2.8
Northeast	64.3	64.2	65.7	66.1	66.4	67.0	67.2	66.4	66.5	67.0	66.3	67.1	66.5	-0.6	+2.2
South	63.1	63.7	65.8	65.7	66.7	65.7	66.1	66.0	65.9	65.9	65.5	66.0	65.8	-0.2	+2.7
Midwest	63.4	64.0	65.4	65.1	66.7	65.8	66.6	66.9	66.6	66.3	65.8	66.5	66.6	+0.1	+3.2
West	64.7	65.5	66.3	67.6	67.6	67.3	68.5	67.9	67.1	68.0	66.8	67.8	67.8	+0.0	+3.1
Life Evaluation											MoE = National +/- 0.7% Regional +/- 1.4%				
National	37.3	37.6	45.9	47.5	47.8	46.8	47.8	49.5	50.0	49.5	49.3	50.3	50.4	+0.1	+13.1
Northeast	38.1	37.3	46.2	47.5	47.3	47.8	48.2	49.3	49.2	50.5	49.9	51.7	51.2	-0.5	+13.1
South	36.2	37.4	46.1	48.9	48.1	46.1	46.7	48.6	50.1	48.5	48.3	49.4	50.8	+1.4	+14.6
Midwest	34.4	35.7	44.6	44.0	46.1	44.5	46.2	48.3	49.7	48.3	48.0	49.2	48.6	-0.6	+14.2
West	41.0	40.2	46.8	49.1	49.5	48.9	50.8	51.9	50.8	51.2	51.3	51.2	50.8	-0.4	+9.8
Emotional Health											MoE = National +/- 0.3% Regional +/- 0.5%				
National	77.7	78.0	78.6	78.6	79.2	78.9	79.1	78.9	78.8	79.5	78.7	79.1	79.1	+0.0	+1.4
Northeast	77.3	77.5	78.1	78.3	78.6	79.2	79.3	78.1	78.7	79.5	78.2	78.8	78.1	-0.7	+0.8
South	77.7	78.0	78.8	78.5	79.1	78.5	78.4	78.9	78.7	79.2	78.7	78.8	78.5	-0.3	+0.8
Midwest	78.1	78.4	78.7	78.2	79.9	79.2	79.6	79.3	79.8	79.7	79.0	79.2	79.7	+0.5	+1.6
West	77.7	77.9	78.6	79.3	79.1	78.9	79.2	79.1	78.2	79.9	78.8	79.7	80.4	+0.7	+2.7
Physical Health											MoE = National +/- 0.2% Regional +/- 0.3%				
National	75.8	76.0	76.5	76.1	77.0	77.1	77.3	76.6	76.4	77.1	76.5	77.1	76.8	-0.3	+1.0
Northeast	76.0	76.3	76.2	76.3	77.3	77.4	78.1	76.6	76.8	77.4	76.8	77.4	76.8	-0.6	+0.8
South	75.5	75.1	76.2	75.3	76.0	75.9	76.3	75.8	75.8	75.9	75.8	76.1	75.8	-0.3	+0.3
Midwest	75.5	76.3	76.7	75.8	77.4	77.8	77.6	77.0	76.5	77.5	76.9	77.9	77.0	-0.9	+1.5
West	76.3	76.5	77.0	77.1	77.8	78.0	77.8	77.2	77.0	78.0	76.9	77.7	78.1	+0.4	+1.8
Healthy Behavior											MoE = National +/- 0.2% Regional +/- 0.4%				
National	61.8	62.7	62.6	63.1	64.2	64.3	64.8	64.0	63.3	63.0	61.1	62.9	63.1	+0.2	+1.3
Northeast	62.2	63.0	63.6	63.9	64.6	65.3	65.2	64.4	64.4	63.5	61.7	63.3	63.5	+0.2	+1.3
South	60.9	61.9	62.1	61.5	63.5	63.1	63.3	62.8	62.6	61.7	60.2	62.0	61.7	-0.3	+0.8
Midwest	60.0	61.0	60.0	61.5	62.2	62.6	63.1	62.8	60.6	61.4	58.8	61.0	61.6	+0.6	+1.6
West	64.5	65.4	65.0	65.9	66.6	66.8	68.0	66.7	66.0	65.9	64.0	65.5	66.3	+0.8	+1.8
Work Environment											MoE = National +/- 0.6% Regional +/- 1.2%				
National	48.7	49.8	49.1	49.2	50.2	48.9	50.5	49.1	48.1	48.7	48.4	48.9	48.0	-0.9	-0.7
Northeast	49.0	48.0	46.4	46.0	46.3	47.8	47.6	46.2	46.2	46.7	47.6	47.1	45.7	-1.4	-3.3
South	48.5	49.3	50.7	49.5	52.2	50.0	51.3	49.8	47.8	49.4	48.9	48.9	47.3	-1.6	-1.2
Midwest	49.6	50.1	49.6	48.6	51.0	48.0	49.5	49.8	49.3	47.5	48.7	48.4	49.0	+0.6	-0.6
West	47.7	52.0	49.0	52.3	50.6	49.5	53.3	50.3	49.2	50.8	48.4	51.3	50.1	-1.2	+2.4
Basic Access											MoE = National +/- 0.2% Regional +/- 0.4%				
National	81.5	81.5	82.0	82.2	82.6	82.1	82.6	82.3	82.1	82.3	82.3	82.3	82.2	-0.1	+0.7
Northeast	83.2	83.0	83.5	84.2	84.3	84.2	84.9	83.8	84.0	84.2	83.9	84.5	84.0	-0.5	+0.8
South	80.1	80.3	80.8	80.7	81.2	80.5	80.7	80.2	80.3	80.4	80.9	80.8	80.5	-0.3	+0.4
Midwest	82.5	82.6	82.9	82.5	83.8	82.9	83.6	83.9	83.7	83.6	83.5	83.2	83.6	+0.4	+1.1
West	81.0	80.9	81.3	81.9	81.7	81.5	82.1	82.0	81.4	81.9	81.7	81.4	81.4	+0.0	+0.4

