

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

June 2010

### America Maintains Well-Being, Life Evaluation Attains Record High in June

The Gallup-Healthways Well-Being Index™ (WBI) remained strong in June, with the second highest overall well-being score on record (67.3) and a Life Evaluation Index score (LEI) reaching its highest level. June's LEI (50.8), tracking individual perception of current life situation and optimism for the future, surpassed the previous record set last month (50.7). This was driven by the 53.9 percent of the population who are considered "thriving" in June.

While the composite score and five of the six components of well-being did not experience statistically significant movement in June, well-being maintained the positive momentum built in the last two months. June composite well-being (67.3) remains essentially flat after the record high posted last month (67.4), despite unemployment levels of 9.5 percent and falling consumer confidence.

Although the Emotional Health Index (EHI) fell slightly (79.6) from May's record high score (79.8), the 88.5 percent who reported experiencing a lot of happiness the previous day reflects an all-time high. Another component of the EHI, those reporting they did not experience a lot of worry the day before, reached 69.2 percent. This score is above the 69 percent mark for the second consecutive month, the highest scores since 70.2 percent measured in June 2008.

The Healthy Behavior Index (HBI), reached an all-time high (65.2) in May, and slipped slightly (64.9) in June. Eating healthy is down nearly a point (68.1) since March 2010, but remains about two points higher than the same period in 2008 and 2009. Those who exercised 30 minutes at least three times in the past week reached the highest level (53.7 percent) since August 2008.

The Basic Access Index (BAI) saw significant improvement in June (82.8), the last time BAI saw these levels was in December 2008. This bump is due to the percentage who believes their city is getting better as a place to live (56.2), which was the highest since August 2008.

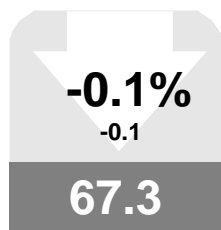
The Physical Health Index (PHI) stayed high as expected (77.2) in June, given the continued positive influence of lower rates of cold, flu and headache. The PHI should remain around 77.0 through September, when the onset of the cold and flu season is likely to affect the score. Obesity has remained relatively consistent over the last year, June (27.5 percent) is the 17th time in the last 18 months the metric has been over the 26 percent mark.

The Work Environment Index (WEI), which saw some improvement in May (48.9), slid in June (48.4). This marks the 16th time in the last 18 months the WEI has been under 50.0, after measuring above that plateau for all of 2008. Two important metrics of the WEI; a supervisor who treats you like a partner, not a boss and supervisor creates an open and trusting environment, both dropped a point in June.

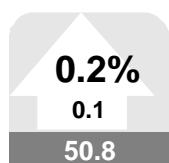
Allison London Brown  
Healthways, Inc.

Patrick Bogart  
Gallup, Inc.

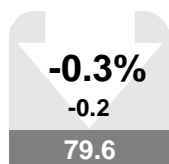
Left : Values in arrows denote month-to-month value change and percentage change, up or down. Values in boxes denote the month's index scores. A gray box indicates the monthly change was not significant. Red indicates a significant decline. Green indicates significant improvement. Scale for all values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



