

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

July 2010

WELL-BEING LEVELS AFTER EARLY SUMMER SWELL

The Gallup-Healthways Well-Being Index™ (WBI) dropped slightly to 67.1 in July from June's second-highest score of 67.3 and shows a modest retraction in the nation's well-being rebound, with a fall in four of the six sub-indices comprising the Index. A portion of the overall dip is attributed to the continued decline in the Work Environment. However, July remains the fourth month in a row with a composite score of 67.0 or higher and Healthy Behaviors recording an all-time high.

The Life Evaluation Index (LEI) slipped significantly to 49.6 from June's record high of 50.8. July was the first time since December 2009 the LEI has fallen this low. The LEI aligns with major consumer confidence measures showing increasing concern in America's short-term outlook, and the U.S. Department of Labor's announcement of a summer hiring stall with unemployment remaining at 9.5 percent.

The Work Environment Index (WEI), which has suffered throughout the recession, dropped almost a full point over the last three months, with July (48.1) the 17th time in the last 19 months the WEI has been below 50. The WEI measured above that level during all of 2008, which clearly shows people's work environment has yet to fully recover from the economic downturn.

A portion of July's low WEI scores came from the lowest job satisfaction rate ever recorded by the WBI, with 86.9 percent of employed Americans saying they were satisfied with their jobs. The high-mark for this metric was 89.4 percent in February of 2008. Of note, 56.8 percent of workers reported their supervisor treated them as a partner, not a boss, which has dropped 1.4 percentage points over the last few months and never reached 59 percent.

The Emotional Health Index (EHI) fell slightly in July to 79.5, but remains strong as it marks only the fifth month in the last two years the EHI has been 79.5 or higher.

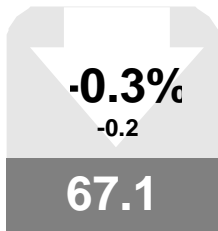
The Basic Access Index (BAI) slipped slightly, to 82.5 in July and has been within a half-a-point range throughout the year. The highest the BAI has climbed is 84.1, which was in October 2008 at the beginning of the economic meltdown. The Physical Health Index (PHI) remained high as anticipated in July (77.5), with the seasonal influences of cold, flu and headache minimized through the end of the summer.

An upside to July was an all-time high for the Healthy Behavior Index (HBI). July's 65.5 was over a full point higher than July of 2009 (64.3) and nearly one point higher than July 2008 (64.8). The improvement was driven by the highest recorded percentage of Americans eating fruits and vegetables, with 59.0 percent of Americans reporting four days in the last week eating five or more servings. This healthy eating score is five points better than January 2009 (53.4) and well ahead of last July's score (57.4).

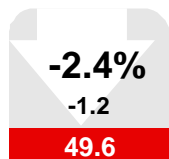
Allison London Brown
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Patrick Bogart
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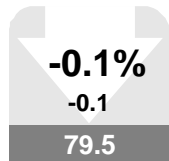
Left : Values in arrows denote month-to-month value change and percentage change, up or down. Values in boxes denote the month's index scores. A gray box indicates the monthly change was not significant. Red indicates a significant decline. Green indicates significant improvement. Scale for all values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