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.

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National Well-Being Scores by Demographic

	2009											2010		Change	
	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Month	Year
Gender															
Male	64.2	64.7	65.9	66.6	67.0	66.5	67.2	66.9	66.8	66.9	66.3	66.7	66.8	+0.1	+2.6
Female	63.4	63.9	65.7	65.6	66.7	66.2	66.8	66.5	66.1	66.4	65.8	66.8	66.4	-0.4	+3.0
Age															
18 to 29	65.1	64.5	66.0	67.1	67.2	66.9	68.0	67.5	66.7	67.0	67.0	68.0	68.1	+0.1	+3.0
30 to 44	63.9	64.7	66.2	66.5	67.8	66.9	67.7	66.9	66.9	66.8	66.3	67.0	66.8	-0.2	+2.9
45 to 64	62.4	63.1	64.6	64.8	65.7	65.3	65.5	65.8	65.5	65.8	64.9	65.6	65.3	-0.3	+2.9
65 and older	66.4	66.4	68.7	68.4	67.6	68.0	68.9	68.3	68.6	68.8	67.8	68.3	69.0	+0.7	+2.6
Family Status															
Married	66.7	67.1	68.9	69.2	69.4	69.0	69.4	69.1	69.4	69.3	68.5	69.3	69.1	-0.2	+2.4
Single	62.2	62.2	63.6	64.5	65.0	64.5	65.6	65.3	64.4	64.3	64.6	65.2	65.0	-0.2	+2.8
Divorced	57.4	59.0	60.5	60.3	60.6	60.0	60.5	60.9	59.8	60.9	60.4	60.8	60.8	+0.0	+3.4
Widowed	62.4	63.1	65.3	63.7	64.1	64.2	64.8	64.8	63.6	63.7	64.5	64.1	63.2	-0.9	+0.8
Separated	54.3	54.2	55.2	57.1	59.4	56.9	56.2	57.7	56.3	58.0	54.9	54.7	57.8	+3.1	+3.5
Domestic Partner	60.9	62.0	60.7	63.9	63.6	62.9	63.3	62.7	62.9	63.1	62.9	64.1	63.9	-0.2	+3.0
Ethnicity															
White	64.5	64.8	66.6	66.6	67.4	66.8	67.7	67.5	67.2	67.5	66.7	67.3	67.2	-0.1	+2.7
Black	60.6	61.2	62.8	63.7	64.2	64.8	64.4	63.8	63.8	63.8	63.9	64.9	64.4	-0.5	+3.8
Hispanic	62.2	63.7	64.0	65.0	65.7	64.7	64.7	64.6	64.9	65.3	64.7	65.4	65.3	-0.1	+3.1
Asian	65.0	67.5	69.2	68.6	70.9	70.7	71.0	69.3	70.2	70.2	68.3	70.6	69.9	-0.7	+4.9
Other	61.4	61.0	61.3	64.3	63.3	64.2	64.5	65.1	63.2	62.7	62.0	62.5	63.5	+1.0	+2.1
Household Income															
Under \$1,000	51.5	51.9	54.0	53.3	54.1	53.7	55.3	54.2	52.4	55.3	54.8	54.2	54.3	+0.1	+2.8
\$1,000-\$1,999	55.9	57.1	58.0	58.9	59.7	58.3	57.3	58.9	58.5	58.5	58.3	59.4	58.0	-1.4	+2.1
\$2,000-\$2,999	60.1	60.9	63.4	63.3	63.6	62.3	63.1	62.2	62.7	63.7	62.6	63.7	63.7	+0.0	+3.6
\$3,000-\$3,999	63.8	63.9	65.4	66.8	66.4	65.7	67.2	65.8	65.0	65.7	65.4	65.5	66.1	+0.6	+2.3
\$4,000-\$4,999	66.4	66.6	67.9	68.1	67.9	68.5	68.7	68.1	68.1	68.9	67.7	68.9	68.3	-0.6	+1.9
\$5,000-\$7,499	68.1	69.5	70.7	71.0	71.2	71.0	71.8	70.8	70.8	70.8	70.7	71.2	70.8	-0.4	+2.7
\$7,500-\$9,999	70.8	71.5	73.2	73.9	74.6	73.7	74.0	72.7	72.6	73.3	72.6	73.1	72.7	-0.4	+1.9
\$10,000 +	73.0	72.8	73.9	74.7	74.4	74.2	74.9	75.3	75.3	74.4	73.6	74.3	74.9	+0.6	+1.9

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.