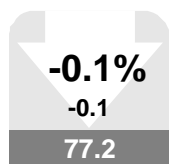
U.S. Well-Being



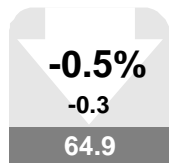
Life Evaluation



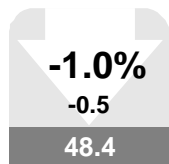
Emotional Health



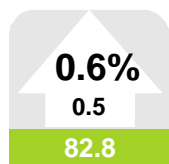
Physical Health



Healthy Behavior



Work Environment



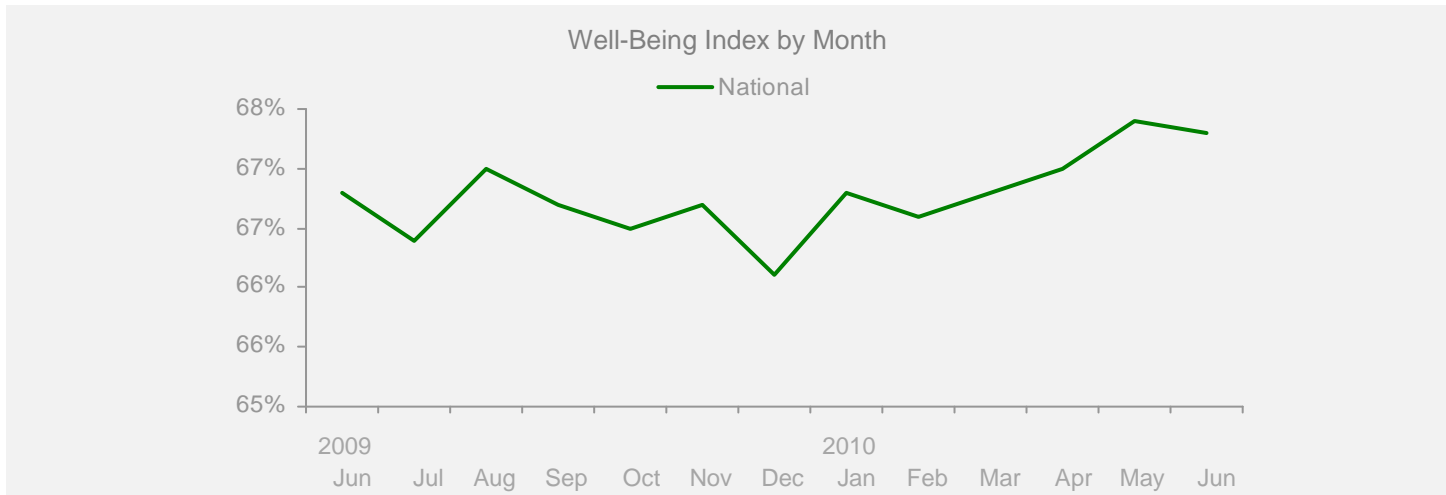
Basic Access

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

From Gallup-Healthways Well-Being Index Data  
Based on 30,189 surveys completed in June 2010. Total of 885,728 since January 2, 2008.

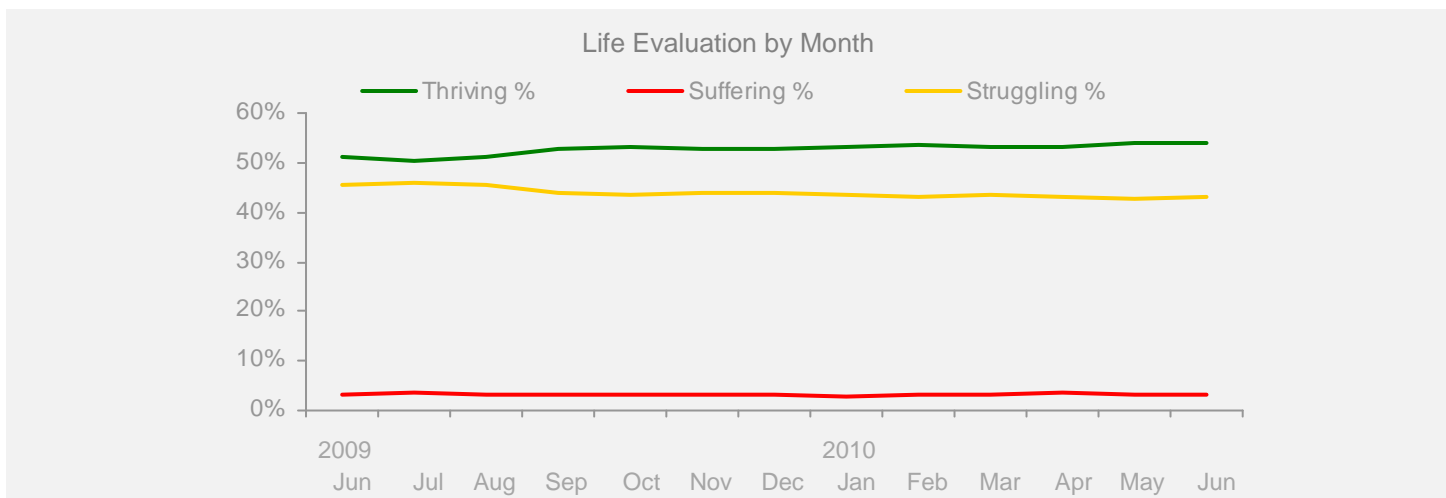
**U.S. Composite and Life Evaluation Score**