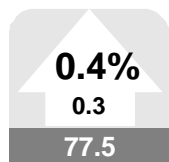
U.S. Well-Being



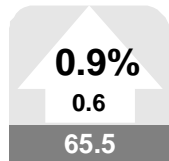
Life Evaluation



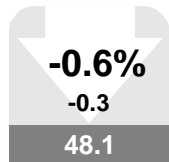
Emotional Health



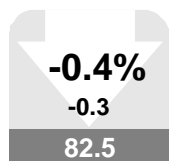
Physical Health



Healthy Behavior



Work Environment



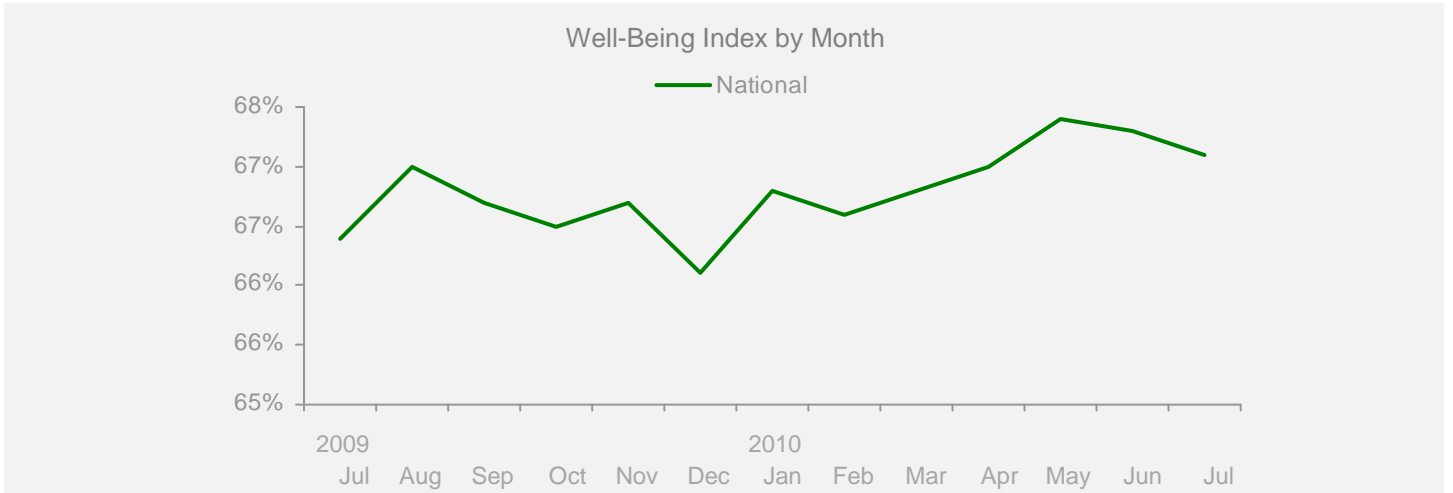
Basic Access

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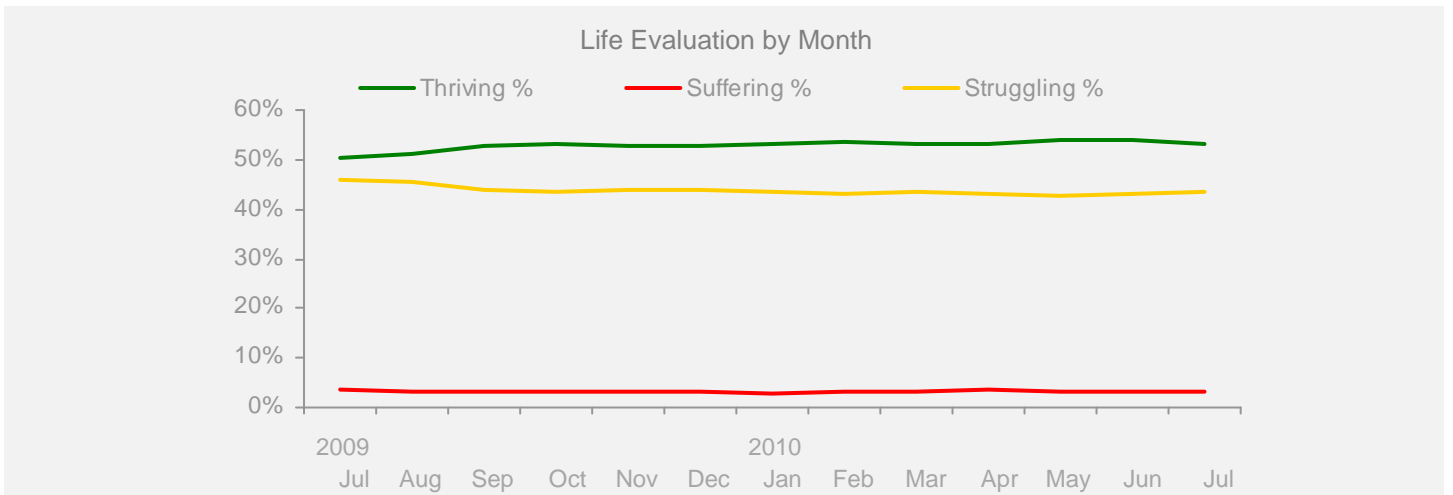
From Gallup-Healthways Well-Being Index Data
Based on 30,277 surveys completed in July 2010. Total of 916,005 since January 2, 2008.