	2009						2010						Change		
	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Month	Year
<b>Well-Being Index</b>	SCALE 0-100 MoE = +/- 0.2%														
<b>National</b>	66.8	66.4	67.0	66.7	66.5	66.7	66.1	66.8	66.6	66.8	67.0	67.4	67.3	-0.1	+0.5



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

<b>Life Evaluation</b>	47.8	46.8	47.8	49.5	50.0	49.5	49.3	50.3	50.4	49.8	49.7	50.7	50.8	+0.1	+3.0
Thriving %	51.2	50.4	51.1	52.9	53.2	52.9	52.6	53.3	53.7	53.1	53.3	54.0	53.9	-0.1	+2.7
Struggling %	45.5	45.9	45.6	43.8	43.6	43.7	44.0	43.6	42.9	43.6	43.1	42.8	43.1	+0.3	-2.4
Suffering %	3.4	3.6	3.3	3.4	3.2	3.4	3.4	3.0	3.4	3.3	3.6	3.2	3.1	-0.1	-0.3



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## National and Regional Composite Well-Being Scores

	2009					2010					Change				
	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Month	Year
<b>Well-Being Index</b>													MoE = National +/- 0.2% Regional +/- 0.4%		
<b>National</b>	66.8	66.4	67.0	66.7	66.5	66.7	66.1	66.8	66.6	66.8	67.0	67.4	67.3	-0.1	+0.5
Northeast	66.4	67.0	67.2	66.4	66.5	67.0	66.3	67.1	66.5	66.8	67.3	67.9	67.0	-0.9	+0.6
South	66.7	65.7	66.1	66.0	65.9	65.9	65.5	66.0	65.8	66.0	66.4	66.5	66.6	+0.1	-0.1
Midwest	66.7	65.8	66.6	66.9	66.6	66.3	65.8	66.5	66.6	66.8	66.7	67.6	67.7	+0.1	+1.0
West	67.6	67.3	68.5	67.9	67.1	68.0	66.8	67.8	67.8	67.9	68.0	67.8	68.1	+0.3	+0.5
<b>Life Evaluation</b>													MoE = National +/- 0.7% Regional +/- 1.4%		
<b>National</b>	47.8	46.8	47.8	49.5	50.0	49.5	49.3	50.3	50.4	49.8	49.7	50.7	50.8	+0.1	+3.0
Northeast	47.3	47.8	48.2	49.3	49.2	50.5	49.9	51.7	51.2	48.7	49.1	51.7	49.1	-2.6	+1.8
South	48.1	46.1	46.7	48.6	50.1	48.5	48.3	49.4	50.8	49.2	49.6	49.9	50.6	+0.7	+2.5
Midwest	46.1	44.5	46.2	48.3	49.7	48.3	48.0	49.2	48.6	50.5	48.3	50.9	50.8	-0.1	+4.7
West	49.5	48.9	50.8	51.9	50.8	51.2	51.3	51.2	50.8	51.1	51.6	50.9	52.4	+1.5	+2.9
<b>Emotional Health</b>													MoE = National +/- 0.3% Regional +/- 0.5%		
<b>National</b>	79.2	78.9	79.1	78.9	78.8	79.5	78.7	79.1	79.1	79.2	79.8	79.8	79.6	-0.2	+0.4
Northeast	78.6	79.2	79.3	78.1	78.7	79.5	78.2	78.8	78.1	78.3	79.3	79.4	79.2	-0.2	+0.6
South	79.1	78.5	78.4	78.9	78.7	79.2	78.7	78.8	78.5	79.4	79.9	79.3	79.4	+0.1	+0.3