U.S. Composite and Life Evaluation Score

	2009						2010						Change		
	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Month	Year
Well-Being Index	SCALE 0-100 MoE = +/- 0.2%														
National	66.4	67.0	66.7	66.5	66.7	66.1	66.8	66.6	66.8	67.0	67.4	67.3	67.1	-0.2	+0.7



Life Evaluation	SCALE 0-100 MoE = Composite Score +/- 0.7% Each Category +/- 0.6%														
	2009 Jul	2009 Aug	2009 Sep	2009 Oct	2009 Nov	2009 Dec	2010 Jan	2010 Feb	2010 Mar	2010 Apr	2010 May	2010 Jun	2010 Jul	Change Month	Change Year
Life Evaluation	46.8	47.8	49.5	50.0	49.5	49.3	50.3	50.4	49.8	49.7	50.7	50.8	49.6	-1.2	+2.8
Thriving %	50.4	51.1	52.9	53.2	52.9	52.6	53.3	53.7	53.1	53.3	54.0	53.9	53.0	-0.9	+2.6
Struggling %	45.9	45.6	43.8	43.6	43.7	44.0	43.6	42.9	43.6	43.1	42.8	43.1	43.6	+0.5	-2.3
Suffering %	3.6	3.3	3.4	3.2	3.4	3.4	3.0	3.4	3.3	3.6	3.2	3.1	3.4	+0.3	-0.2



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National and Regional Composite Well-Being Scores

	2009						2010						Change		
	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Month	Year
Well-Being Index													MoE = National +/- 0.2% Regional +/- 0.4%		
National	66.4	67.0	66.7	66.5	66.7	66.1	66.8	66.6	66.8	67.0	67.4	67.3	67.1	-0.2	+0.7
Northeast	67.0	67.2	66.4	66.5	67.0	66.3	67.1	66.5	66.8	67.3	67.9	67.0	67.9	+0.9	+0.9
South	65.7	66.1	66.0	65.9	65.9	65.5	66.0	65.8	66.0	66.4	66.5	66.6	66.2	-0.4	+0.5
Midwest	65.8	66.6	66.9	66.6	66.3	65.8	66.5	66.6	66.8	66.7	67.6	67.7	66.6	-1.1	+0.8
West	67.3	68.5	67.9	67.1	68.0	66.8	67.8	67.8	67.9	68.0	67.8	68.1	68.2	+0.1	+0.9
Life Evaluation													MoE = National +/- 0.7% Regional +/- 1.4%		
National	46.8	47.8	49.5	50.0	49.5	49.3	50.3	50.4	49.8	49.7	50.7	50.8	49.6	-1.2	+2.8
Northeast	47.8	48.2	49.3	49.2	50.5	49.9	51.7	51.2	48.7	49.1	51.7	49.1	51.5	+2.4	+3.7
South	46.1	46.7	48.6	50.1	48.5	48.3	49.4	50.8	49.2	49.6	49.9	50.6	47.8	-2.8	+1.7
Midwest	44.5	46.2	48.3	49.7	48.3	48.0	49.2	48.6	50.5	48.3	50.9	50.8	48.2	-2.6	+3.7
West	48.9	50.8	51.9	50.8	51.2	51.3	51.2	50.8	51.1	51.6	50.9	52.4	51.7	-0.7	+2.8
Emotional Health													MoE = National +/- 0.3% Regional +/- 0.5%		
National	78.9	79.1	78.9	78.8	79.5	78.7	79.1	79.1	79.2	79.8	79.8	79.6	79.5	-0.1	+0.6
Northeast	79.2	79.3	78.1	78.7	79.5	78.2	78.8	78.1	78.3	79.3	79.4	79.2	79.1	-0.1	-0.1
South	78.5	78.4	78.9	78.7	79.2	78.7	78.8	78.5	79.4	79.9	79.3	79.4	78.9	-0.5	+0.4
Midwest	79.2	79.6	79.3	79.8	79.7	79.0	79.2	79.7	79.3	79.9	80.2	80.2	80.4	+0.2	+1.2
West	78.9	79.2	79.1	78.2	79.9	78.8	79.7	80.4	79.5	80.1	80.4	79.6	80.0	+0.4	+1.1
Physical Health													MoE = National +/- 0.2% Regional +/- 0.3%		
National	77.1	77.3	76.6	76.4	77.1	76.5	77.1	76.8	76.5	76.9	77.3	77.2	77.5	+0.3	+0.4
Northeast	77.4	78.1	76.6	76.8	77.4	76.8	77.4	76.8	77.2	77.3	77.1	77.3	77.5	+0.2	+0.1
South	75.9	76.3	75.8	75.8	75.9	75.8	76.1	75.8	75.6	76.2	76.5	76.1	76.3	+0.2	+0.4
Midwest	77.8	77.6	77.0	76.5	77.5	76.9	77.9	77.0	76.8	76.8	77.9	78.1	78.0	-0.1	+0.2
West	78.0	77.8	77.2	77.0	78.0	76.9	77.7	78.1	77.0	77.7	78.1	77.7	78.6	+0.9	+0.6
Healthy Behavior													MoE = National +/- 0.2% Regional +/- 0.4%		
National	64.3	64.8	64.0	63.3	63.0	61.1	62.9	63.1	64.6	64.9	65.2	64.9	65.5	+0.6	+1.2
Northeast	65.3	65.2	64.4	64.4	63.5	61.7	63.3	63.5	65.0	65.6	66.0	65.6	66.9	+1.3	+1.6
South	63.1	63.3	62.8	62.6	61.7	60.2	62.0	61.7	63.3	63.6	64.1	64.1	64.4	+0.3	+1.3
Midwest	62.6	63.1	62.8	60.6	61.4	58.8	61.0	61.6	63.0	63.7	63.9	63.7	63.6	-0.1	+1.0
West	66.8	68.0	66.7	66.0	65.9	64.0	65.5	66.3	67.4	67.1	67.1	66.7	67.8	+1.1	+1.0
Work Environment													MoE = National +/- 0.6% Regional +/- 1.2%		
National	48.9	50.5	49.1	48.1	48.7	48.4	48.9	48.0	48.2	48.3	48.9	48.4	48.1	-0.3	-0.8
Northeast	47.8	47.6	46.2	46.2	46.7	47.6	47.1	45.7	47.4	48.0	48.3	46.9	47.9	+1.0	+0.1
South	50.0	51.3	49.8	47.8	49.4	48.9	48.9	47.3	47.5	48.0	49.0	48.3	48.9	+0.6	-1.1
Midwest	48.0	49.5	49.8	49.3	47.5	48.7	48.4	49.0	47.7	48.2	49.1	48.7	46.2	-2.5	-1.8
West	49.5	53.3	50.3	49.2	50.8	48.4	51.3	50.1	50.6	48.9	49.2	49.7	48.7	-1.0	-0.8
Basic Access													MoE = National +/- 0.2% Regional +/- 0.4%		
National	82.1	82.6	82.3	82.1	82.3	82.3	82.3	82.2	82.3	82.7	82.3	82.8	82.5	-0.3	+0.4
Northeast	84.2	84.9	83.8	84.0	84.2	83.9	84.5	84.0	84.3	84.4	84.9	84.0	84.4	+0.4	+0.2
South	80.5	80.7	80.2	80.3	80.4	80.9	80.8	80.5	80.8	81.2	80.3	81.2	80.8	-0.4	+0.3
Midwest	82.9	83.6	83.9	83.7	83.6	83.5	83.2	83.6	83.4	83.5	83.8	84.3	83.4	-0.9	+0.5
West	81.5	82.1	82.0	81.4	81.9	81.7	81.4	81.4	81.7	82.3	81.4	82.4	82.3	-0.1	+0.8