Midwest	79.9	79.2	79.6	79.3	79.8	79.7	79.0	79.2	79.7	79.3	79.9	80.2	80.2	+0.0	+0.3
West	79.1	78.9	79.2	79.1	78.2	79.9	78.8	79.7	80.4	79.5	80.1	80.4	79.6	-0.8	+0.5
<b>Physical Health</b>													MoE = National +/- 0.2% Regional +/- 0.3%		
<b>National</b>	77.0	77.1	77.3	76.6	76.4	77.1	76.5	77.1	76.8	76.5	76.9	77.3	77.2	-0.1	+0.2
Northeast	77.3	77.4	78.1	76.6	76.8	77.4	76.8	77.4	76.8	77.2	77.3	77.1	77.3	+0.2	+0.0
South	76.0	75.9	76.3	75.8	75.8	75.9	75.8	76.1	75.8	75.6	76.2	76.5	76.1	-0.4	+0.1
Midwest	77.4	77.8	77.6	77.0	76.5	77.5	76.9	77.9	77.0	76.8	76.8	77.9	78.1	+0.2	+0.7
West	77.8	78.0	77.8	77.2	77.0	78.0	76.9	77.7	78.1	77.0	77.7	78.1	77.7	-0.4	-0.1
<b>Healthy Behavior</b>													MoE = National +/- 0.2% Regional +/- 0.4%		
<b>National</b>	64.2	64.3	64.8	64.0	63.3	63.0	61.1	62.9	63.1	64.6	64.9	65.2	64.9	-0.3	+0.7
Northeast	64.6	65.3	65.2	64.4	64.4	63.5	61.7	63.3	63.5	65.0	65.6	66.0	65.6	-0.4	+1.0
South	63.5	63.1	63.3	62.8	62.6	61.7	60.2	62.0	61.7	63.3	63.6	64.1	64.1	+0.0	+0.6
Midwest	62.2	62.6	63.1	62.8	60.6	61.4	58.8	61.0	61.6	63.0	63.7	63.9	63.7	-0.2	+1.5
West	66.6	66.8	68.0	66.7	66.0	65.9	64.0	65.5	66.3	67.4	67.1	67.1	66.7	-0.4	+0.1
<b>Work Environment</b>													MoE = National +/- 0.6% Regional +/- 1.2%		
<b>National</b>	50.2	48.9	50.5	49.1	48.1	48.7	48.4	48.9	48.0	48.2	48.3	48.9	48.4	-0.5	-1.8
Northeast	46.3	47.8	47.6	46.2	46.2	46.7	47.6	47.1	45.7	47.4	48.0	48.3	46.9	-1.4	+0.6
South	52.2	50.0	51.3	49.8	47.8	49.4	48.9	48.9	47.3	47.5	48.0	49.0	48.3	-0.7	-3.9
Midwest	51.0	48.0	49.5	49.8	49.3	47.5	48.7	48.4	49.0	47.7	48.2	49.1	48.7	-0.4	-2.3
West	50.6	49.5	53.3	50.3	49.2	50.8	48.4	51.3	50.1	50.6	48.9	49.2	49.7	+0.5	-0.9
<b>Basic Access</b>													MoE = National +/- 0.2% Regional +/- 0.4%		
<b>National</b>	82.6	82.1	82.6	82.3	82.1	82.3	82.3	82.3	82.2	82.3	82.7	82.3	82.8	+0.5	+0.2
Northeast	84.3	84.2	84.9	83.8	84.0	84.2	83.9	84.5	84.0	84.3	84.4	84.9	84.0	-0.9	-0.3
South	81.2	80.5	80.7	80.2	80.3	80.4	80.9	80.8	80.5	80.8	81.2	80.3	81.2	+0.9	+0.0
Midwest	83.8	82.9	83.6	83.9	83.7	83.6	83.5	83.2	83.6	83.4	83.5	83.8	84.3	+0.5	+0.5
West	81.7	81.5	82.1	82.0	81.4	81.9	81.7	81.4	81.4	81.7	82.3	81.4	82.4	+1.0	+0.7