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		
	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Month	Year
Gender															
Male	66.5	67.2	66.9	66.8	66.9	66.3	66.7	66.8	67.2	66.9	67.6	67.4	67.1	-0.3	+0.6
Female	66.2	66.8	66.5	66.1	66.4	65.8	66.8	66.4	66.3	67.2	67.1	67.1	67.0	-0.1	+0.8
Age															
18 to 29	66.9	68.0	67.5	66.7	67.0	67.0	68.0	68.1	67.6	69.0	68.8	67.9	68.8	+0.9	+1.9
30 to 44	66.9	67.7	66.9	66.9	66.8	66.3	67.0	66.8	67.7	67.3	67.9	68.0	67.9	-0.1	+1.0
45 to 64	65.3	65.5	65.8	65.5	65.8	64.9	65.6	65.3	65.5	65.6	66.1	66.1	65.6	-0.5	+0.3
65 and older	68.0	68.9	68.3	68.6	68.8	67.8	68.3	69.0	68.2	68.2	69.2	69.2	68.9	-0.3	+0.9
Family Status															
Married	69.0	69.4	69.1	69.4	69.3	68.5	69.3	69.1	69.6	69.4	69.8	70.1	69.7	-0.4	+0.7
Single	64.5	65.6	65.3	64.4	64.3	64.6	65.2	65.0	65.0	65.5	66.3	65.7	66.0	+0.3	+1.5
Divorced	60.0	60.5	60.9	59.8	60.9	60.4	60.8	60.8	60.0	60.8	60.6	60.8	60.5	-0.3	+0.5
Widowed	64.2	64.8	64.8	63.6	63.7	64.5	64.1	63.2	64.0	65.5	65.0	64.0	65.4	+1.4	+1.2
Separated	56.9	56.2	57.7	56.3	58.0	54.9	54.7	57.8	56.5	56.1	59.2	56.7	59.2	+2.5	+2.3
Domestic Partner	62.9	63.3	62.7	62.9	63.1	62.9	64.1	63.9	62.4	65.9	65.4	65.2	62.9	-2.3	+0.0
Ethnicity															
White	66.8	67.7	67.5	67.2	67.5	66.7	67.3	67.2	67.3	67.4	67.8	67.9	67.6	-0.3	+0.8
Black	64.8	64.4	63.8	63.8	63.8	63.9	64.9	64.4	65.1	65.1	66.0	65.2	65.3	+0.1	+0.5
Hispanic	64.7	64.7	64.6	64.9	65.3	64.7	65.4	65.3	65.4	66.6	66.1	66.3	66.4	+0.1	+1.7
Asian	70.7	71.0	69.3	70.2	70.2	68.3	70.6	69.9	71.3	71.0	74.7	72.6	72.3	-0.3	+1.6
Other	64.2	64.5	65.1	63.2	62.7	62.0	62.5	63.5	64.2	64.3	64.3	62.4	63.8	+1.4	-0.4
Household Income															
Under \$1,000	53.7	55.3	54.2	52.4	55.3	54.8	54.2	54.3	56.6	56.0	56.1	55.3	54.1	-1.2	+0.4
\$1,000-\$1,999	58.3	57.3	58.9	58.5	58.5	58.3	59.4	58.0	58.3	58.5	59.1	59.2	58.8	-0.4	+0.5
\$2,000-\$2,999	62.3	63.1	62.2	62.7	63.7	62.6	63.7	63.7	63.6	63.7	63.6	63.7	63.0	-0.7	+0.7
\$3,000-\$3,999	65.7	67.2	65.8	65.0	65.7	65.4	65.5	66.1	66.3	66.1	67.5	66.6	66.9	+0.3	+1.2
\$4,000-\$4,999	68.5	68.7	68.1	68.1	68.9	67.7	68.9	68.3	68.3	68.8	69.1	68.6	69.3	+0.7	+0.8
\$5,000-\$7,499	71.0	71.8	70.8	70.8	70.8	70.7	71.2	70.8	71.1	71.6	72.5	72.1	72.1	+0.0	+1.1
\$7,500-\$9,999	73.7	74.0	72.7	72.6	73.3	72.6	73.1	72.7	72.7	74.2	73.4	73.8	74.2	+0.4	+0.5
\$10,000 +	74.2	74.9	75.3	75.3	74.4	73.6	74.3	74.9	74.6	74.7	75.5	75.0	74.5	-0.5	+0.3

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.