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	
	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Month	Year	
<b>Gender</b>																
Male	67.0	66.5	67.2	66.9	66.8	66.9	66.3	66.7	66.8	67.2	66.9	67.6	67.4	-0.2	+0.4	
Female	66.7	66.2	66.8	66.5	66.1	66.4	65.8	66.8	66.4	66.3	67.2	67.1	67.1	+0.0	+0.4	
<b>Age</b>																
18 to 29	67.2	66.9	68.0	67.5	66.7	67.0	67.0	68.0	68.1	67.6	69.0	68.8	67.9	-0.9	+0.7	
30 to 44	67.8	66.9	67.7	66.9	66.9	66.8	66.3	67.0	66.8	67.7	67.3	67.9	68.0	+0.1	+0.2	
45 to 64	65.7	65.3	65.5	65.8	65.5	65.8	64.9	65.6	65.3	65.5	65.6	66.1	66.1	+0.0	+0.4	
65 and older	67.6	68.0	68.9	68.3	68.6	68.8	67.8	68.3	69.0	68.2	68.2	69.2	69.2	+0.0	+1.6	
<b>Family Status</b>																
Married	69.4	69.0	69.4	69.1	69.4	69.3	68.5	69.3	69.1	69.6	69.4	69.8	70.1	+0.3	+0.7	
Single	65.0	64.5	65.6	65.3	64.4	64.3	64.6	65.2	65.0	65.0	65.5	66.3	65.7	-0.6	+0.7	
Divorced	60.6	60.0	60.5	60.9	59.8	60.9	60.4	60.8	60.8	60.0	60.8	60.6	60.8	+0.2	+0.2	
Widowed	64.1	64.2	64.8	64.8	63.6	63.7	64.5	64.1	63.2	64.0	65.5	65.0	64.0	-1.0	-0.1	
Separated	59.4	56.9	56.2	57.7	56.3	58.0	54.9	54.7	57.8	56.5	56.1	59.2	56.7	-2.5	-2.7	
Domestic Partner	63.6	62.9	63.3	62.7	62.9	63.1	62.9	64.1	63.9	62.4	65.9	65.4	65.2	-0.2	+1.6	
<b>Ethnicity</b>																
White	67.4	66.8	67.7	67.5	67.2	67.5	66.7	67.3	67.2	67.3	67.4	67.8	67.9	+0.1	+0.5	
Black	64.2	64.8	64.4	63.8	63.8	63.8	63.9	64.9	64.4	65.1	65.1	66.0	65.2	-0.8	+1.0	
Hispanic	65.7	64.7	64.7	64.6	64.9	65.3	64.7	65.4	65.3	65.4	66.6	66.1	66.3	+0.2	+0.6	
Asian	70.9	70.7	71.0	69.3	70.2	70.2	68.3	70.6	69.9	71.3	71.0	74.7	72.6	-2.1	+1.7	
Other	63.3	64.2	64.5	65.1	63.2	62.7	62.0	62.5	63.5	64.2	64.3	64.3	62.4	-1.9	-0.9	
<b>Household Income</b>																
Under \$1,000	54.1	53.7	55.3	54.2	52.4	55.3	54.8	54.2	54.3	56.6	56.0	56.1	55.3	-0.8	+1.2	
\$1,000-\$1,999	59.7	58.3	57.3	58.9	58.5	58.5	58.3	59.4	58.0	58.3	58.5	59.1	59.2	+0.1	-0.5	
\$2,000-\$2,999	63.6	62.3	63.1	62.2	62.7	63.7	62.6	63.7	63.7	63.6	63.7	63.6	63.7	+0.1	+0.1	
\$3,000-\$3,999	66.4	65.7	67.2	65.8	65.0	65.7	65.4	65.5	66.1	66.3	66.1	67.5	66.6	-0.9	+0.2	
\$4,000-\$4,999	67.9	68.5	68.7	68.1	68.1	68.9	67.7	68.9	68.3	68.3	68.8	69.1	68.6	-0.5	+0.7	
\$5,000-\$7,499	71.2	71.0	71.8	70.8	70.8	70.8	70.7	71.2	70.8	71.1	71.6	72.5	72.1	-0.4	+0.9	
\$7,500-\$9,999	74.6	73.7	74.0	72.7	72.6	73.3	72.6	73.1	72.7	72.7	74.2	73.4	73.8	+0.4	-0.8	
\$10,000 +	74.4	74.2	74.9	75.3	75.3	74.4	73.6	74.3	74.9	74.6	74.7	75.5	75.0	-0.5	+0.6	

**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.